



A Moment with Donna.....The Time is Now

What the world needs now, is love sweet love, that's the only thing there is too little of...

As I was preparing this commentary those words were playing in my head. 'Very interesting' I thought, as this is the month when Valentine's Day is happily celebrated on the 14th. To have these lyrics *pop* into my mind after just having heard newscasts of doom and gloom...well, it changed my perspective within seconds. After all, ... who is in charge of how I think and what my attitudes and actions are going to be? Me, of course.

So many changes have evolved within a very short period of time. My pen, along with my computer keyboard and software, have been incredibly busy. As I have been thinking about this New Year of 2021, I determined that *Do it now, Seize the Moment*...is going to be my mantra for this year.

How often do we set up our goals, write out our dreams, and then find ourselves distracted, or like last year, have circumstances affecting us that we have no control over. We then wipe our slate of plans clean, feeling they are now out of our reach. If we are thoughtful, we put them on hiatus, until circumstances change.

It is time to reframe, redesign, regroup, evaluate new strategies...like a Navy Seal would. What do we have to work with? Who can be a part of our team? What time frame do we choose to do the work? What tools do we have and/or need? Then, most importantly, how do we implement the action we need to put into place?

If I'm sounding a little pushy it is because I'm having to do all of what I have just mentioned. Waiting for a government solution, or rescue of one type or another to come along, just isn't realistic. As individuals, like those who lived through the *Greatest Generation* period, we have had to deal with incredible challenges. Our ancestors had to stand up, be innovative, adapt to serious conditions and ugly circumstances that went on for years. We can do the same. No whining allowed.

It is a rare day when I don't hear about huge life changing circumstances with people. However, just like our ancestors, when we work together as a community or as a nation, we are amazing at what we can accomplish.

This period of swift change is giving us the tremendous opportunity to dig deep down inside of ourselves so we can pull up and out, those skills and talents to reengage in new ways.

Love, respect, appreciation, is so important. Can you give that to yourself? If you can't then start working on that first. When you can, the opportunities open up for you to be a light for others because you are about being the best you can be, not a victim. You then become an active participant in this phenomenal experience called life.

This month of February give yourself the gift of focusing on your priorities. The gift of self-assessment and self-investment is invaluable. You are worth every bit of the effort you put into yourself. Tune into your self-awareness and turn on the light within. The ripple effect will inspire others, making them curious about they can do to shine like you. Spread the love but also the wisdom. The rewards are great.

Happy Valentine's Day and have a joyous and fabulous month.

Donna Seebo

February's Power Thought

"The true interest of Americans is mutual interest. The doctrines that put race against race, group against group, class against class and worker against employer all are false doctrines. They are preached only by assassins of progress who are economic parasites or political pirates. We want to recreate an America in which their falsehoods cannot prevail, where the energies of men and women shall be devoted to constructive efforts." ~ Wheeler McMillen

February's Chuckle — submitted by B.G., California

Ever since he was a child, a fellow always had a fear of someone under his bed at night. So he went to a shrink and told him, "I've got problems. Every time I go to bed I think there's somebody under it. I'm scared and I think I'm going crazy."

"Just put yourself in my hands for one year," said the shrink. "Come in and talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?"

"Eighty dollars per visit", replied the doctor.

"I'll sleep on it", the fellow said.

Six months later the doctor met him on the street. "Why didn't you come to see me about those fears you were having?" he asked.

"Well, eighty bucks a visit, three times a week for a year is \$12,480.00. A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought me a new pickup truck."

"Is that so?" With a bit of an attitude the shrink asked, "and how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody under there now!"

It always pays to get a second opinion.

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. **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: 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 – February 2021

- 1....Heal – Kelly Mu**
- 2....Limitless – Peter Rupert**
- 3....Learn to Love – Dr. Thomas Jordan**
- 4....Lancer, Hero of the West – Bob Brill**
- 5....The Grit Factor – Shannon Polson**
- 8....Giovanni & The Camino of St. Francis – James Twyman**
- 9....Perfect Practice – Mary S. Corning**
- 10...Ayurvedic Reset Diet – Vatsala Sperling (Costa Rica)**
- 11...First Soul's Trilogy – Peter Canova**
- 12...Finding Hope in the Crisis – Maura Mathrese**
- 14th...Happy Valentine's Day to everyone!**
- 15...Don't Shoot Your Future Self – Eric Power**
- 16...Becoming Soul – Denise El Alma**
- 17...Cosmic Flow – Nikki Strange (England)**
- 18...Home, A Story of Resilience & Hope – Carrie Barnes**
- 19...Power Cards & Sacred Vision Cards – Lynne Edwards**
- 22...A Gay Man's Guide to Life – Britt East**
- 23...Hidden Women, Celtic Burgundy & Europe – Jacqueline Stewart**
- 24...God Came to My Garage Sale – Dr. Marni Hill Foderaro**
- 25...The Audacity to Be Divine – Judith Halbreich**
- 26...To be announced**

Warriors for Peace

3.....*Overcoming Hate through Dialogue* – Ozlem Cekic

10...*For Sale, American Paradise* – Willie Dryer

17...*The Dead Are Arising* – Malcom X – Les Payne & Tamara Payne

24...*Teen Whisperer, Challenging Teenage Son's* – Dr. Mark Schillinger



Upcoming Events & Broadcasts

At this time no appearances are being scheduled for February.

A Special Note: The North West Women's Show that typically takes place in Spring may not be taking place until June of this year. With the COVID situation the organizers are patiently waiting to see what evolves with the current conditions. I will be sure to let you know if and when the show will be taking place. Also, the other public events will be on hold until we are notified otherwise.

Golden Nuggets – True Stories about Real People

This was submitted by R.J., Alaska

With all that has been going on for the past year of 2020 and what we are experiencing in this new year of 2021, this video brings into perspective a deep appreciation of life, its experiences, and how we will eventually put behind us the limitations we have been going through, moving forward, just like our ancestors did. Share this with friends and family. It may surprise them.

<https://www.youtube.com/embed/P-lzlvgrxA8>



The Recipe Box... Chocolate Cherries

Hearts and flowers are a strong symbol for the month of February, along with chocolate. Why not create a new tradition with this chocolate cherry candy recipe and surprise that special person in your life? Let's hope they'll share their gift with you. If not, make a little extra, and set it aside for pampering yourself.

Ingredients: 12 candied cherries, 2 Tbls. rum or brandy, 9 oz. marzipan, 5 ½ oz. dark chocolate, extra milk, dark or white chocolate to decorate candy pieces (optional).

Directions: Line a cookie sheet with baking parchment. Cut the cherries in half and place them in a small bowl. Add the rum or brandy and stir to coat. Set the cherries aside to soak for a minimum of 1 hour, stirring occasionally. Divide the marzipan into 24 pieces and roll each piece into a ball. Press half a marinated cherry into the top of each marzipan ball. Break the chocolate into pieces and melt in a double boiler. Dip each candy into the melted chocolate allowing the excess to drip back into the pan. Place the coated cherries on the baking parchment and chill until set. If desired, melt a little extra chocolate and drizzle it over the top of the coated cherries. Let set.

Special Note: You can use a whole almond in place of the halved candied cherries and omit the liquor.

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 press kit to the address noted below. All materials are reviewed for content and if accepted, you will be contacted 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 there is my website showing all of my children's publications and other products as well. Both e-books and audio e-books are now available.

You can listen to a 'free' preview of any of the audio books and view some of the art 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 or order through 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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