

# ©The Donna Seebo Newsletter

April 1, 2023



## ***A Moment with Donna...A Doctor's Wisdom***

Oh, how I love daylight savings time! The longer days of daylight brighten up everything. The growth and blooming of daffodils, cherry blossoms, and rhododendrons is spectacular. The grey browns of winter are disappearing and rainbows of color are popping up everywhere as wildflowers show their happy faces. Spring is being celebrated on so many different levels. It feels oh, so good.

However, I keep hearing over and over how depressing life is. We are bombarded with so much of what is wrong in the world we lose sight all too easily of the positive side of the equation of life. I found this commentary by a doctor. I haven't a clue as to when or where he wrote this, but I thought it was well done and decided to share it with you.

### ***Mental Health Rules by Dr. Joseph Fetterman***

1. *Have a Hobby:* Acquire pursuits which absorb your interest; sports and 'nature' are best.
2. *Develop a Philosophy:* Adapt yourself to social and spiritual surroundings.
3. *Share Your Thoughts:* Cultivate companionship in thought and in feeling. Confide, confess, and consult.
4. *Face your fears:* Analyze them; daylight dismisses ghosts.
5. *Balance Fantasy with Fact:* Dream but also do; wish but build; imagine but ever face reality.
6. *Beware Alluring Escapes:* Alcohol, opiates and barbitals may prove faithless friends.
7. *Exercise:* Walk, swim, golf- muscles need activity.
8. *Love, But Love Wisely:* Sex is a flame which uncontrolled may scorch; properly guided, it will light the torch of eternity.
9. *Don't Become Engulfed in a Whirlpool of Worries:* Call early for help. The doctor is ready for your rescue.
10. *Trust in Time:* Be patient and hopeful, time is a great therapist.

Celebrate life, its beauty, even its challenges...for without them we don't grow and develop the deeper, greater parts of ourselves. Easter, an ancient holiday is just around the corner and Easter bunnies are popping up everywhere you look. In fact, I have a few that are already making my backyard their brunch special with all the fresh grasses that are stretching up and out of the wet ground.

Have a fabulous spring.

***Donna Seebo***

# Power Thought for April

"In those vernal seasons of the year when the air is calm and pleasant, it were an injury and sullenness against nature to not go out and see her riches, and partake in her rejoicing with heaven and earth." ~ Milton

## April's Chuckle

"If all economists were laid end to end, they would not reach a conclusion."  
~ George Bernard Shaw

## *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 & Warriors for Peace – April 2023**

- 3...Psychological Secrets for Emotional Success – Dr. Kelly Rabenstein
- 4...The Enemy is Never Wrong – Frank Fobeich
- 5...Emotions Don't Think – Dr. Bruce Hutchison (Canada)
- 6...American Cults, Cabals, Corruption, and Charismatic Leaders – Jim Willis
- 7...The Friction Factor – Tyler Martin

*Have a lovely Easter*

- 10...Turbulence – Lewis Ritter
- 11...Black & Queer on Campus – Michael Jeffries
- 12...Climbing Down the Ladder – Laura Black
- 13...To be announced
- 14...The Healing Moment – Dr. Donna Marks
- 17...O'Brien's Law – John McNellis
- 18...To be announced
- 19...Essential Oils & Gemstones Guardian Cards – Margaret Ann Lembo
- 20...To be announced
- 21...To be announced
- 24...Sea Serpents – Pat Spain
- 25...A Child Called 'It' – Dave Pelzer
- 26...An Unsuspecting Child – Mary Lee Martin
- 27...To be announced
- 28...Dear Dana – Amy Winland Daughters

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

- 5...We Don't Know Ourselves – Finton O'Toole
- 12...To be announced
- 19...Health Guardianship – Dr. Firouz Daneshgari
- 26...Federalism, Preemption and the Nationalization of American Wildlife Management – Lowell E. Baier

## ***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. 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. Here is the website you can explore.

<https://alighterview.com/>.

# ***Upcoming Events & Broadcasts – April 2023***

***Saturday & Sunday, April 22<sup>nd</sup> & 23<sup>rd</sup> ...The BEPC Expo, Kent Commons, Kent WA, ... Hours 10am-6 pm on Saturday and 10am-5pm on Sunday.*** The first hour of the event a showcase of vendors will be featured. I will be a speaker at this two-day event and also will be available for mini-sessions at my table. For more information go to <https://www.BEPCweb.org> for speaker's schedule, vender information and much more. Look forward to seeing you there.

***Wednesday, April 26<sup>th</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 5:30pm. 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-26/> for more details.

## **Golden Nuggets – True Stories about Real People**

We never know what can inspire us to shift our lives into a new direction. I found this article in the Reader's Digest and wanted to share how a Marine, who was feeling so out of place after leaving the Marine Corp, took a direction never imagined.

His name is Steve Jimenez. One day a friend told him about bees. Yes, those chubby, yellow and black honey bees. He told Steve that the bees were in terrible trouble, even more so than he was. Since 2011, 40% of America's bee colonies have been lost to pesticides, pests and climate change. Marines love a mission, and Steve, who had become a business man, found he had a new mission – helping Mother Nature's pollinators survive. "You're taking care of something bigger than yourself", he told a reporter. Seeing how the work helped him, in 2018 he founded *Hives for Heroes*, a Houston-based nonprofit that has taught more than 1,200 troubled veterans to tend their own hives. "You actually have responsibility over it," Steve says. "And you're like, 'Man, I'd rather do that than go to the bar.' "



## ***The Recipe Box...8 Layer Tostada Dip***

I was on a business trip to Oregon and some new friends invited me to their home for an informal visit. That was the first time I ever had this dip and I have used this recipe multiple times with visitors in my home. Served with chips, pita chips and/or fresh vegetables, it is delightfully light and flavorful; also, simple to fix. You'll need a nice platter to place this on and you can refrigerate it until you are ready to serve should you want to make this in advance.

***Ingredients:*** 1-large can refried beans, 1 or 2-8oz containers of avocado dip, 4-5 green onions chopped, 1-2 cans black olives finely chopped, 2 ripe tomatoes finely chopped, 1-2 cans of diced green chilies, 1 large tub of sour cream, 1 large package of shredded cheddar cheese.

***Directions:*** layer each of the ingredients in order given and serve.

***Note:*** I like to finely shred lettuce, romaine, or cabbage as the first layer, then do the rest of the ingredients. I also like to mix cheeses for different flavors. I also have salsa on the side in case someone wants to add an extra punch of spicy heat to their portion. You can easily double or triple this recipe for a large crowd.

# 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 <https://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, <https://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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