



A Moment with Donna... The White Iris & The Old Truck

Life has amazing lessons to teach if we are willing to observe. This month I have two stories to share that have given me inspiration, each in their own way.

Over 20 years ago we planted some Iris's in our backyard. Every year they come up, beautiful green leaves...no Iris's. This year, an Iris plant that for some reason was planted adjacent to a good sized boulder, bloomed. No special attention given to it in any way. The most magnificent grouping of pure white Iris's are on a stalk three feet tall. What happened? After all of these years of no blooms...this year a cluster of beautiful blooms? No clue.

Story #2. I am living in Eagle Rock, California and riding my bike around town one day. I see this old rickety truck with wooden sides that are propped up with wide pieces of board and lots of rope, parked on a vacant lot in my neighborhood. A long line of women are waiting patiently to talk to a man that looks like Methuselah, dressed in grubby overalls, a well-worn shirt, and boots that definitely have seen a lot of dirt. My curiosity button is pushed and I ride over to see what is going on.

Of course, I am at the end of the line and I end up talking with some of the women. They are telling me about this odd looking character who is chatting up a storm with everyone he interacts with. I see dollar bills filling his hands frequently. By the time I get to the front of the line the crowd has dispersed and I have the opportunity to chat with him and see why he is so popular.

This man I will call 'Sam'. Sam is a total symbol of true resourcefulness. He is selling food and it didn't happen to be his business specialty. No, Sam's original profession was insurance and he had been quite successful at it until he had a bad accident which caused serious injury. Within a short period of time he went from financial success to bankruptcy. As it turns out, when he was at his lowest point of hopelessness, he is visiting one of his former clients who's a farmer. The farmer, after finding out what happened to Sam tells him that he had just brought in his harvest of potatoes and if he would get a truck, he would have his people gather up what was left in the fields and Sam could take the potatoes into town and sell them. He gave some additional suggestions to Sam, asking him if he was interested. Sam, not seeing any other options to work with, said 'Yes'.

Sam found a truck he could borrow. It was loaded up. He drives it into town, puts up a sign with the price per pound of potatoes and he sells out within one day. For the first time in months he has cash in hand. He goes back to the farmer, thanks him for his advice and to his surprise; the farmer offers to do the same with his other crops and recommends other farmers to him that would be happy for him to take those crops that would otherwise be thrown away/wasted or plowed back into the earth.

This former corporate executive, because of an accident, ends up becoming quite wealthy by selling fresh food to women in various communities. Out of the blue, opportunity showed its face and he said 'yes' to it. I became one of those women who loved the food he sold. Everything was fresh from the farm, not picture perfect like in the supermarkets, but deliciously fresh and I also value the lesson he taught me.

Story #1 – lesson learned from the white Iris. Never give up. Being brave enough to withstand the challenges life throws at you, doing what is necessary, and never giving up...so important. When the time is right and you are ready, you will bloom in a magnificent way, inspiring awe in those who see and recognize you for the greatness and beauty of accomplishment you display.

Story #2 – lesson learned from Sam. Appearances can be deceiving. Regardless of what circumstances you are going through, if you need help let people know it. You never know when/who/what/where opportunity will present itself. Above all remember, people are your business. Developing trust, presenting the best of what you have, and being of positive mindset can create prosperity in surprising ways.

Well...I realize that I am a bit long-winded with this editorial, however, there are so many of us who are being challenged with the current situations of isolation, job losses, and other conditions creating high stress and lots of fear. Remember ... you are the power of one and that means you'll not only get through these challenges ... you'll gain from them if you are willing to be open to opportunity and learn to adapt in new ways. I believe in you, and I believe in your capabilities. Believe in yourself.

Have a blessed month.

Donna Seebo

June's Power Quote

“Life does not stand still. Where there is no progress there is disintegration. Today a thousand doors of enterprise are open to you, inviting you to useful work. To live at this time is an inestimable privilege, and a sacred obligation devolves upon you to make right use of your opportunities. Today is the day in which to attempt and achieve something worthwhile.” ~Grenville Kleiser

June's Chuckle

A very successful man was reminiscing about his childhood. He recalled one experience as a boy when he asked a farmer the price of a fine melon.

“That’s forty cents,” said the farmer.

“But I have only four cents,” the boy told him.

“Well,” smiled the farmer, winking at his hired hand slyly as he pointed to a very small and very green melon, “how about that one?”

“Fine,” said the boy. “I’ll take that one, but don’t cut it off the vine yet. I’ll call for it in a week or so.”

The Donna Seebo Show & Warriors for Peace



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 19th year of positive and informative programming with ‘The Donna Seebo Show’ and ‘Warriors for Peace’. Currently people in over 128 countries, including the United States, are listening to the shows.

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is ‘Personal Empowerment’. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to **'The Donna Seebo Show'** page. **Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a player that enables you to connect to the 'live' show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can **"Light Up Your Life with A Little Bit of Insight"**. Be sure to tell your friends and family about this positive, informative programming available 24/7.

Special Note: We are now available on Alexa...if you have the app, check us out! "Alexa, open the Donna Seebo Show".



- 1...Drop the BS (Belief Systems) & Be – Keli Adams
- 2...What Are We Going to Do About Mom & Dad – Jane Bowen
- 3...Z-isms – Insights to Live By – Matt Zinman
- 4...Technology of Intention – Kim Terranova
- 5...Lost in the Ghost Town – Dr. Stout
- 8...Both Feet on the Ground – Marshall Ulrich
- 9...Medicine & Miracles – Erica Elliott
- 10...Activating you 5D – Judith Blackburn
- 11...Tao of Thomas – Matthew Fox
- 12...Fix Yourself Handbook – Faust Ruggiero
- 15...Architecture – Proposals & Strategies – Michael Garrett
- 16...The Simplicity Principle – Julia Hobsbawn (England)
- 17...How to Age Joyfully – Maggy Pigott – (England)
- 18...Brand Storytelling – Miri Rodriguez
- 19...Glad to Be Human – Irene O'Garden

Happy Father's Day to all of you wonderful guys who are so committed to your families.

- 22...My Fight for Recovery – Rob Plaskas
- 23...You Have Got To Be Kidding Me! – Gabe Sabo
- 24...When You Realize How Perfect Everything Is - Bernie Siegle
- 25...Power of Your Truth – Angela White
- 26...Finding Your Voice – Mannette Morgan
- 29...Fish Faces, 2nd Edition – Tam Warner Minton
- 30...Future Vision, Your Working Life – Anne Jirsch – (England)

Warriors for Peace

- 3...Murder, Inc – Dr. Gerald Goldhaber
- 10..Creating An American Treasure- John C. Burnam
- 17..Changing the World Through Children – Ruth Dutting Witte
- 24..Project Eagle – Robert S. Kim

Love

Love can fit in anywhere.
It's every shape and size,
quite often unexpected,
and hard to recognize.

For love is truly magic:
It can light a homely face,
And make a bit of heaven
In a very barren place!
~ E. Grace Squires, Arizona

Upcoming Broadcasts & Appearances June 2020

Due to the lockdown process all of the previously scheduled appearances for the month have been cancelled. As soon as we have gone back to the normal status we will inform you.

A television interview that was done in May has been uploaded onto our site and our UTube channel. Also, some broadcasts/interviews with other stations and hosts have been posted on our site as well. We will also make you aware of them via our social media of Facebook, LinkedIn, and Twitter.



The Recipe Box...Chicken and Kale Soup

Chef Le Tips...We call him *Chef Tippy*...shared a wonderful recipe with all of his fans last month and wanted to pass it along to my readers. With the quarantine spending time in the kitchen is a wonderful diversion and this is a nutritious, healthy recipe he adapted to suit his full-time assistant Debrah as she has dietary needs. You can do the same if you don't want carbs, or if you don't like kale, substitute spinach or another green that suits you. *Toodles from Chef Tippy*

Ingredients: 4 -5 lb whole roasting chicken plus carcasses/bones, 2 medium onions, halved through the root, 3 sticks of celery, washed and halved across, 3 large carrot, peeled and halved across the middle, 1 parsnip, peeled and halved across the middle, a handful of parsley stalks (keep the leaves for garnish), 10 peppercorns, 1 bay leaf.

Directions: Put the chicken in the largest lidded pan you own. Add the rest of the ingredients and enough water to just cover them. Bring to a boil over a high heat. Skim off any foam with and discard. As soon as the water boils, turn the heat down to a very low simmer. Partially cover the pan and leave to cook gently for 1 – 1½ hours, until the meat is falling off the bones. Remove the chicken and vegetables from the pot and put aside. Pour the broth through a sieve into another pot. Discard the herbs and peppercorns.

Taste it and if the flavor is good then season with salt. If it is watery, return the bones and cartilage to the pot and simmer for another hour before straining out. When you have finished simmering, cool the broth and refrigerate overnight. In the morning, skim off the fat from the surface.

Separate the chicken from the bones and tear into pieces. Slice the carrots into 2cm thick discs, cool and refrigerate until serving. Discard the other veg. Discard or keep for roast potatoes or mitzvah balls.

Taste, then season with salt and white pepper if needed. This is the time to add your chopped kale if you choose (or some fresh onion and celery). Slow boil until the kale is soft for about 10 to 15 minutes.

When you are happy with the taste flavor, serve it with the reserved chicken and carrots, a sprinkle of chopped parsley or green onion and a drizzle of toasted sesame oil!

Toodles from Chef Tippy. (Be sure to see the photo of Chef Tippy on my website newsletter posting.)

For the Love of Beauty

This website has photos of a world renowned garden that due to the virus and quarantine has been closed for the first time to the public in 71 years. Take the journey with your eyes to an utterly spectacular place that will bring joy to your mind, body and spirit. Submitted by B.G., California
<https://www.boredpanda.com/tulip-garden-keukenhof-photography-albert-dros/>

Golden Nuggets – True Stories about Real People

This video is about a man who saved over 600 lives. As this is in the MP4 format you may not be able to view it via my monthly email newsletter, however, you can view it on my website in its full content. www.delphiinternational.com.



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Special Comments

A special 'thank you' to the many people who join me weekdays to hear *'The Donna Seebo Show'* and *'Warriors for Peace'* from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/DVD publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to donna@delphiinternational.com or donnaseebo@comcast.net. Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to check out and order my 3 award winning illustrated books, e-books, e-audio books, *God's Kiss*, *The Magic Hat*, and *The Woodcutter and The Tree*. They are a great addition to any library and children love to hear the stories again and again. We are looking forward to book #4 in 2021.

I invite you to go to my website www.mrsseebosclassics.com and view the art, even listen to the audio clips of the narration of the stories. Should you desire to have the publications personalized just fill

out the information as requested and I will be delighted to autograph and personalize the book for that special child.

We are celebrating our 26th anniversary of 'Classics' publications and now have a website showing all of our publications and products. E-books and e-audio books are available, and you can also purchase the publications on Amazon. Publications are also available on Kindle.

Have a magnificent day and remember....

"You are the Master of your Fate, the Captain of your Soul".

Donna Seeba - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and

Host of the International 'Donna Seeba Show' and 'Warriors for Peace'

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