

©The Donna Seebo Newsletter  
November 1, 2023



*A Moment with Donna... Thanks & Giving*

Bur-r-r-r-r-r...temps are dropping into the 30's and frost is baptizing our gardens, covering everything with a light crystal glaze. Water faucets must be covered, tools put away for winter, and it will be a busy time clearing away the dry brown leaves along with the other dull mixed yellow, pale orange and red hues, creating a canopy of debris squirrels dig through, along with the blue jays, woodpeckers, pygmy nut-hatchers, and chipmunks.

In the past few months, I have found myself in different environments, observing and talking with people. I hear critical statements, finding that there is little awareness of past history, whether it relates to professional, scientific/medical, international/national happenings, cultures, their history. When you bring up a point of reference to one commentary or another, often a blank look comes across a person's face, showing they have no understanding of what is being presented in the conversation. In fact, it seems that conversation of any depth, even with conflicting opinions, is a rare happening in today's world.

I decided a long time ago to make a point of appreciating the world around me and outside of me. With the work I do, I encounter people from all kinds of backgrounds, social, economic, and educational levels. It has broadened my perspectives immensely. It is good to step out of our boxes of assumptions to expand our thinking processes, perhaps even changing habits, beliefs, and absorbed propaganda. We never get too old to learn something new, change directions, and renew that love of learning new things, meeting new people, exploring new environments.

There is a side benefit that happens when you have an appreciation of life in the present moment. What is the benefit? You get to pass it on. That's right...pass it on. How do you do that? By demonstrating, living your life in such a flow that others want to know how you do it. *What is your secret?* People will ask. There is no secret really. As you enrich yourself, you cannot but benefit others as they cross your path. When you open your mind, attitudes, and action to expanding your world, you add whatever you are willing to share, giving to others.

Here we are in the holiday scene until the New Year swings into position. Take some time to sit and reflect on the many blessings that surround you. Our ancestors were far removed from the amazing evolutions of health, industry, learning opportunities and more that we are enjoying today.

I have a suggestion I would like to share regarding a special gift you can give both to a stranger and those who are near and dear to you. What is that gift? It is the gift of time...that's right time. Call a friend on the phone. When you encounter a stranger standing in the grocery store, share a

smile...perhaps a positive happy comment. It will only take a minute. Give the gift of heart, of your essence. Your world, your life, will be much richer for it.

Have a blessed happy November and a wonderful Thanksgiving.

*Donna Seebo*

### *Lower Thought for November*

"We must be ready to dare all for our country. For history does not long endure the trust of freedom to the weak or the timid. We must be willing, individually and as a Nation, to accept whatever sacrifices may be required of us. A people that values its privileges above its principles soon loses both."

~ Dwight D. Eisenhower

### *November's Chuckle*

Every fall, my brother's neighbor would rake up his leaves and pile them in the bed of his pickup. Unable to wrap his mind around why the guy would do this, my brother finally asked, "Why don't you bag your leaves instead?"

"My way's better," said the neighbor. "I just drive around town until they're all gone." P.B. MO

### *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, I Tunes, Alexa, TuneIn, and Spotify.**



## *Featured Radio Guests on the Donna Seebo Show*

### *& Warriors for Peace - November 2023*

- 1... "Special Editions", Television Show- Faces of Leadership-Audio portion-Donna Seebo
- 2... Why You Feel the Way You Do – Reneau Peurifoy
- 3... Talking Turkey – Leo Pearlstein
- 6... Not Less Than Everything – August Turak
- 7... Regarding Victory – Joshua Wallack
- 8... Dance with The Dakinis – Dana Merriam
- 9... Consciousness Beyond Death Sophia Dumas
- 10... The Stoicism Book of Quotes – Kortney Yasenka
- 13... Exploring California's Wine Country – Michael Higgens
- 14... Emotional Roots of Chronic Illness
- 15... Persistence of the Soul – Mark Ireland
- 16... It's Not Your Fault – Laurak Connell
- 17... Deals, Danger, Destiny – John La Casse
- 20... Small Business Loans Made Simple
- 21... Living While Human – Arwinder Kaur
- 22... The Girl from Wudang – PJ Childas
- 23... ***Happy Thanksgiving Everyone!!! A pre-recorded program will be aired.***
- 24... To be announced
- 27... Built for Freedom – Bob Gardner
- 28... Yesterday Never Sleeps – Jackie Heller
- 29... The First Alchemists – Tobias Churon (England)
- 30... To be announced

### *Warriors for Peace*

- 1... Divided We Fall – Allen Rivlan
- 8... Destined to Be a Hamilton – Mary Anne Hamilton
- 15... The Olive Branch from Palestine
- 22... Reflections on Captivity – Porter Alexander Halybuton
- 29... At First Light – Walt Larimore

## *Upcoming Events & Broadcasts - November 2023*

***Saturday, November 4<sup>th</sup> and Sunday, November 5<sup>th</sup> ...The BEPC Expo at the Kent Commons, in Kent, Washington.*** This two-day event celebrates the upcoming holidays and will be perfect for the setting up for a dynamic interaction with people from outside the State of Washington as well as those located locally. I will be in Booth #31 and will be a speaker on Sunday at 2:00pm, Mill Creek Room.

Find out more information by going to <https://www.facebook.com/BEPCWeb> and [www.BEPCweb.org/Expo](http://www.BEPCweb.org/Expo) ...see you there.

**Wednesday, November 25<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 several books, including my children's publications. Go to <https://psychicspectrum.com/> or <https://delphiinternational.com/event/the-psychic-spectrum-23/> for more details.

*Special Note: The Pacific Northwest Women's Show will be happening in 2024. Date: March 23 & 24. If you would like to be a volunteer assistant at this event, call my office, 253.582.5604. 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, ***Mental Illness & Homelessness*** 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 November at 5:00pm, Channel 22, etc., is ... ***Alternative Health Therapies.***

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... Double Chocolate Cookies*

This is a recipe that I have fixed time and time again and I can guarantee they will disappear quickly. If you love chocolate, these will soon become your favorite and they are so easy to prepare. They make a great gift too.

***Ingredients:*** 5 oz. sweet chocolate-broken into pieces, ½ cup firmly packed dark brown sugar, ½ cup sugar, ½ cup (1 stick) unsalted butter-cut into 4 pieces-room temperature, 1 egg, 2 Tsp. vanilla, 1 cup minus 2 Tbls. unbleached all-purpose flour, ½ Tsp baking soda, pinch of salt, 1 cup semisweet chocolate chips. ½ cup pecan halves or pieces.

***Directions:*** Position rack in center of oven and then preheat to 350 degrees. Combine chocolate and sugars in processor work bowl and chop using 6 on/off turns, then process until chocolate is a fine as sugar, about 1 minute, stopping as necessary to scrape down sides and cover of work bowl. Add butter and blend 30 seconds. Add egg and vanilla and blend 1 minute, stopping as necessary to scrape down sides of work bowl. Add flour, baking soda and salt. Top with chocolate chips and pecans and mix using 2 on/off turns. Run spatula around inside of work bowl to loosen mixture. Blend again using 2 on/off turns. Drop batter by slightly rounded tablespoons onto ungreased baking sheet, spacing 1 ½ inches apart. Bake 10 minutes. Cool 3 minutes on baking sheet. Transfer to racks to cool completely. Makes about 3 dozen. (This recipe came from an old cookbook by Bon Appetit.)

## *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 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](mailto:donna@delphiinternational.com) or [donnaseebo@comcast.net](mailto:donnaseebo@comcast.net)***

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

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

***<https://www.facebook.com/donnaseeboshow/>***