

©The Donna Seebo Newsletter

March 1, 2023



A Moment with Donna.....Black Rice

Lady Spring and `Ol Man Winter have been doing a lively tango for the past month. Just when Lady Spring manages to warm everything up, grumpy `Ol Man Winter sends in his windy troops, along with icy temps in the 20's which freeze into snow, creating chaos for drivers and all kinds of situations. Meanwhile, here in the Pacific Northwest, Mother Nature is encouraging plants to keep to their time schedule as her persnickety kids will keep having their spats even after March 12th, the official day of Spring.

I am sure you have seen a form of black rice at one time or another, however, what I am going to share with you was given to me by one of my guests on my daily show. It has to do with Professor Emoto's experiments with water turning into beautiful crystals.

A teacher was sharing the book and the story about the Professor's research on the power of words and emotions. The students were fascinated with the photographs in the book and also were told about some people that had done an experiment with white rice. Mason jars were filled with an amount of white rice. On each jar a label was placed like, love, hate, peace, loneliness, etc. The students then, on a daily basis, would speak to the jars expressing the feeling the label stated. This simple ritual was done for a while and to the student's astonishment, the jar that had the word *hate* on it, the rice turned black.

However, that isn't the end of the story. The teacher and the students while talking about the overall results of the rice turning black because of a negative word, one of the students raised his hand, asking a question...*Can we turn the black rice back to white by saying positive words?* Everyone got quiet, seriously thinking about the question. The students very curious, looked at their teacher wondering if they could try to reverse the process that had been done. The teacher felt it was a wonderful challenge. The word *hate* was removed from the jar of black rice and replaced with the word *love*. The black rice after a period of time turned back to white. What a powerful demonstration these young students learned in that classroom!

Think of the difference in their thinking with the demonstration of the energy of emotions, their power when combined with words, can be destructive or constructive...the choice is theirs to make. Also, it is our choice as to whether or not we accept the negative words of others or choose to transform them into something we can leverage in a positive way. Thinking outside the box proves that the impossible can be possible if we have curiosity and don't accept the limitations other people and/or conditions may be put upon us.

Black Rice...a simple experiment that teaches a most powerful lesson.
Have a fabulous spring.

Donna Seebo

Power Thought for March

“Don’t carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them.” ~Author Unknown

March’s Chuckle

“If they try to rush me, I always say...’I’ve got one other speed, and it’s slower.’” `Actor, Glenn Ford

The Donna Seebo Show” & “Warriors for Peace”



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 22nd year of positive and informative programming with ‘The Donna Seebo Show’ and its 9th 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 & Warriors for Peace - March 2023

- 1...A Colourful Dose of Optimism – Jules Standish (England)
- 2...Become the Fire – Elisa A. Schmitz
- 3...Super Aging – David Cravit & Larry Wolf
- 6...Scavenger Hunt – Chad Boudreaux
- 7...Intuitive Communication – Terri Jay
- 8...Marta Ray & The Undersea Kingdom – William Smith
- 9...From Junkie to Judge – Mary Beth O'Connor
- 10...The Swim Prescription – Alexander Hutchison
- 13...A San Francisco Conservative – David Parker
- 14...Health Habits for Diabetes – Justin Kompf
- 15...New City – Patrick Girondi
- 16...Nature of Astrology – Bruce Scofield
- 17...Heal Your Ancestral Roots – Anuradha Gulati
- 20...Crystal Basics Pocket Encyclopedia – Nicholas Pearson
- 21...Occult Russia – Christopher McIntosh
- 22...A Noble Cunning – Patricia Bernstein
- 23...Something Major, The New Playbook for Women at Work – Randi Braun
- 24...Movie-1971, Sylmar Earthquake, a Touch of History
- 27...Nothing to Sneeze At, Cracking the Code on Allergies – Dr. Cliff Shunsheng Han.
- 28...Revelations of the Ruby Crystal, The Trilogy – Barbara Hand Clow
- 29...Travelers – Donald Altman
- 30...Ancient Traditions of Angels – Normandi Ellis
- 31...So You Want to Be a Leader – William F. Merch II

Warriors for Peace

- 1...Promises – Joon Bai
- 8...The Desire to Live – Peter Bahlawanian (Documentary-137 awards)
- 15...The Singing Tree, Peace Building Through Art – Laurie Marshall
- 22...When Women Stood, The Untold History of Females Who Changed Sports and the World –
Alexandra Allred
- 29...Injustice Inc – Daniel Hatcher

A Lighter View Magazine

I am contributing articles 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 – March 2023

Anchorage, Alaska...March 15th to March 19th ...I will be available for in-person and telephone consultations. I am also participating in the Alaska Whole Life Festival on Saturday, March 18th and Sunday, March 19th. Here is their link for all of the information regarding this special 2-day event- www.alaskawholelifefestival.com.

Monday, March 20th ... I will be the keynote speaker for BEPC. This meeting starts at 5:30pm and will be held at Kent Commons, Kent, WA in their 'Interurban Room'. I will be there in person doing demonstrations. A new addition to the program is you can access to the presentation via a Zoom connection. Here is the link for all of the details for this special appearance ...

<https://www.facebook.com/events/1709353376147247>. They are taking reservations at this time. Be sure to contact them via their link. Thank you.

Saturday, March 25th ...**The Emerald Spiral Expo, Kent Commons, Kent, WA. Hours 10am-4pm.** I will be a speaker at this one-day event and also will be available for mini-sessions. For more information go to <https://www.EmeraldSpiral.com> for speaker's schedule, vender information and much more. Look forward to seeing you there.

Wednesday, March 29th...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

Brother Miller's Roadside Stand ~ Author Unknown

During the waning years of the depression in a small South eastern Idaho community, I used to stop by Brother Miller's roadside stand for farm-fresh produce as the season made it available. Food and money were still extremely scarce and bartering was used, extensively.

One particular day Brother Miller was bagging some early potatoes for me. I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily apprising a basket of freshly picked green peas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Brother Miller and the ragged boy next to me.

"Hello Barry, how are you today?"

"H'lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas.....sure look good."

"They are good, Barry. How's your Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas."

"Would you like to take some home?"

"No, Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize marble here."

"Is that right? Let me see it."

"Here 'tis. She's a dandy."

"I can see that. Hmmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?"

"Not 'zackley ...but, almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble."

"Sure will. Thanks, Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me. With a smile she said: "There are two other boys like him in our community, all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble, orange one, perhaps."

I left the stand, smiling to myself, impressed with this man. A short time later I moved to Utah but I never forgot the story of this man, the boys and their bartering. Several years went by each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Brother Miller had died.

They were having his viewing that evening and knowing my friends wanted to go, I agreed to accompany them. Upon our arrival at the mortuary, we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could. A head of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts...very professional looking.

They approached Mrs. Miller, standing smiling and composed, by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket. Her misty light blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary, awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and mentioned the story she had told me about the marbles. Eyes glistening, she took my hand and led me to the casket. "Those three young men that just left... they were the boys I told you about. They just told me how they appreciated the things Jim "traded" them. Now, at last, when Jim could not change his mind about color or size...they came to pay their debt. "We've never had a great deal of the wealth of this world," she confided, "but, right now, Jim would consider himself the richest man in Idaho."

With loving gentleness, she lifted the lifeless fingers of her deceased husband. Resting underneath were three, magnificently shiny, red marbles.

Moral: We will not be remembered by our words, but by our kind deeds.



The Recipe Box...Chef Poppy's Cheesecake

Submitted by Chef Poppy & "mom", Deb Emerson

"Chef Poppy's cakes here at Mystic Dog Lodge, following in the shoes of Chef Le Tips! I'm learning a lot and just made my first Cheesecake! Mom had to decorate it though, I don't know much about flowers! Hope you like it and wishing everyone a dippity-doo-da-day! Love, Poppy"

Ingredients: **Crust:** 1½ cup crushed Graham Crackers (about half a box), ¼ cup melted butter, ¼ cup sugar. **Filling:** 2-8oz packages of cream cheese at room temperature, ½ cup sugar, 3 large eggs - at room temperature, 1 tsp. pure vanilla extract. **Sour cream topping:** 1-pint sour cream, ¼ cup sugar, 1 tsp. pure vanilla extract.

Directions: **Crust-** Preheat oven to 375. Put half of the box of Graham crackers into the bowl of a food processor fitted with a steel blade. Pulse until finely ground. Measure out 1½ cups into a medium sized bowl. Stir together the crumbs and the sugar, and then evenly pour the melted butter into the mixture. Stir using a fork until everything is evenly blended. Pour crust mixture into a 9-inch springform pan. Press it evenly around the bottom and an inch up the sides until an even layer is formed. (I used the bottom of a cup for this) Set aside.

Filling: In a large bowl, mix the softened cream cheese and sugar together on medium to medium-high speed. Once fully combined, add the vanilla and one egg. Blend until smooth and fully incorporated. Scrape the bowl down from time to time to ensure everything is being mixed together. Add the remaining eggs, one at a time, mixing thoroughly each time. (Don't mix on high speed - this will incorporate too much air into the batter and the cheesecake won't be as dense once it bakes.) Pour mixture over the crust. Gently tap the pan to encourage any air bubbles to rise to the surface. Place the cheesecake into a preheated oven and bake for approximately 25 minutes, or until the center no longer jiggles when gently shaken. Once the first layer has baked, let it cool for at approximately 15 minutes. Increase the oven temperature to 450° F.

For the Sour Cream Topping: While the cheesecake is cooling, whisk the sour cream, sugar and vanilla together until smooth. Once the cheesecake has cooled for approximately 15 minutes, pour the sour cream topping over top. Using a rubber spatula or offset spatula, smooth out the surface.

Place back into the oven (remember the heat should have been increased to 450° F) and bake for about 10 minutes. Remove from the oven and place on a cooling rack to let cool to room temperature. Refrigerate the cheesecake overnight to set. **Don't put cheesecake in the fridge until it has cooled to room temperature.*

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,
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