



*A Moment with Donna...Climb Baby, Climb!*

<https://www.youtube.com/watch?v=N1FrdGevjQQ> Submitted by Lilia

When I received this video and watched it, I found I was inspired by this little person. So, I decided I would share it with you. He displays a number of actions. Determination, problem solving, excitement about reaching the top of the physical challenge he has taken on. Can you imagine what an impact it had on his young psyche? He had to really work hard to get to the top of that wall. He demonstrates something that we adults frequently forget.

What is that? We climb mountains of experiences one step at a time. Sometimes we wonder what that next step will be and we go through pauses where we have to make adjustments, reaching for what may seem to be out of reach. We may have to stretch ourselves, maybe even slip and go backwards a bit...but if we persevere, giving ourselves the opportunity to move in a different direction, we can attain that which is truly what we want.

We haven't had a climbing wall to learn how to work through obstacles. However, you have probably dealt with various challenges that have shown you your resiliency and strengths. That is what needs to be focused on, not the weaknesses.

This has been one duddy of a year. For many of you that is a gross understatement. The challenges that have presented themselves are many, affecting people throughout this nation, on so many different levels. We can moan and groan, complain about them, however, if you can take advantage of this incredible shift you may find yourself creating a whole new version of you, your work, your life. You can reach out for new opportunities.

This is the choice we can make for ourselves. When one door closes, another may open to new adventures that will evolve you into a whole new demonstration of your skills and abilities. You don't have to go through horrific tragedy, long term suffering, or whatever other drama you think might be necessary. Just take one day at a time, one step at a time. The process is simple but it does work. Determine the script you want to write and realize you can change whatever isn't working to a better plan.

Leaves are falling off trees, preparing for winter's chill. Winds of change are blowing away the sunshine days of summer into the darker, cooler days of fall. Nature doesn't stand still, neither does life.

Make friends with yourself, your life. Feed your body, mind and spirit with the nutrition of positive expectations, the attitude of gratitude, healthy foods & supplements. Nourish your dreams with education, right action, and keeping company with those who love and support you for who you are.

I believe in you and the endless possibilities available to you. Believe in yourself. Let your light shine and amazing things will happen.

Happy October!

## *Donna Seebo*

*P.S. Don't forget to tune into my positive programming, Monday through Friday. My guests will inspire you and who knows...you just may find the inspiration you seek.*

### *October's Power Quote*

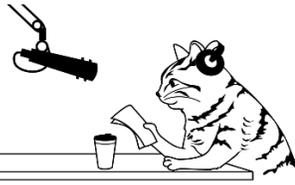
'Life is easier than you think. All you have to do is accept the impossible, do without the indispensable, and bear the intolerable.' ~ Author Unknown

### *October's Chuckle*

*Overheard in a restaurant.....*

*Diner: 'Do you serve crabs here?'*

*Waiter: 'We serve anyone; sit down.'*



### *Upcoming Events & Broadcasts*

This month I had planned to visit Alaska, however, due to the heavy travel restrictions I won't be able to come up into Anchorage. Let's hope that those restrictions will be lifted in the near future and travel in 2021 will bring the opportunity to visit again.

That being said I am starting to do appearances via Zoom, participating in the opportunities that are being presented. This is what is happening in October...

October 30<sup>th</sup> and November 1<sup>st</sup>...The Emerald Spiral is presenting its online, virtual expo. More information will be forthcoming as we put together this event. I will be a speaker, along with others, and there will be many other activities presented.



### *What's Your Story?*

I am in the process of putting together a publication "Stories People Tell Me". I have had a number of submissions and I am looking for an additional 25 stories about paranormal experiences, UFO's, aura's and the unique and unusual not logical happenings that make us aware that life is anything but boring. Please send submissions to [donnaseebo@comcast.net](mailto:donnaseebo@comcast.net). Do send your contact information as well (phone number, etc.) Thank you.

 *Featured Radio Guests on the Donna Seebo Show* 

*Upcoming Guests – October 2020*

1. Time Benders – JB Yanni
2. Unfettered Journey – Gary Beng
5. Who Gets In and Why – Jeffrey Selingo
6. 3 Men – 6 Lives – Dr. Bernie Siegal
7. Inviting Angels Into Your Future – Kathryn Hudson (France)
8. Adulthood As A Millennial – Ashe Tarry
9. Dumpster Dogs – Dr. Ann Schiebert
12. Real Estate Rescue – Tracy McLaughlin
13. To be announced
14. Sensitive Soul – Michael Jawer
15. Expand Power of Your Subconscious Mind – James Jenson
16. Global Shift Now – Ervin Laszlo (Italy)
19. Foundation of a Successful Life – Joe Florentine
20. Cultivating Your Micro-Biome – Bridgette Shea
21. Numerology – Sasha Fenton (England)
22. The Secret of the Alchemist – Colm Holland (England)
23. The Daily Cloak – Pamela Aloia
26. 101 Rescue Puppies – Kathy Callahan
27. Reflexology – Tina Chantrey (England)
28. Shine-On – David Ditchfield (England)
29. To be announced
30. Plants That Speak, Souls That Sing – Fay Johnstone (England)

*Warriors for Peace*

7. The Apocalypse Factory – Steve Olson
14. To be announced
21. In Search of Appalachia – Nancy Diggs
28. The Journey of Liu Xiaobo – JoAnne Leedom-Ackerman

*Happy Halloween Everyone*



*Golden Nuggets – True Stories About Real People*

From Lilia: Shilo Harris: An Iraq Vet has an emotional Spontaneous Near-Death Experience (NDE) recall while being filmed. I found this young Iraqi vet who was burned and mortally wounded in combat.

He spent 45 days in coma. I asked Roberta (who was filming veterans for IANDS NDE video) to interview him as I suspected he had an NDE. He never knew he had an NDE until he had a spontaneous recall. It was all caught on film. This is why it's so important to help warriors who have had NDEs.

<https://www.youtube.com/watch?v=eRGWKZARms0>

## *The Recipe Box...Chocolate Orange Cookies*

Halloween is coming up quickly and this is a treat that is sure to please. These cookies are terrific with a hot cup of cocoa or your favorite tea. Why not treat yourself and leave the tricks to someone else? Enjoy.

**Ingredients:** 1/3 cup butter-softened, 1/3 cup superfine sugar, 1 egg, 1tbsp milk, 2 cups all-purpose flour, ¼ cup unsweetened cocoa. (Frosting) 1 cup confectioners' sugar-sifted, 3 tbsp orange juice, a little dark chocolate melted.

**Directions:** Line 2 cookie sheets with parchment paper. Beat together the butter and sugar until light and fluffy. Beat the egg and milk into the mixture until well combined. Sift together the flour and cocoa and gradually mix together to form a soft dough. Use your fingers to incorporate the last of the flour and bring the dough together. Roll the dough out on a lightly floured surface until ¼ " thick. Using a 2-inch fluted round cutter, cut out as many cookies as you can. Re-roll the dough trimming and cut out more cookies. Place the cookies on the prepared cookie sheet, spaced apart, and bake in a pre-heated oven at 350 degrees for 10-12 minutes or until golden. Cool the cookies on the cookie sheet for a few minutes then transfer to a wire rack to cool completely. (Frosting) Place the confectioners' sugar in a bowl and stir in enough orange juice to form a thin frosting that will coat the back of a spoon. Spread the frosting over the cookies and let set. Drizzle with melted chocolate. Allow the chocolate to set before serving.

## *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](mailto:donna@delphiinternational.com) or [donnaseebo@comcast.net](mailto: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 order *"God's Kiss"* my award-winning illustrated book and audio tape. Go to my website, fill out the information and I will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My children's publication, *"The Magic Hat"* is available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Book #3, *The Woodcutter & The Tree* is now available. To order, contact me via my website, [www.mrsseebosclassics.com](http://www.mrsseebosclassics.com) or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and Twitter.

*Have a magnificent day and remember....  
"You are the Master of your Fate, the Captain of your Soul".*

*Donna Sebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television  
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