



A Moment with Donna... The Higher We Fly

<https://www.youtube.com/watch?v=1xNGgWNRUf8>

The Pacific Northwest is beginning to glow with color as tulips and daffodils are rising up in our gardens, letting us know that spring is here and the drabness of winter will be leaving us soon. Spring is gently but firmly saying, *Get going, it's my time now!*

I love spring. She is a statement of life, its ever-changing presence and how it does not matter what happens, we can reach up and out, moving forward, expecting and knowing balance will prevail.

Adaptability, resilience, persistence, creativity, all contribute towards our reaching for new heights of growth and development, that of course, brings challenges with the evolving changes.

I came across an article recently that mentioned how a huge manufacturing company here in the United States closed down and left to go to Mexico, leaving hundreds of people unemployed, and thousands outside of the company affected. The jobs and local economy went into a deep recession. 10 years later, many former employees were interviewed. A major portion of them had moved into different working environments, some went back to school to hone new skills, a few retired. Each and every individual interviewed spoke of their challenges, yet they decided the changes they were to make to survive and thrive during very dark times.

I have a watercolor painting of a little boy on his knees who is curious and exploring leaves on a tree. He is examining and wondering about nature, the world about him, and the feeling is the world is alive with wondrous things. Just yesterday, a little 3-year-old girl told me how she discovered worms in her backyard and the baby worms she saw were so cute. I agreed with her. When you can see through a child's eyes, wonder enters your essence in a significant way. We should remember that magic of wonder is always within us.

In one year, 2020, the entire world has experienced an encapsulation of fear. It is time to break out of it. Time to ask ourselves what priorities we want to focus on, what brings forth our best talents, and how can we expand ourselves so that we stand up, look up and out for ways to collaborate with life instead of moaning about how bad things are. We humans grow when we are challenged.

We stand on the shoulders of those who have gone before us. That is a saying that has been mentioned more than once to me and it is true. Today we need to realize that we are responsible for being positive examples of inspiration and demonstration for our younger generations. They will have their own challenges to face. Let's move forward...age doesn't matter here...your thinking, planning and actions do.

Are you ready to fly higher and higher? Go for it! After all, only you can live your life, no one else can do it for you. Buckle up for the ride ahead...it should be a great adventure.

Have a fabulous spring!

Donna Seebo

Power Thought for March

“He who would be great must be fervent in his prayers, fearless in his principles, firm in his purposes and faithful in his promises.” ~ Author Unknown

March's Chuckle

“Don’t Give Up! Moses was once a basket case!” ~ Church sign

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: <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, Tune In, Spotify and Nobex.

How about a Smile?

This video was sent by U. F. of Washington and it will bring a joyful smile to your face...Enjoy!

<https://m.youtube.com/watch?v=G4nX0Xrn-wo>



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 Seeb Show *Upcoming Guests – March 2021*

1. Trish, A Story of Survival & Recovery – Patricia Byrnes
2. The Awe Factor – Allen Klein
3. Living Life Fully with Macular Degeneration – Doris Winn Pollack
4. Exploring Wine Regions, Bordeaux, France – Michael Higgens
5. Book Restoration Unveiled – Sophia Gobel
8. Corona Transmissions – Richard Grossinger
9. The Road to Gratitude – Melissa Richardson
10. Those Magnificent Guernsey’s – Doug Johnston
11. God Has Infinite Frequency, Aphorisms for Our Fractured Age – Jonathan Masters(Switzerland)
12. Becoming a Doctor’s Doctor – Dr. Michael Myers
15. The Rewired Life – Erica Spiegelman
16. When It’s Time to Say Goodbye – Angela Garner (England)
17. Where Wonder Lives – Fabiana Fondevila (Argentina)
18. Romancing the Birds & Dinosaurs – Alan Feduccio

- 19. The Irrational Fear Cure – Teri Smith Pickens
- 22. Magic & Mysteries of Dreams – Jean Walters
- 23. Life & Insights of Joseph Chilton Pearce – Michael Mendizza
- 24. The Test – Stephane Allix – (France) & #2 guest- Special Occasions – Kim Kimmy
- 25. Liberating Yourself from Lyme – Vir McCoy
- 26. Edgar Cayce & the Unfulfilled Destiny of Thomas Jefferson Reborn – Joanne Dimaggio
- 29. To be announced
- 30. From Hell to Rebirth – Michelle L. Potter
- 31. 7 Strokes in 7 Days – Dawn Grant

Warriors for Peace

- 3. Among the Remnants – Joshua H. Gortler
- 10. Mending America's Political Divide – Professor Rene H. Levy
- 17. Made in China – Amelia Pang
- 24. The Future of Us – Dr. Redlener
- 31. Collaborative Innovation – Dr. Bart Barthelemy



Upcoming Events & Broadcasts

IDAHO...I will be doing an appearance in Coeur 'D Alene, Idaho during the middle of March and will be available for private appointments. Should anyone in the Post Falls, Idaho area, etc., want to schedule an appointment with me, please call my office directly for information regarding scheduling by phone or in-person.

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

Friendships sometimes are developed in the most unusual and unexpected circumstances. I think you'll enjoy *Ricky & Doris*. It just shows how life can continue to provide surprises when you least expect it. Submitted by J.G., Alaska

<https://www.youtube.com/watch?v=38CPg9OS510&feature=youtu.be>



The Recipe Box...Famous French Asparagus Quiche

This is a recipe that I have used for years and my family and friends really enjoy it. Simple to make, it is a perfect dish for that Sunday breakfast, a lunch, or even a dinner. Served with hot biscuits, fresh fruit and your favorite meat, or even a salad of choice, it is a real winner. Try it...I think you'll like it.

Ingredients: 1 ½ lb. of fresh asparagus spears (can use frozen), water, 1 tsp. salt, 1 pkg. piecrust mix (or ready-made pie shell), 1 egg white (beaten slightly), 8 slices bacon (quartered), ½ lb. grated Swiss cheese, 4 eggs, 1 ½ cup half-and-half (or light cream), 1/8 tsp. ground nutmeg, 1/8 tsp. salt, dash of pepper.

Directions: Wash asparagus in cold water; break off and discard tough stem ends of each spear. Scrape ends of asparagus with vegetable parer and set aside 12-16 of the best spears for decoration-each spear should be about 4" long. Cut the remaining asparagus into ½ " pieces. Bring 1 quart water and salt to boil in a 3-quart saucepan over high heat. Add cut and whole asparagus. Return water to boil, reduce heat to low, cover pot, and simmer 5 minutes. Drain asparagus in a large colander and put into ice water to stop cooking. Separate whole and cut asparagus; set aside. Prepare pie crust for single 9" crust. Roll out pastry into an 11" circle. Place into pie plate, turn edges under and crimp as desired. Brush slightly beaten egg white onto bottom of pie crust. Cover with plastic wrap or wax paper and put into refrigerator. Preheat oven to 375 degrees. Put bacon in a skillet and cook over moderately high heat, turning until brown and crisp. Drain on paper towels; crumble. Remove pie shell from refrigerator; sprinkle with bacon, grated cheese and the cut-up asparagus pieces. With mixer, beat eggs with cream, nutmeg, salt and pepper until combined. Pour into pie shell. Arrange asparagus spears, spoke fashion, on pie. Bake 40 minutes or until puffy and golden brown, firm in the center. Serve hot.

P.S. This is very good cold too.

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

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