

©The Donna Seebo Newsletter

September 1, 2023



A Moment with Donna...The Banyon Tree

We all have been aware of the tremendous destruction of the hurricane and subsequent fires that took over areas of the island of Maui. There is a significant tree that has survived and is proving to be a great inspiration to the people of the island. That is the great Banyon tree.

This particular banyan tree is located close to the port in the historical Lahaina town, which was the former capital of Hawaii. It is the oldest banyan tree in Hawaii. The banyan tree, received as a gift by the Smith family in the 1870s, was planted on April 24, 1873, at Lahaina by William Owen Smith, the then sheriff of Lahaina. Its current age, 150 years.

The fires in Maui raged around this great tree, yet it survives. Its symbolism to the Hawaiian people is quite significant and I thought I would do a bit of research about the Banyon. There is substantial information and I thought I would share some of what I discovered.

- The Banyon represents, as a symbol or totem, growth, strength, resilience, and self-awareness.
- Its growth goes in all directions and it much appreciated for the massive shade it provides from the scorching sun, giving protection to anyone, any creature, insect, bird, that takes shelter in its presence.
- The tree in Maui covers 1.94 acres and is over 60 feet in height.
- The largest Banyon tree in the world is in Acharya Jagadish Chandra Bose Botanical Garden in Howrah, India. It covers 3.5 acres of land, is over 80 feet tall, having 3,600 roots, and is still growing. The main trunk decayed over the years and in 1925 was removed. It is lovingly called 'The Walking Tree.'
- There are many stories/legends about the Banyon Tree. The most recognized is 'The Banyon Tree' by Ruskin Bond. It is about a small boy who loves to climb it many branches observing the creatures who take shelter in its shade. He learns how Nature has a flow and that no one, nothing is greater than another, everything is connected.



What a wonderful example of how, regardless of conditions, the life force that fills every aspect of what we love about this planet does not give up. This is something we all need to remember. Maui will

rebuild and it will happen a lot faster than many people expect. That is the spirit of the islands, the healing essence it has always had.

Here in the Pacific Northwest fall has entered our environment early, teasing us with very warm days and then letting us know as rain clouds form and drop their liquid gold, *I am here to stay for a while. Enjoy your Indian summer for it will not be for long.*

School has started. Its time to shake and air out our jackets, warmer clothes, comforters, umbrellas, and prepare for the colder temps and the shorter days of daylight.

Have a magnificent September and savor the beauty of the shifting season.

Donna Seebo

September's Power Thought

“Go, sit upon the lofty hill, and turn your eyes around, Where waving woods and waters wild do hymn an autumn sound. The summer sun is faint on them — The summer flowers depart — Sit still — as all transform'd to stone, Except your musing heart.” ~ Elizabeth Barrett Browning

September's Chuckle

“Nothing is wrong with the younger generation that 20 years won't cure.” ~Author unknown

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 – September 2023

- 1...Ancient Wisdom Scrolls – Von Braschler**
- 4...The Body Code – Dr. Bradley Nelson**
- 5...Facial Reflexology – Alex Scrimgeour (England)**
- 6... Money Talk – Lori Sackler, 2nd guest, Hillary Flies to the Moon - Gary Revel**
- 7...Things Have Changed – David McGee**
- 8...Tocotrienals/Gernaylgeraniols – Dr. Tan**
- 11...Unanswered Questions – Ray McGinnis**
- 12...That's All I Ever Wanted To Be – Scott Gendal**
- 13... Splitsville – Jeffery Stephens**
- 14...Into the Field of Suffering – David Schenck**
- 15...The War on Whites – Ed Brodow**
- 18... Rough Waters – Heather Markham**
- 19... Heaven is Our Final Home - Marjoe Davidson**
- 20... Generation Reinvention – Brent Green**
- 21...Surf the Seesaw – Scott Davis**
- 22...Up the Down Escalator – Lisa Doggett**
- 26...Dog Lessons – Hersch Wilson**
- 27...My Culinary Love Story – Pauline Perry**
- 28...Fix Your Anxiety Handbook – Faust Ruggiero**
- 29...The Donna Seebo Television Show, "Special Editions" – Faces of Leadership.**
Featuring Guests: Bart Barthelemy and William Merck.

Warriors for Peace

- 6...A Just Transition – NJ Ayuk (Africa)**
- 13...Firescaping Your Home – Adrienne Edwards & Rachel Schleiger**
- 20...The Six, America's First Women Astronauts – Loren Grush**
- 27...Bi-Polar General, My Forever War with Mental Illness – Maj. Gen. Gregg Martin**

Upcoming Events & Broadcasts - September 2023

Thursday, September 7th ... 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 after my demonstrations and talk. For more information regarding this appearance and when the group meets, contact Sandy McNaughton, sandieirlc@outlook.com. (Please note the date is corrected from previous newsletter.)

Wednesday, September 20th ... 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.

Saturday, September 23rd ... The Emerald Spiral, Kent Commons, Kent, Washington. This semi-annual event is a wonderful chance to meet a lot of great people, enjoy the diverse talents and products of the different vendors, and I will be there doing mini-sessions and having lots of books to share. Come and join us...Hours are 10:00am to 4:00pm. Plenty of parking available.

Wednesday, October 4th to Sunday, October 8th ... Anchorage, Alaska. I will be participating in the Alaskan Whole Life Festival and will also be available for private appointments. More information will in my October newsletter. To schedule appointments for private sessions, contact my office, 253.582.5604.

Special Note: The Pacific Northwest Women's Show will be happening in 2024. Date: March 23 & 24. More information will be posted in upcoming newsletters.

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

My television program, **The Donna Seebo Show-Special Editions** airs this month, **Faces of Leadership**, 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 October at 5:00pm, Channel 22, is **Dynamics of the Mind**.

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/@donnaeebodelphivisioninte9974/videos>



The Recipe Box...Golden Pork Chops

The temps are changing and as it is getting cooler, hardier meals are welcomed. This recipe was shared by Toby Amidor. The lean pork loin chops can be marinated the night before you plan on cooking them, saving time, and it smells oh, so good. Perfect for a chilly evening meal.

Ingredients: Juice and zest of one orange, olive oil, 1 Tbsp honey, 2 tsp ground turmeric, ¼ tsp salt, 1/8 tsp pepper, 4-4oz boneless pork chops, 1 shallot, chopped.

Directions: In a medium bowl, whisk together the orange juice and zest, 3 tbsp olive oil, the honey, turmeric, salt and black pepper. Place pork chops in the bowl and turn to coat evenly. Cover and place in the refrigerator for at least 30 minutes and up to 24 hours to marinate. Heat 1 tbsp olive oil in a large sauté pan over medium heat. When the oil is shimmering, add the shallots and cook until translucent, 3 minutes. Remove the pork chops from the marinade, shaking off excess, and discard the marinade. Add the pork chops to the pan and cook until the internal temperature reaches 145 degrees F, 4-5 minutes on each side. Transfer the pork chops from the pan to a plate and let rest for 10 minutes before serving. Enjoy.

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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