

©The Donna Seebo Newsletter

September 1, 2022



A Moment with Donna...Getting to the Roots

Mother Nature is a great teacher, always classroom present. She delights in, and welcomes, the opportunity to share her knowledge when one is willing to observe and hear her messages. Not only that, but being out-of-doors is a great stress reliever. Nothing like digging in the dirt, pulling weeds, planting bulbs to get the kinks out of oneself.

Saturdays are my primary time of working in the yard and as I am writing this editorial the temps here in the Northwest are a bit warm, however, they are appreciated as all too soon they will be dropping substantially. There are a lot of trees in my area and plenty of debris to clean up, including ivy, which is a most tenacious plant critter. It covers everything if you let it. Once it grabs hold of a space it will battle you forever to keep its territory intact.

As I was cutting back the abundant vines, some as thick as my thumb, and pulling up yards and yards of spidery spreads of dark green leafy relatives, I became aware of the incredible root systems scattered in every direction imaginable. There was an intricate infrastructure right in front of me. At one point in my digging, I pulled up a massive root, at least 4 inches long. As I held it in my hand, thoughts bubbled up in my mind as to how those vines seemed to be so similar to patterning's within the human psyche.

I recalled a story about the famous Napoleon Hill and how he discovered a root of thinking and attitude that really stunned him, making him aware of how important it was to be mindful of our biases and belief systems that exist on a subconscious level.

Napoleon had been a speaker at a conference. After the presentation, a man approached him, expressing his appreciation of his talk, and extended his left hand to shake Napoleon's right hand. As Napoleon started to extend his hand to shake the hand of the stranger, he immediately pulled his hand back, stared at the man sternly and turned, walking away, without saying a word. He left the stranger wondering what in the world had he done to offend Napoleon.

Napoleon walked into his hotel room, and upon entering was appalled at his own behavior and totally perplexed as to why he acted the way he did. The stranger had done nothing to offend him. *What in the world possessed him to act in such an appalling manner?* Over and over again, Napoleon tried to determine what had triggered his behavior. After a very long period of time, the answer finally was revealed.

His father hated Mason's. Anything, anyone, associated with the organization was bad, according to his father. When the stranger extended his hand to Napoleon, he was wearing a Mason's ring. Napoleon's subconscious mind, not his conscious mind, reacted to the programming he had been taught so many years before. It was an automatic recall that he consciously had no memory of. He vowed to

never do again what he had done that day. He learned that our subconscious has a phenomenal memory and if we are not attentive, can create unexpected havoc.

How many of us have deep roots of anger, hate, biases, opinions, perceptions, beliefs, that we have been indoctrinated with, and never give a thought to? What triggers do we activate that create anxiety, agitation, aggravation, anger, resentment, hate, fear, and distortion, without real facts? Sometimes there is that hidden 'mother root' that has to be dug up and permanently removed; sometimes there are multiple roots that need to be pulled up and out. It is always good to question ourselves and determine what roots we want to keep and which ones need to be discarded...permanently.

Amazing what Mother Nature shows us about life. Gardening, cleaning up debris is always a good thing, both in nature and in ourselves.

Fall is garbing herself in glorious colors, letting us know that all too soon, Father Winter will be moving in. Enjoy this wonderful period of preparation for the coming changes of season. Have a magnificent and vibrant September.

Donna Seebo

September's Chuckle

I wake up to Alexa every morning before my wife is up. But one morning, I must have been in a deep sleep because my wife had to chime in to get Alexa to stop. "I wonder why Alexa didn't stop when I told her to," I mused.

"Because you didn't tell Alexa to 'stop,' " my wife said. "You told her to 'shut up.' " ~Phillip Sienna, CA.

Power Thought for September

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech; which is the right of every man as far as by it he does not hurt or control the right of another; and this is the only check it ought to suffer and the only bounds it ought to know... Whoever would overthrow the liberty of a nation must begin by subduing the freedom of speech, a thing terrible to traitors." ~ Benjamin Franklin

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

"Delphi Vision Broadcasting" is celebrating its 21st year of positive and informative programming with 'The Donna Seebo Show' and its 8th 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 pm, Monday through Friday, Pacific Time. The latest 13-15 hours of programming is available 24/7. 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.

As of February 1st, 2022, we are featuring *The Author’s Showcase*. You are invited to visit our new addition to *The Donna Seebo Show & Warriors for Peace* show page.

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.



Featured Radio Guests on the Donna Seebo Show And Warriors for Peace – September 2022

- 1...Surfer & The Sage – Shaun Tomson***
- 2...Laundromat Millionaire – Dave Menz***
- 5...Dreamtimes & Thoughtforms – Richard Grossinger***
- 6...Under Construction – Julie Harriet***
- 7...Moral Fiber – Helen Schrader (England)***
- 8...White Flag – Judy Mandel***
- 9...Breakthrough the Limits of the Brain – Joseph Selbie***
- 12...Microdosing with Amanita Muscaria-Olga Perry***
- 13...Sane Asylums – Jerry Kantor***
- 14...Activate Your Cosmic DNA – Eva Marquez***
- 15...The Road Ahead & Miles Behind – Mike Liguori***
- 16...15 Minute Pause – Michelle Burke & Lilamani DeSilva (U.S. & England)***
- 19...Ignite a Shift – Stephen McGarvey***
- 20...Proof of Spiritual Phenomena – Mona Sobhani***
- 21...North Sea Water in My Veins – Imelda Almqvist (England/Sweden)***
- 22...Amazonian Angel Oracle Cards – Howard Charing (Romania)***
- 23...Stepping Beyond Intention – Daniel Mangena***
- 26...The Gentle Way with Pets – Tom Moore***
- 27...The Inner Work of Age - Connie Zweig***
- 28...Essential Oils – Heather Dawn Godfrey (England)***
- 29...If You Only Knew – Emily Francis***
- 30...The Silent Count – E.A. Smiroldo***

Warriors for Peace

- 7...Not for Sale – Kevin Hancock***
- 14...Zero Sum Victory, What We’re Getting Wrong About War- Christopher Kolenda***
- 21...The Grey Bird of Bagdad – Stephen Monterro***
- 28...When America First Met China – Eric Dolin***

Upcoming Events & Broadcasts - September 2022

September 2nd ... Tune in to Moments with Marianne radio show, with host Marianne Pestana, on Friday, September 2nd at 10am PST/ 1pm EST for an inspiring discussion with Donna Seebo.

#MomentsWithMarianne airs every Tuesday at 3PM PST / 6PM EST and every Friday at 10AM PST/ 1PM EST in the Southern California area on KMET 1490AM & 98.1 FM, ABC Talk News Radio affiliate! Not in the area? Click here to listen! <https://tunein.com/radio/KMET-1490-s33999/>

September 7th, Wednesday...The Psychic Spectrum, Poodle Dog Restaurant, Fife, Washington, 5pm. I will be the keynote speaker and also doing demonstrations. I will be available before and after my presentation for mini-sessions. I will also have publications available. Look forward to seeing you there.

September 24th, Saturday... The Emerald Spiral – Kent Commons, 525 4th Ave North, Kent, WA. This is a one-day event, Hours: 10am to 4pm. I will have many publications at my booth and also will be doing mini-sessions. For more details go to www.emeraldspiral.com.

November 5th & November 6th, Saturday/Sunday... BEPC Expo, Kent Commons, Kent, WA. Saturday, 10am to 6pm. Sunday, 11am-5pm. Mini-readings, lots of books and more, will be available at my vendor table. I will be speaking at this event, scheduled time to be determined. For more details go to www.BEPCweb.org.

Author's Alert

Any author can participate in a new opportunity, **The Author's Showcase**. This new format enables an author/PR agencies/publishing houses to have visibility for their publication(s) that I have been unable to offer previously. If you are interested in participating, please call my office for more details, 253.582.5604. Thank you.



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.

Golden Nuggets, True Stories about Real People

Submitted by B.G., California, Author unknown **17 Inches**

You will not regret reading this excellent article from beginning to end. Twenty-six years ago, in Nashville, Tennessee, during the first week of January, 1996, more than 4,000 baseball coaches descended upon the Opryland Hotel for the 52nd annual ABCA's convention.

While I waited in line to register with the hotel staff, I heard other more veteran coaches rumbling about the lineup of speakers scheduled to present during the weekend. One name kept

resurfacing, always with the same sentiment — “John Scolinos is here? Oh, man, worth every penny of my airfare.”

Who is John Scolinos, I wondered. No matter; I was just happy to be there.

In 1996, Coach Scolinos was 78 years old and five years retired from a college coaching career that began in 1948. He shuffled to the stage to an impressive standing ovation, wearing dark polyester pants, a light blue shirt, and a string around his neck from which home plate hung — a full-sized, stark-white home plate.

Seriously, I wondered, who is this guy? After speaking for twenty-five minutes, not once mentioning the prop hanging around his neck, Coach Scolinos appeared to notice the snickering among some of the coaches. Even those who knew Coach Scolinos had to wonder exactly where he was going with this, or if he had simply forgotten about home plate since he’d gotten on stage. Then, finally ...

“You’re probably all wondering why I’m wearing home plate around my neck,” he said, his voice growing irascible. I laughed along with the others, acknowledging the possibility. “I may be old, but I’m not crazy. The reason I stand before you today is to share with you baseball people what I’ve learned in my life, what I’ve learned about home plate in my 78 years.”

Several hands went up when Scolinos asked how many Little League coaches were in the room. “Do you know how wide home plate is in Little League?”

After a pause, someone offered, “Seventeen inches?,” more of a question than answer.

“That’s right,” he said. “How about in Babe Ruth’s day? Any Babe Ruth coaches in the house?” Another long pause.

“Seventeen inches?” a guess from another reluctant coach.

“That’s right,” said Scolinos. “Now, how many high school coaches do we have in the room?” Hundreds of hands shot up, as the pattern began to appear. “How wide is home plate in high school baseball?”

“Seventeen inches,” they said, sounding more confident.

“You’re right!” Scolinos barked. “And you college coaches, how wide is home plate in college?”

“Seventeen inches!” we said, in unison.

“Any Minor League coaches here? How wide is home plate in pro ball?” ... “Seventeen inches!”

“RIGHT! And in the Major Leagues, how wide home plate is in the Major Leagues? “Seventeen inches!”

“SEV-EN-TEEN INCHES!” he confirmed, his voice bellowing off the walls. “And what do they do with a Big League pitcher who can’t throw the ball over seventeen inches?” Pause. “They send him to Pocatello !” he hollered, drawing raucous laughter. “What they don’t do is this: they don’t say, ‘Ah, that’s okay, Jimmy. If you can’t hit a seventeen-inch target? We’ll make it eighteen inches or nineteen inches. We’ll make it twenty inches so you have a better chance of hitting it. If you can’t hit that, let us know so we can make it wider still, say twenty-five inches.’”

Pause. “Coaches... what do we do when your best player shows up late to practice? or when our team rules forbid facial hair and a guy shows up unshaven? What if he gets caught drinking? Do we hold him accountable? Or do we change the rules to fit him? Do we widen home plate? ”

The chuckles gradually faded as four thousand coaches grew quiet, the fog lifting as the old coach’s message began to unfold. He turned the plate toward himself and, using a Sharpie, began to draw something. When he turned it toward the crowd, point up, a house was revealed, complete with a freshly drawn door and two windows. “This is the problem in our homes today. With our marriages, with the way we parent our kids. With our discipline.

We don’t teach accountability to our kids, and there is no consequence for failing to meet standards. We just widen the plate!”

Pause. Then, to the point at the top of the house he added a small American flag. “This is the problem in our schools today. The quality of our education is going downhill fast and teachers have been

stripped of the tools they need to be successful, and to educate and discipline our young people. We are allowing others to widen home plate! Where is that getting us?"

Silence. He replaced the flag with a Cross. "And this is the problem in the Church, where powerful people in positions of authority have taken advantage of young children, only to have such an atrocity swept under the rug for years. Our church leaders are widening home plate for themselves! And we allow it."

"And the same is true with our government. Our so-called representatives make rules for us that don't apply to themselves. They take bribes from lobbyists and foreign countries. They no longer serve us. And we allow them to widen home plate! We see our country falling into a dark abyss while we just watch."

I was amazed. At a baseball convention where I expected to learn something about curve balls and bunting and how to run better practices, I had learned something far more valuable. From an old man with home plate strung around his neck, I had learned something about life, about myself, about my own weaknesses and about my responsibilities as a leader. I had to hold myself and others accountable to that which I knew to be right, lest our families, our faith, and our society continue down an undesirable path.

"If I am lucky," Coach Scolinos concluded, "you will remember one thing from this old coach today. It is this: "If we fail to hold ourselves to a higher standard, a standard of what we know to be right; if we fail to hold our spouses and our children to the same standards, if we are unwilling or unable to provide a consequence when they do not meet the standard; and if our schools & churches & our government fail to hold themselves accountable to those they serve, there is but one thing to look forward to ..."

With that, he held home plate in front of his chest, turned it around, and revealed its dark black backside, "...We have dark days ahead!"

Note: Coach Scolinos died in 2009 at the age of 91, but not before touching the lives of hundreds of players and coaches, including mine. Meeting him at my first ABCA convention kept me returning year after year, looking for similar wisdom and inspiration from other coaches. He is the best clinic speaker the ABCA has ever known because he was so much more than a baseball coach. His message was clear: "Coaches, keep your players—no matter how good they are—your own children, your churches, your government, and most of all, keep yourself at seventeen inches."

The Recipe Box...Squash Soup with Bacon

The fall season is upon us, and the temperatures are becoming cooler, especially in the evenings. There is nothing better than a delicious soup accompanied by hot, crisply baked bread for a very satisfying meal. This is a recipe that Elizabeth Bangert developed and it will please just about everyone. If vegetarian, just eliminate the meat stock, using vegetable broth, and adjust the flavorings accordingly.

Ingredients: 1 muscat squash (about 11 pounds—substitute pumpkin or another squash if desired), 6 onions, 8 cloves garlic, 2/3 cup butter, 4 cups meat stock, 1 2/3's cup sweet cream, 1 bunch argula, 1/2 lb. bacon, salt/pepper/nutmeg to taste.

Directions: Cut a lid off the muscat squash. First, mark a line with a felt-tip marker so the edge will be even. Tilt the knife slightly downward. Thus, the rim will be more angled. Remove about half of the firm pulp from the squash. The pulp is quite firm, use a long-handled spoon and lots of patience. Stringy and hairy pulp is to be discarded. Seeds can be cleaned and saved for a crunchy snack. Peel and cube the onions; peel the garlic. Heat the butter in a large pot and sauté the onion cubes in the melted butter. Using a garlic press, add garlic to the heated onion, stirring constantly. Cut up the squash flesh and add it to the onions in the pot. Simmer for a few minutes, then add the meat stock, cover, and cook for 15 to 20 minutes. While this is cooking, fry the bacon until crisp, then drain on paper towels. Then puree the squash pulp to a cream with a hand mixer, stirring the cream in, and season with salt, pepper and nutmeg.

Chop about 2/3's of the arugula into small pieces and stir into the soup. Pour the hot soup into the 'squash tureens' and garnish with the rest of the arugula. Have crispy bacon bits in separate bowl and serve separately as a garnish.

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.

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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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