

©*The Donna Seebo Newsletter*

August 1, 2023



A Moment with Donna...Choices

This was an article that I wrote for a magazine and thought I would share this commentary with you this month. There are a few adjustments but its essence I feel is pertinent to today's environment.

Our lives, our personal stories, are created by our choices ... whether to go one direction or another, love this person or another, or take a particular job or another. Sounds simple, but is it?

It is so easy to look at life as black or white, one aspect of perception only, rather than what other shades of perception might truly be available to us. All too frequently we are taught to think, feel a certain way and our actions demonstrate what those perceptions are. We too often do not give a moment to ask ourselves what actions are appropriate unless something calls our attention to a better way of behaving.

As an observer of myself, of life in general, I see that as children we enter this world with an inquisitive self, typically unencumbered with burdensome biases. We grow up in whatever environment we have entered, and then, spend most of our lives working to undo the hates, angers, beliefs that have become unnecessary baggage in our lives. Somewhere I heard a statement made that we humans make our lives as happy or as miserable as we want. What do you think?

Happiness, joy, fulfillment, peace...all these components and many more, come from within ourselves, not from outside factors. No matter who we are, what our previous or present environments might be, or what circumstances might exist in our past and present, our choices of how we deal with them is our power of greatness within. What will we give our attention to; how we will focus our actions and; where do we want to see ourselves in present, as well as in the future?

Is this an easy task? No, this discipline is not easy. Daily we are pummeled with propaganda of one kind or another. So many mentors of different backgrounds/experiences hover around us claiming they have the answers to everything. How do those mentors appear? Through films, books, social media, and the list goes on and on. Discernment is the key. Usually through the practical experience of interacting with others we should listen carefully to what is presented and then evaluate if something or someone is suitable for us to give our attention to. What to do?

My mentor told me one day '*Donna, just live life*', after telling me there was nothing more she could teach me. Seriously? What does that mean '*just live life*'? It took a long time for me to realize what she meant was I needed to participate in life and not run from it. Experience teaches discernment. There are no shortcuts! Sorry... I haven't found any magic wands, potions, or anything else that takes the place of living life, learning and growing through choices, good and bad, made in this world of ours.

Sometimes it takes years to open up to our personal responsibility of our life's choices. Those inner wars of emotions, passions, and mind patterns we engage in all too often, define the dramas we grow through. I know, as I have created several soap opera specials in my life that I have had to rescript. Yes, rescript. Once I determined what I needed to see with clarity, then I made the choices to liberate myself from the drama.

We are always a work in progress. The uncertainties of life are ever evolving, however, we have opportunities of choice with how we think, how willing we are to explore new and old concepts, to adapt, learn and grow into a greater dimension of ourselves, so we can be the best we can possible be.

Rediscover that childlike curiosity and enthusiasm for life. Know that you can recognize and accept the richness of your life in any given moment as you are filled with the life force of the Universe. That living life force is the inner beacon of your greatness within, waiting to illuminate not just your path in life, but to be a light for others whose paths you will cross.

Summer is a wonderful time of the year and should be celebrated with enthusiasm. Savor the sunshine, enjoy time with friends and family, visit new places, enjoy some lazy hours of doing nothing, perhaps even taking time to read a new book. Enjoy the moment of now. You'll be much richer for doing it.

Donna Seebo

Power Thought for August

"In matters of style, swim with the current; in matters of principle, stand like a rock."
~ Thomas Jefferson

August's Chuckle

Worry: The Advance interest you pay on trouble that seldom happens.

Rule #1: Don't sweat the small stuff.

Rule #3: It's all small stuff. And if you can't fight and you can't flee...then flow.

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.**

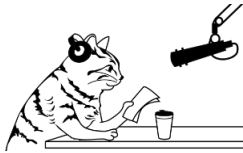
"Warriors for Peace" is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

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, I Tunes, Alexa, TuneIn, and Spotify.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace – August 2023

- 1...Confident Empath - Suzanne Worthley
- 2...5 Years After – William Forstchen
- 3...The Donna Seebo Television Show, "Special Editions", Regenerative Medicine, Stem Cell Research- (Audio production). This program is about the latest scientific research regarding stem cells and how sports figures, heart patients, and many others are finding their bodies can rejuvenate in amazing ways.
- 4...Abstraction -Sam Weiss
- 7...Money Talk – Lori Sackler
- 8...Own Your Opportunities – Juliet Hall
- 9...Eco-Somatics – Cheryl Pallant
- 10...Escape from Dachau – Susan Servais
- 11...Build Your Village – Florence Ann Romano
- 14...Champion – Michal Solomonovich (Israel)
- 15...Lucid Dream Scrolls – Von Braschler
- 16...Bone Hacker – Kathy
- 17...Angel Abundance – Belinda Wonack
- 18...Path of Koko Pelli – Walter Geeding
- 21...The Secret of Resilience – Dr. Stephanie Mines (Hawaii)
- 22...First Date – Mark E. Scott
- 23...Your Heroes, My Grandparents, Roy Rogers & Dale Evans – Julie Rogers Pomilia
- 24...Heal Your Daughter – Dr. Cheryl L. Green
- 25...Legacies from a Free Celtic Europe – Jacqueline Stewart
- 28...Compound Code - Scott Kyle & Patrick Fischer
- 29...Facial Reflexology for Emotional Well-Being – Alex Scrimgeour
- 30...Breaking the Pill Paradigm – Danny Carroll
- 31...Maximize Your Healing Power – Sharon Martin

Warriors for Peace

- 2...Federation, Preemption & nationalization of American Wild Life Management – Lowell Baier
- 9...Silent Voices – Dr. Orkin
- 16...Embedded Enemy – Bart Wormack
- 23...Words Whispered in Water – Sandy Rosenthal
- 30...The End of Family Court – Jane Spinak

Upcoming Events & Broadcasts - July2023

August 23rd ...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-23/> for more details.

September 6th ...A special appearance with the "It's Happening" group in Federal Way, IHOP restaurant, 20402 International Blvd, SeaTac, Washington, 98198. I will be the keynote speaker and will be arriving around 4:30pm, available for mini-sessions prior to my speaking and demonstrations. For more information regarding this appearance and when the group meets, contact Sandy McNaughton, sandieirlc@outlook.com.

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

My television program, *The Donna Seebo Show-Special Editions* airs this month, *Regenerative Medicine, Stem Cell Research*, on TCTV media, Channels 3,22,26,77, every Tuesday at 5:00pm, Pacific Time. It will be listed in their Community Voice section, <https://tcmedia.org>. We are posting the videos on U Tube, my website, and other venues. The next television program, to be aired every Tuesday of September at 5:00pm, Channel 22, is **Faces of Leadership**.

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.

<https://delphiinternational.com/personal-empowerment-videos>
<https://youtube.com/@donnaseebodelphivisioninte9974/videos>



The Recipe Box...Chicken Salad with Mushrooms & Walnuts

Keep it simple...yes, that is what we want to do during these warm months of summer. This is a recipe that I received from Mi Ae Lipe and it is light and easy to fix. Perfect with freshly baked sourdough bread, a refreshing beverage of choice and, if you are a lazy cook like me, it takes only minutes to prepare, leaving you with a cool kitchen.

Ingredients: 8-12 oz fresh mushrooms, cooked or substitute 2-3 (4 oz.) cooked, sliced champignon mushrooms, 2 cups cooked chicken breast-finely shredded, ½ cup crushed walnuts, 2-3 Tbls. mayonnaise, ½ cup finely chopped cilantro, freshly ground black pepper-to taste.

Directions: If using canned mushrooms, drain and rinse them. Combine mushrooms with the shredded chicken and walnuts. Add the mayonnaise and mix until evenly blended. Add more, or less mayonnaise, according to your taste preference. Add the cilantro and black pepper, do a final mix. Ready to serve.

Suggestions: Serve on bed of shredded romain or favorite fresh greens. If cilantro is not to your taste, you can use fresh parsley as a substitute.

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

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