



A Moment with Donna... The Traveling Nuns



One evening recently I came across a documentary about a small group of Buddhist nuns who ranging in age from their 20's to middle 70's, left their tiny village in the Himalayan mountains to travel throughout India, a huge and very diverse country. Their tiny village is located in the high mountains at the uppermost section of India.

Never having been outside of their village, this was a journey gifted by a woman journalist and her sponsors. The journalist had spent 7 years getting to know the people of this remote village. She was trusted and this journey, which was a journey of a lifetime for them, was to hold many eye-opening adventures.

For four months they walked across ice bound rivers, snow covered mountains, hot dry deserts, rode buses, trains, and other modes of transportation. They saw oceans for the very first time, visited various cities, seeing and experiencing interactions with people of different faiths, cultural expression, and so much more. At no time did they complain about any inconveniences, rather they observed everything they could. Their world and their awareness of the world outside of their village changed significantly.

Because of this exposure these women realized the importance of being able to read and write, not just in one language, but many. They actually started their own education to develop their ability to read and write while on this trip, as they all were illiterate. They were determined not to stay that way and their progress was amazing.

The journey back to their village was just as challenging as when they left. The entire village came out to welcome them back and was anxious to find out what these traveling nuns had experienced. The questions were on-going and the nuns were delighted to share everything that they had seen, heard, and learned. The village and the people in it would be forever changed.

These nuns made some forward changes in their village after returning. Girls, as well as the boys, were to go to school. A full-time teacher was employed, a Buddhist monk, to work with the children. They had a computer that gave classes in English, showed the photos and videos that had been taken while the nuns traveled throughout India. The outside world was now accessible because of these traveling nuns and modern technology.

Here I am, sitting in my own family room, experiencing their story because of that very same technology...how fabulous is that?

The primary reason I am sharing this with you is to acknowledge that life is always going through some type of transformation. 2020 is a very dramatic demonstration of that reality. A few thoughts crossed my mind that I thought I would share with you.

1. Life's journey will forever bring into our experience, challenges & successes.
2. Being open to change, being willing to expand our learning, enables us to assist those around us in amazing way we might otherwise never think of.
3. When you are busy with improving yourself, your environment, and giving the best of yourself, you haven't the time or energy to waste hating or battling perceived enemies, usually created by fear.

4. Empower yourself, walk the walk of example and let others talk their talk. Be an inspiration that lights the way for others just by being in integrity with who you are.

That small group of nuns, taking an incredible journey into the unknown, took faith and trust as their companions, becoming richer because of saying, "I Can, Let's Do It!" instead of "No, I'm afraid." We can do the same saying, "YES" to life, instead of fearing it.

Have a magnificent Spring and *Happy Easter Everyone! It's Bunny time* 😊

Donna Seebo

~ ~

Power Thought for April

"Whenever I hear a man or women express hatred for any race, I wonder just what it is in themselves they hate so much. You can always be sure of this: You cannot express hatred for anything or anybody unless you make use of the supply of hatred within yourself. The only hatred you can express is your own personal possession. To hate is to be enslaved by evil." ~Thomas Dreier

~ ~

April's Chuckle

"Dealing with bureaucracy is like trying to nail jelly to the wall." ~John F. Kennedy

~ ~

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 20th year of positive and informative programming with 'The Donna Seebo Show' and its 7th year with 'Warriors for Peace'. Currently people in over 128 countries, including the United States, have listened 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... <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: Programming can be heard via these additional connections: iHeart Radio, iTunes, Alexa, TuneIn, Spotify and Nobex.



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. Do send your contact information as well (phone number, etc.) Thank you.



Featured Radio Guests on the Donna Seebo Show

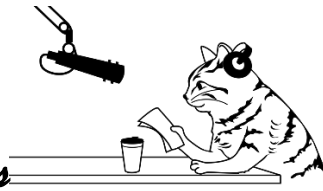
Upcoming Guests – April 2021

- 1....Measure Twice, Cut Once – Allison Jones
- 2....Testing the Wind – Peter Ilgenfritz
- 5....Edgar Cayce & the Unfulfilled Destiny of Thomas Jefferson – JoAnn DiMaggio
- 6....To the Monsters of My Past – Cameron Crews
- 7....To Be of Use – Dr. Edward Arenson
- 8....Pinned – Kay & George Topp
- 9....Diary of a Cat Named Carrot – Erin Merryn
- 12...Revival of the Runes – Stephan Flowers
- 13...Vibrational Nutrition – Candice Covington
- 14...Energetic Cellular Healing & Cancer – Tjitse DeJong (Scotland)
- 15...Post Traumatic Thriving – Dr. Randell Bell
- 16...New Yorkers, A City & Its People – Craig Taylor
- 19...Life & Insights of Joseph Chilton Pearce – Michael Mendizza
- 20...Merchants of Light – Betty Kovacs
- 21...The World of Fish – Laura Foley Ramson
- 22...Happy Easter George & Other Stories – Vooks Books/Video
- 23...Bicycling with Butterflies – Sara Dykman
- 26...Cell Level Meditation – Patricia Kay
- 27...To be announced
- 28...Immutable Laws of the Akashic Field – Ervin Laslo
- 29...Making Contact – Alan Steinfeld
- 30...Committed – Paolina Milana

Warriors for Peace

- 7... *The Last Veterans of WWII – Richard Bell*
- 14...*Kill Switch – Adam Jentleson*
- 21...*Forever in My Veins – Lionel Friedberg*
- 28...*Swimming Upstream – Michael Foley*

Upcoming Events & Broadcasts



Emerald Spiral: We were just notified that events are being planned for the following months in 2020. Here is the schedule: June 11 & 12, 2021-Idaho; July 24, 2021-Kent, Commons; September 25, 2021-Kent Commons; March 26, 2022-Kent Commons. As we receive more details about the hours, location, parking and more, the information will be passed along to you.

BEPC event – to be announced.

A Special Note: *The North West Women's Show that typically takes place in Spring has been rescheduled to March, 2022. I will be sure to let you know the exact show dates when they are confirmed. Also, the other public events will be on hold until we are notified otherwise.*

Golden Nuggets – True Stories About Real People

When I received this video about a seven year-old boy in Kansas, I just had to share it. Be sure that you watch the first video and then the following one...it will definitely bring a smile to your day and fill your heart to the brim. This was submitted by B.G., California.

<https://www.youtube.com/watch?v=oS4MlEpc7g>



The Recipe Box...Open-Face Cheese Tart

Easter is just around the corner and if you are fixing a special brunch breakfast this may be just perfect for that day of celebration. It is easy to make and serves 6-8 people as a main course or 12 mini-servings. You'll need a 9" springform pan for this tart.

Ingredients: *Pie Shell*-1 pkg (10 oz) piecrust mix, 1 egg white. *Filling*-1/2 lb sliced bacon, 3/4 lb Swiss cheese grated (3 cups), 6 whole eggs, 1 egg yolk, 1/14 tsp salt, 1/8 tsp nutmeg, 1/8 tsp pepper, dash Cayenne, 3 cups light cream.

Directions: Make pie crust as directed on package. Shape three-fourths of the pastry into a ball; flatten to make a 6" round. Freeze the remaining dough. Roll dough out into a 13" circle on a lightly floured surface. Then using a ruler, trim edge to make a 12" circle. Fold pastry in half, with fold in center, in bottom of 9-inch springform pan. Unfold pastry; fit carefully into pan. Pastry will measure 2 inches high on side of pan. Pat pastry to fit snugly and evenly in pan. Brush bottom and side of pastry lightly with egg white. Refrigerate to chill slightly, until ready to use. Preheat oven to 375F. **Filling-** Fry bacon until crisp, drain, crumble. Sprinkle over bottom of pie shell. Sprinkle cheese over bacon. In large bowl, with beater, beat eggs and egg yolk, salt, nutmeg, pepper and cayenne slightly. Gradually beat in cream. Beat mixture until well combined, not frothy. Slowly pour over bacon and cheese in pie shell. Bake 50-55 minutes, or until top is golden-brown and puffy and the center seems firm when it is gently pressed with fingertip. Remove to wire rack. Let cool 15 minutes and then with sharp knife loosen edge of pastry from side of pan; gently remove side of springform pan. Place, still on bottom of springform pan, on serving plate.

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. Do put *The Donna Seebo Show* in the subject line. 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 contact information and 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 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, The Magic Hat, and The Woodcutter & The Tree*, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on www.mrsseebosclassics.com. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

You can go to my website to order directly on Amazon, Create Space, and Kindle. To order, contact me via my website, 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'

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