

©The Donna Seebo Newsletter

June 1, 2023



A Moment with Donna...Today's World

Summer has arrived in the Pacific Northwest. Mornings are grey and cool but the temperature rises and sunshine comes out bringing with it the 'Blue Skies of Seattle' that was sung about so many years ago.

A steaming hot mug of Earl Grey tea is keeping me company as I write this commentary. The steaming tendrils float up and out of the colorful mug's depths, gently evaporating its ghostly essence as a small fan sends air currents its way. The tendrils dance, swirling until their wispy forms evaporate into invisibility.

This is the time, the season for flower madness. Yes, we all go a little bonkers by going out to big box stores, nurseries, to load up on all kinds of flowering plants, trees, and various green shrubs. After a long, grey, drippy winter & spring, we yearn for the bright colors of nature's bounty.

Hummingbirds and many other species have migrated back and their songs fill the days with a symphony of sounds.

A mentor many years ago told me that one of the greatest teachers is Mother Nature. He would advise anyone that was willing to pay attention, that observing Nature would enable one to understand life's lessons and experiences, recognizing wisdoms that is centuries old, then applying those wisdoms to everyday life.

As a farm boy from the Midwest, he would use his personal experiences to bring points of illustration to those of us who were willing to listen. Farming at its best is a tough environment to deal with. Mother Nature plays no favorites and one must be ever vigilant should she decide to have a PMS moment.

Rev. Humble was a big man, about six feet in height, strong in build with a big voice to match his stature, plus he wasn't one to suffer fools lightly. Raised by a single mother, broomcorn was the crop of choice. There was no electricity, no indoor plumbing, and of course, none of the conveniences we take for granted today.

At a certain time, every year prior to harvesting their crop, a deep wide trench was dug around the fields. Why? Bugs. Yes...bugs. Billions of those critters would come up and out of their earth homes looking for food. Waves of them would start migrating towards the crops. Within a day or two, everything would be destroyed. However, because of the trenches being filled with oil, the crops survived. Yes, you read correctly, the massive trenches were filled with oil, killing almost all of them. The invaders were kept at bay by the thick, gooey stuff and the crops were saved.

This was a different time and resources were used differently. There were many belief systems of the then agrarian habits and one was always aware that the challenges of survival, if you did not pay attention, were meager at best. One of Nature's laws is that life feeds upon life.

In today's world we are becoming more and more aware that paying attention to how we treat our environments and the lifeforms we share our planet with is significant to our survival. Learning how to work with Nature and not consider her our enemy; adapting our previous belief systems to the realities of what is happening today is now in everyday thinking, and appropriate actions are being taken to bring a balance out of the imbalance that has existed. History is being rewritten with a new script for change. We are living in an amazing time where chaos seems to be reigning strong, yet out of the chaos new growth; education, adaptability, and creativity are

emerging in powerful ways. We are waking up and those who are ready, willing, and able will be a part of the emerging dynamics of change that will evolve at its own pace around the world.

Someone wrote, "The best things in life are the people we love, the places we've been and the memories we've made along the way." I think I would add, "And the dreams we have yet fulfilled." After all, the past is the past; the future awaits our attention and the actions that will go with it.

Have a fabulous summer.

Donna Seebo

Power Quote for June

"Five minutes, just before going to sleep, given to a bit of directed imagination regarding achievement possibilities of the morrow, will steadily and increasingly bear fruit, particularly if all ideas of difficulty, worry or fear are resolutely ruled out and replaced by those of accomplishment and smiling courage." ~ Frederick Pierce

June's Chuckle

My 14-year-old's first job was as a dishwasher at a restaurant. After his first shift, he came home upset, saying his coworkers had laughed at him.

"Why would they do that?" I asked.

"Because our boss posted my application on the bulletin board in the kitchen. Where it asked how I learned about the job, I wrote, 'My mother taught me.' ~V.B., Massachusetts

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.**

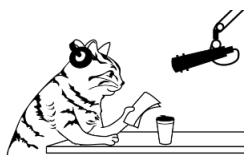
"*Warriors for Peace*" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

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 – June 2023

- 1... Rewriting Illness – Elizabeth Benedict
- 2...The Game – Merrilee Sweeney
- 5...Mind Golf – Bob Young
- 6...Generation Reinvention – Brent Green
- 7...Unlock the Power of Your Perception – Gary Jordan & Lynn Vega
- 8...Positive Caregiving – Sarah Kantor
- 9...Once Upon a Time in Beverly Hills – Elaine Horowitz
- 12...Yoga of Sound – Michael Grosso
- 13...The Taste of Joy – Emily A. Francis (Malta)
- 14...Taking Stock – Peter de Silva
- 15...Weapons of Opportunity – Dale Brown
- 16...Lost & Broken – Congressman Adam Smith
- 19...What's Your Zip Code Story – CJ Gross
- 20...Breadcrumbs – Bill Merck
- 21...Straw Bale Gardening – Joel Karsten
- 22...How Other Children Learn, what 5 Traditional Societies tell us about Parenting & Children's Learning – Cornelius Grove
- 23...The Trouble with Miracles – Stephen Steele
- 26...A Lesson in Woo-Woo & Murder – David Unger
- 27...A Year with Anthony De Mello – Don Goewey
- 28...Covid Therapies for Long Covid – Vir McCoy
- 29...Deep Fit – Philip Shepherd & Andrei Yakovenko
- 30...Human Trafficking -'Special Editions – The Donna Seebo Show"-audio format
Warriors for Peace
- 7...*The Language of Trust – Ingrid Christiansen*
- 14... *The Vet at Noah's Art – Dr. Doug Mader*
- 21...*From Lawyer to Warrior – Chris Pavlak*
- 28...*To be announced*

Upcoming Events & Broadcasts – June 2023

Wednesday, June 28th ...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 several books, including my children's publications. Go to <https://psychicspectrum.com/> or <https://delphiinternational.com/event/the-psychic-spectrum-28/> for more details.

Saturday & Sunday, July 29th & 30th ... MeWe Fair at the Embassy Suites, 3225 158th, Bellevue, WA 98008. Hours: 11am to 7pm. Psychic Showcase in first hour of show. I will be a keynote speaker on each day. I will provide the details for the times once they are confirmed. I will be available for mini-sessions and will have an abundance of publications as well. For more details regarding the event go to <https://mewefairs.com>

Special Announcement....Television Program The Donna Seebo Show, "Special Editions"

Starting this month, I will be airing the audio of my first television program on *The Donna Seebo Show* on June 30, 8pm, Pacific Time. We are scheduling the date for the actual television program in June and I will be informing you of that detail as soon as it is confirmed for the month. Meanwhile, I can confirm the airing of the audio. We will be posting the video on U Tube, my video channel and other venues soon.

Also, we will be posting soon, the videos of my talks at The Psychic Spectrum and my demonstrations of mind skills. The following links will be carrying the postings once they are uploaded.

YouTube Channel link: <https://www.youtube.com/channel/UCybTrqBlVuJrn25fQmy6xw>

Website video page link: <https://delphiinternational.com/personal-empowerment-videos/>



***Happy Father's Day to all you hard working guys.
You make a difference.***

The Recipe Box...Pineapple-Tumeric Smoothie

Summer weather is here, how about a sweet healthy smoothie that is delightfully refreshing. This recipe is one of Toby Amidor's favorites.

Ingredients: 1 cup orange juice, ½ cup coconut milk, ½ tsp. ground turmeric, 1 cup frozen pineapple chunks, 1 cup frozen mango chunks, 1 pitted date.

Directions: Blend the orange juice, coconut milk and turmeric in a blend on High until well incorporated, about 20 seconds. Add the frozen pineapple, mango and date into the blender and blend on High until smooth, 30-45 seconds. Pour into glasses and serve. 2 servings.

Note: You can use unsweetened almond or soy milk in place of the coconut milk.

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 <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 Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

P.O. Box 97272, Lakewood, WA 98497-0272 ---- (253) 582-5604

donna@delphiinternational.com or donnaseebo@comcast.net

<https://delphiinternational.com> <https://mrsseebosclassics.com>

<https://www.linkedin.com/in/donnaseebo> <https://www.facebook.com/donna.seebo>

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