

©The Donna Seebo Newsletter

January 1, 2023



A Moment with Donna...Excess Baggage

There is a very old fable about two monks who are traveling together. They come to a flowing river and are ready to cross it when a woman calls out for assistance as she is unable to cross the river on her own. One of the monks offers to help her, picks her up, puts her on his back, and he carries her across the fast-moving waters. The monk, once the woman is put down safely on the dry bank of the river, is thanked by the woman and she continues to her destination. Meanwhile, the companion monk is scolding him profusely for carrying the woman as it is against all protocols of their order. Listening thoughtfully to the words of his fellow monk, he responds, "I just carried the woman across the river, but it seems you are carrying her much further and don't know how to put her down."

Excess baggage...if you are like me and enjoy traveling, it seems to take a while to learn what not to pack or carry. Gradually we become more efficient with what we choose to pack, understanding the realities of what is really needed, not excess of any kind.

We are entering into a New Year-2023 in real time. So many of us, just like the one monk, may be carrying old fears, angers, resentments, bias', that are weighing us down and we feel stuck. Hanging on to the emotional, mental, spiritual, and even physical aspects of what we should no longer deal with is quite a challenge. Excess baggage, if we are not wise, can become a part of our identity via habits, old beliefs, and lifestyle. It becomes a major challenge as to how we can let go of that which no longer really serves us.

My mentor many years ago made a very wise statement. When you want to change a habit there is a void that is created with that change. It is important to have something to fill that void, another habit that will serve you better. Why? Nature abhors a void and usually, if we don't make a choice, that void is refilled with the same old patterns/habits. So, how to fill that void. How about exploring other options?

I have heard people say "I don't like change." or "The world has gone crazy; I want nothing to do with it!" They then crawl back into their caves of isolation, fantasizing about *the good 'ol days*. The world is no utopia. Whether it is Mother Nature going through a PMS moment or a bunch of human beings creating havoc in one way/place or another ... yes, we do have a knack of mucking things up on a frequent basis, don't we? We have to deal with adaptation or get lost in the shuffle.

Cleaning up and out of our lives, the excess baggage/clutter is important. I would like to make a suggestion. Schedule some time to be alone and have a journal or pad of paper. Write out your thoughts, feelings, and observations about yourself and your life. What do you want to release? What change do you want to bring into your life? Are you willing to give yourself the space to determine what is most significant to you? How would you like your life's script to read for this New Year?

We grow, we evolve with change and I can guarantee that it will always be a part of life. This year why not invest in your empowerment, grow into a bigger expression of yourself, your talents...look forward to the new adventures that bring love, friendships, new opportunities, into your life on all levels? Be the creator of your environment, your life's direction. Ready to pick up that journal or pad of paper and spend some time with yourself and your dreams?



Have a magnificent New Year's celebration. Wishing you and everyone you love and care for, a fabulous 2023!

Donna Seebo

January's Power Thought

"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve." ~Dr. Albert Schweitzer

January's Chuckle

Teacher: Someone who takes a lot of live wires and sees to it that they are grounded.
~ Author unknown.

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.**

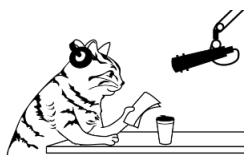
"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

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 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 – January 2023

- 2...Pickleball Faith - Stacy*
- 3...All is Fair – Michael K. Smith*
- 4...On Lonesome Roads – Dan Flanigan*
- 5...Unstoppable Teams – Alden Mills*
- 6...Son of a Basque – Debrah Driggs*
- 9...What the Hell is the Economy? – Eric Johnson*
- 10...Aligning the Dots – Philippe Brouissou*
- 11...To be announced*
- 12...Nature of Astrology – Bruce Scofield*
- 13...Vision for Life – Meir Schneider*
- 16...Finding Reality Beyond Fear – Rev. Marilyn Redmond*
- 17...Exit the Maze*
- 18...Particles In the Air – Dr. Podjasek*
- 19...December '41 – William Martin*
- 20...The Extremely Busy Woman's Guide to Self-Care – Suzanne Falter*
- 23...Gently Down This Dream – Gayle Prather*
- 24...Animal Wayshowers – Tammy*
- 25...Daughters of Narcissistic Mothers -Stephanie Kriesberg*
- 26...Radical Regeneration – Andrew Harvey*
- 27...To be announced*
- 30...Past Lives in Ancient Lands & Other Worlds – Shirley A. Kaehr*
- 31...To be announced*

Warriors for Peace

- 4...From Service to Success – Bob Taylor*
- 11...Save the Last Bullet – Heidi Langbein-Allen*
- 18...Sentenced to Life – Curtis Roberts*
- 25... Eagar, The Surprising, Secret Life of Beavers & Why They Matter – Ben Goldfarb*

A Lighter View Magazine

I have been invited to contribute to this beautifully designed magazine. In turn, I am inviting you to explore its positive messaging, offering the opportunity to view diverse perceptions/opinions from many different contributors. Here is the website you can explore. Sign up for the monthly publication and it will inspire and motivate you in various ways to reach out to new connections and learning in a most delightful way.

<https://alighterview.com/>.

Upcoming Events & Broadcasts – January 2023

January 18th...The Psychic Spectrum, Banquet Room at the Poodle Dog Restaurant, Fife, Washington. I will be the keynote speaker for the evening and the meeting starts at 5pm. I will be arriving before then, being available for mini-sessions before and after the meeting. Demonstrations of mind skills will also be a part of my presentation. I will also be bringing a number of books, including my children's publications. Go to <https://psychicspectrum.com/> or <https://delphiinternational.com/event/the-psychic-spectrum-23/> for more details.

Golden Nuggets – True Stories about Real People

I received this information from Chris Adams regarding the Ukraine. I felt I should share it as the fight for independence, freedom, is never an easy one. It is the people, not the politicians, who make the difference. He shared this video with me and I felt I should share it with you.

Memories revived....I spent five "Interesting" Years in Russia and Ukraine back in the 90's....My most memorable times were spent in Kiev and within much of Ukraine, enjoying the people and the countryside itself. The horror of the past year to the Beautiful Country and people has been and continues to be a horror story, credited to Vladimir Putin's quest to reinstate the Soviet Union, but thus far he has failed, as the Link below reflects.....Enjoy Perseverance.

Chris Adams...God Bless America! And Ukraine, too!

<https://youtu.be/18jKXKGsZM>



The Recipe Box...Quesadilla Margerite

I love quesadilla's. They're easy to put together, great way to use leftovers, and can be prepared quickly. This is a recipe that you can adapt as you choose, however, you may want to give this a trial run just for the fun of it. Enjoy!

Ingredients: ½ cup of grape tomatoes-halved, ¼ cup olive oil, 2 Tbls. minced fresh basil, 1 clove garlic chopped, salt/pepper to taste, 3 oz. fresh mozzarella sliced into ¼ inch thick matchsticks, 1 cup shredded Monterey Jack cheese, ½ chopped-roasted green chilies, 4-12" tortillas, 2 Tbls. melted butter, 1 cup shredded Parmesan, sour cream.

Directions: In a small bowl, combine tomatoes, olive oil, basil, garlic, salt & pepper – marinate for an hour. Divide mozzarella, Jack cheese and chilies into 4 equal portions. Sprinkle one portion of cheeses and chilies on one half of each tortilla, and fold remaining half of tortilla over ingredients. Repeat to fill all tortillas. Heat a large, non-stick skillet; brush the tops of each filled tortilla with butter. Place tortillas, two at a time into the skillet with the buttered side down. Brush tops of tortillas in the pan with melted butter; sprinkle 1/4 cup Parmesan on top of each tortilla and flip to brown other side. (Parmesan will form a crust. Serve crusted-side up, smeared with marinated tomatoes and sour cream on the side.)

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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