

# ©The Donna Seebo Newsletter

## February 1, 2023



### ***A Moment with Donna...Love's Rainbow***

Love is February's central theme. Valentine's Day...well, I am sure you noticed by the middle of January big red boxes of hearts with gold lettering and lots of chocolate were already on display. Pink, red and white are the marketing colors, along with lots of red roses, red carnations with whispers of white on their petals, and plenty of those delightfully huggable teddy bears with those cute sayings embroidered on satin hearts. Yes, Valentine's Day is dearly loved by so many people.

Love - a simple 4 letter word - relates to so much. It is a primary essence in life that people often search for when they feel it isn't present in their space. In my estimation, and observation, it is ever present. Though if we get caught up in the Hollywood screen portrayals, romance novels and their definitions and descriptions, we can really be disillusioned and disappointed.

Love cannot be encapsulated like a vitamin pill. It truly is a rainbow of many colors, shades and expression. Whether it is the captivating joy of a child's laughter, to the witnessing of an elder savoring the fragrance of a gift of flowers, and anything and everything else you might conceive of, that brings that love buzz into your space. Sometimes Love speaks softly bringing tears to your eyes, other times it can make you giggle...sometimes it wraps around your heart making you feel warm, cozy, contented.

There was a song written a long time ago that was a theme to a movie, 'Love is a Many Splendored Thing...An April rose that only grows in the early spring'. Of course, there is much more to the lyrics. You might want to look them up sometime, they are quite special and timeless. Shakespeare and so many others, even to this day, write about this evasive essence...love. Why? Because it is so amazingly complex and cannot be put into a box. It is fluid, cannot be captured or held hostage, cannot be owned like a piece of property, copyrighted or permanently contained in any particular form.

It is a life force that, just like a rainbow, gives itself the openness of the Universe, sharing its variables in so many unlimited ways. It is one of the gifts of life that flows freely for any and all who experience it and hold it in their hearts. Believe it or not, you are an expression, as are all forms of life, of this very powerful essence. Yes, you are one of the many expressions of love that the Universe has created.

As you may want to remember those special people in your life on February 14<sup>th</sup>, don't forget to appreciate yourself and how fortunate you are to have the opportunity to be a part of this magnificent experience of life, to be able to recognize and enjoy the expressions of love that come your way. Also, the opportunities for you to show and share your love and appreciation, not just on Valentine's Day, but every day of your life.



*Donna Seebo*

## ***Power Thought for February -***



### ***February's Chuckle***

"In the Cookie of Life, Friends are the Chocolate Chips" ~Marian Heath

### ***The Donna Seebo Show" & "Warriors for Peace"***



***Heard worldwide***

"Delphi Vision Broadcasting" is celebrating its 22<sup>nd</sup> year of positive and informative programming with 'The Donna Seebo Show' and its 9<sup>th</sup> 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.**

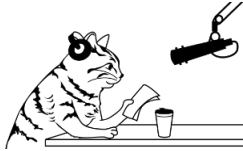
"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

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 February 2023***

- 1...Shamanism – Oscar Miro-Quesada
- 2...Coming Back to Life - Rebecca
- 3...Psychology of the Soul – Karen Herrick
- 6...The Music We Make – Michelle DeBellis
- 7...Eat & Flourish – Mary Beth Albright
- 8...Biodynamics of the Immune System – Michael Shea
- 9...Soul Medicine – Dr. Ed Tick
- 10...Connecting the Dots – Phillipe Bouissou
- 13...Ditch the Act – Ryan Foland
- 14...Healing the Wounds of the Heart – Olivier Clerc (France)
- 15...Conversations with Birds – Richard C. Wheeler
- 16...Druids Garden – Luke Eastwood (Ireland)
- 17...The Littlest Sailboat – Theresa Contaxis
- 20...All is Fair – Michael Smith
- 21...Unstoppable Teams – Alden Mills
- 22...The Body Code – Dr. Bradley Nelson
- 23...Eating the Shokuiku Way – Marie Akisawa (Japan)
- 24...To be announced
- 27...Before We Were Born – Kathy Dayan
- 28...To be announced

### ***Warriors for Peace***

- 1... Reimagining Global Philanthropy – Kirk Bowman
- 8...The Desire to Live – Peter Bahlawanian (Documentary-137 awards)
- 15...Lincoln – William Martin
- 22...Koala – Danielle Clode

## ***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 February 2023***

***Saturday, February 18<sup>th</sup> and Sunday, February 19<sup>th</sup>...MeWe Expo, Embassy Suites, 3325 158<sup>th</sup> Ave SE, Bellevue, WA 98008.*** I will be in Booth #90 and will also be a keynote speaker during the event. Hours will be 11am to 7pm on both days. Look forward to seeing you there.

***Wednesday, February 22<sup>nd</sup>...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***

Life can be a tough proposition at times, however, when you watch these two young people you'll realize that the impossible can become the possible if you are willing to work for it. One can adapt in amazing ways when limitations are put into our path. ~Submitted by B.Z, Allyn, Washington

<https://www.tiktok.com/@tiktokfun4u/video/7160078947277982978>



## ***The Recipe Box...Homemade Chicken Nuggets***

One of my upcoming guests who is located in Japan shared this recipe and I am passing it along to you. With the Super Bowl coming up this is something that can be prepared easily and is healthy to boot. Marie Akisawa is the nutritionist who finds this recipe is for kids of all ages. Enjoy.

***Ingredients:*** 1 pound ground chicken breast, 2 Tbls. mayonnaise, ¼ cup Parmesan cheese, ½ tsp. garlic powder, ¼ tsp. salt, ¼ tsp black pepper, ½ cup almond flour, 1 Tbls. coconut oil.

***Directions:*** Add ground chicken, mayonnaise, Parmesan cheese, garlic, salt and pepper, to a bowl and mix/knead well. Heat coconut oil in a large frying pan over medium heat and add the chicken nuggets to the pan. Brown on each side and cook until chicken reaches an internal temperature of 165 degrees. Transfer the chicken nuggets to a paper towel-lined plate to cool before eating.

## ***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](mailto: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](http://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](http://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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