



### *A Moment with Donna...Itsy Bitsy Spider*

Fall blustered its way into the Pacific Northwest with an enthusiasm that quickly made us aware that we may be in for a very cold winter. Snow already fills the mountain range surrounding us and sweaters, jackets are being pulled out for daily wear.

Of course, with rain and strong winds whipping through our neighborhoods, leaves, pinecones, and dead branches are everywhere. Clean-up time is just about every day until the trees are bare of their canopies of green that have turned brown/gold in preparation for winter.

I was out, sweeping my deck clear of debris from my trees...yes, I do use a broom instead of a blower, hate the noise...and I stopped for a moment enjoying the view of trees gently draped with wisps of fog. The fragrance of trees, along with the coolness of the morning was amazing. It was during this moment of quiet that something caught my attention.

Like so many other people I have patio furniture. A short distance from where I was standing, I see a very thin, almost invisible silk thread stretching from a large potted tree to a heavy outdoor chair. We are talking about a good 8-10 feet of distance between the two. In the middle of this silken thread is a small garden spider, totally still. Ms. Spider is obviously aware of me, waiting to see what will happen. I am amazed! She is so tiny, yet she was able to make a leap of such a distance!?! Incredible! I looked even closer.

What I observed is that this line of silk had no links to any other connectors. This was definitely a huge leap she took. Not only that, she wasn't going downwards in her leap, she was going uphill and there was nothing beneath her to protect her fall. She had total confidence in her daring leap and made it work.

*OK Donna...enough already with this spider*, you might be thinking. However, the reason it was significant to me is ... that very morning... I was working with a professional challenge that I wasn't sure exactly how I was going to make it happen. That tiny spider, half the size of my little fingernail, balancing precariously on a thin strand of silk, dared to jump an incredible distance. Ms. Spider inspired me.

Like so many of us who are feeling challenged by today's circumstances, life always brings changing conditions no matter what generation you belong to. My lesson wasn't quite finished.

As I observed the Ms. Spider, I knew that I would have to move the patio chair to clear away the debris beneath it. I wondered...*what will she do when the thread is broken?* I then gently blew on Ms. Spider and, as if she was reading my mind, she started to move immediately towards the end of the silken thread to the potted tree she was anchored on. I watched as she moved quickly, without hesitation, appearing stressed from the sudden change she had to go through. She adapted to doing what was necessary for the moment. The silk link was broken but she moved on, into a new direction.

The Universe sometimes sends us the most interesting messages if we are willing to be quiet, observe and think. To bring together the lessons shared by Ms. Spider on that fall morning, here are some points:

- Think about what is most meaningful for you, in all levels of your life, and be willing to take a leap into the unknown.
- Sometimes connections are made with people, circumstances, environments that seem great but end up being broken. What to do? Regroup, reframe and move in a new direction.
- Know you are not alone and with a good foundation of friends, on-going education, belief in your talents, you'll have the support you need.

This is a month of celebration of the shifting season's as our ancestors have celebrated for centuries. Join into the theme, counting your blessings, sharing time with friends and family, and more than anything else, appreciate and be grateful for this wonderful experience we call life.

Have a fabulous Month and may your Thanksgiving be rich with good conversation, love and appreciation for this holiday of celebration.

*Donna Seebo*

### *November's Power Quote*

"The private and personal blessings we enjoy, the blessings of immunity, safeguard, liberty and integrity, deserve the thanksgiving of a whole life." ~ Jeremy Taylor

### *November's Chuckle*

A woman opened the door on Halloween Eve to find a superhero in her midst. Admiring his colorful outfit and mask, the woman asked, as she was handing him some treats, "Are you Spider-Man?"

Clearly concerned that the woman was a bit daft the little boy answered, "I'm a kid. This is a costume."

*The Donna Seebo Show*

*&*

*"Warriors for Peace"*



*Heard worldwide*

"Delphi Vision Broadcasting" is celebrating its 19<sup>th</sup> 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:

<https://delphiinternational.com/donna-seebo-show/>

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!**



### ***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 – November 2020***

2. Shaping the Future of Global Leadership – Salar Khan
3. Shine Brighter Every Day – Danah Mor
4. The Secret Language of Cells – Dr. Jon Loeff
5. Talking Turkey – Leo Pearlstein
6. The Sensory Processing Diet – Chynna Laird
9. Tell Her She's Lovely – Dhara Singh
10. Resonate – Dr. Ginny Whitlaw
11. Mastering the Art of Public Speaking – Michael Gelb
12. Anglophile's Notebook – Sunday Taylor & another special guest, Laureli Shimayo
13. Alchemy of Stones – Robert Simmons (New Zealand) + If I Were A Tree, What Would I Be – Margaret Cheesebro
16. From Fatigue to Fantastic – Dr. Teitelbaum
17. Burn the Ships – Norma Menzies
18. Breaking the News – Susan Goldberg
19. Drives of a Lifetime – Alyson Johnson
20. The Secret of The Alchemist – Colm Holland (England)
23. Getting Things Off My Chest – Melanie Young

24. To be announced
25. A Mother's Grace – Michelle Moore
26. **Thanksgiving...Happy Thanksgiving Everyone!**
27. Ghosts & Legends of Charleston, South Carolina – Denise Roffe
30. After the Blue Light – Margaret Ann Hall

### *Warriors for Peace*

4. Journey to Justice – Gracie Travis Murphee
11. Down Along with the Devil's Bones – Connor Towne O'Neill
18. Mysteries of Haditha – M.E. Armstrong
25. Repair Revolution – John Wachman & Elizabeth Knight



### *Upcoming Events & Broadcasts*

My, oh my...it is amazing how situations change. I am starting to do appearances via Zoom, participating in the opportunities that are being presented. This is what is happening in November/December...

- November 6th...The Psychic Spectrum...*The Dynamics of Human and Animal Communication*. 7:00pm, Friday Evening. Go to [www.psychicspectrum.com](http://www.psychicspectrum.com) and tap on Speakers/Events and you can register for the program. I will also be doing mind demonstrations as well. \$10.00 fee.
- November 16<sup>th</sup>...BEPC meeting.... [www.bepcweb.org](http://www.bepcweb.org). I will be speaking at 6:00pm and will also be doing, for the first time, my blindfold demonstrations with the attending audience. "*Destiny and Role of the Modern-Day Psychic*, is my topic for the evening. Go to their website and you can sign up for the event. \$6.00 fee.
- December 18<sup>th</sup>...The Psychic Spectrum, [www.psychicspectrum.com](http://www.psychicspectrum.com) .... 7:00pm-Topic to be announced. [www.psychicspectrum.com](http://www.psychicspectrum.com).

### *Golden Nuggets – True Stories About Real Creatures*

This video was sent to me by B.Z. and since I am a real fan of these tiny creatures, I wanted to share them with you. Enjoy!

[www.youtube.com/embed/FPRswRWZ23Q](http://www.youtube.com/embed/FPRswRWZ23Q)



## *The Recipe Box...Pumpkin Bread*

This is the season where so many of us get the *baking bug*, and if that is the case with you, you'll love this Spiced Pumpkin Bread recipe. This can be served with cream cheese and the flavor is fabulous. Your kitchen will smell absolutely delicious!

**Ingredients:** 1 ¾ cups flour, 1 tsp. baking powder, 1 tsp. baking powder, ½ tsp salt, 1 cup canned pumpkin, 2/3 cup sugar, 1/3 cup sour cream, 1/3 cup oil, 1 egg, 3 Tbls. orange marmalade, 1 tsp. cinnamon, ½ tsp. ground ginger, ¼ tsp. freshly grated nutmeg, 1/8 tsp. ground cloves, and 2/3 cup chopped walnuts.

**Directions:** Preheat oven to 350 degrees. Generously grease 8 ½"X 4 ½"-loaf pan. Line bottom and sides with waxed paper. Sift flour, baking powder, baking soda and salt in medium bowl and set aside. Combine pumpkin, sugar, sour cream, oil, egg, marmalade, cinnamon, ginger, nutmeg and cloves in large bowl of electric mixer and beat at medium speed until well blended. Reduce speed to low and gradually blend in flour mixture. Stir in nuts. Transfer batter to prepared pan, smoothing top. Bake until tester inserted in center comes out clean, about 65 minutes. Let cool in pan on rack 10 minutes. Remove loaf from pan and discard waxed paper. Let cool completely on rack.

## *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 Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television Personality, Minister and Host of the International 'Donna Seebo Show' and 'Warriors for Peace'*

*P.O. Box 91272, Lakewood, WA 98491-0272 — (253) 582-5604*

*[donna@delfhiinternational.com](mailto:donna@delfhiinternational.com) or [donnasebo@comcast.net](mailto:donnasebo@comcast.net)*

*[www.delfhiinternational.com](http://www.delfhiinternational.com) [www.mrsseebosclassics.com](http://www.mrsseebosclassics.com)*

*<https://www.linkedin.com/in/donnasebo> <https://www.facebook.com/donna.sebo>*

*<https://www.facebook.com/donnaseboshow/> <https://twitter.com/donnaseboshow>*