



A Moment with Donna...What did you do at work today?

Husband - "I changed a light bulb today"

Wife - "That's all? I did the laundry, vacuumed the house, washed windows, cooked three meals, and more.....and you just changed a light bulb?"

Husband - "Yea, watch this, I filmed it."

[click https://www.youtube.com/embed/f1BgziZRfT8?feature=player_embedded](https://www.youtube.com/embed/f1BgziZRfT8?feature=player_embedded)

We live in amazing times. Technology, in some cases, eliminates jobs and yet new ones are invented! Adaptation is an on-going situation and we are going through a current process of shift and change at an unprecedented level.

Just yesterday I was speaking with a woman who has worked in a particular career environment, teaching, for 25 years. She is now shifting into a whole new working environment 180 degrees away from what she has loved, however, when I was listening to her new job description, which will engage her with the public big-time, I had to smile because the very skills she has used so effectively for 25 years will be utilized in a whole new way.

Everyone, no matter what their age may be, go through transitions like this. We may not choose to climb cell towers to work on new technology but there are unlimited options. How do we find out about them? We start asking questions, join a group/organization where we meet new people, tell them what we want to participate in, what our skills are and how we can benefit whatever environment we opt to be a part of. We have to start right where we are and work forward from there. Is it easy? No. Can one get stressed over the process? Yes. Will we grow into a new level of ourselves? Yes... if you are willing to take the action necessary and willing to be open to new avenues of opportunity.

When I think of the thousands of people I have crossed paths with through my counseling, speaking, and media programming...I can't think of one individual that has lived life in total comfort, without getting kicked in the gut one way or another, with unpleasant happenings, some of them downright ugly!

Learning is an on-going process that we should get excited about. I know people who daily sit in a fast-food restaurant, sipping their hot coffee, eating their junk food and complaining about how the world is going you know where....in a hand-basket, and how the past was far better than the present. Too often they are myopic in their perceptions, as they ignore all of the benefits, (including the fast-food facility they are utilizing for their gathering), they take for granted today.

Every day is a gift. Are you going to accept its contents or are you going to choose to keep the lid on? The choice is yours. Personally I think curiosity, inquiry, and being open for new opportunities is an interesting path to follow....what do you think?
Have a magnificent month.

Donna Seebo

Power Thought for May

“You take all the experience and judgment of men over 50 out of the world and there wouldn't be enough left to run it. ~ Henry Ford (That goes for women too!)

May's Chuckle

The optimist sees the donut, the pessimist sees the hole, and the realist sees the calories.

The Donna Seebo Show

&

“Warriors for Peace”



Heard worldwide

******Effective March 1st, 2019, programming has changed to an evening format. The Donna Seebo Show is 8-9pm and Warriors for Peace, Wednesdays, 7-8pm.***

“Delphi Vision Broadcasting” is celebrating its 18th year of positive and informative programming with ‘The Donna Seebo Show’ and ‘Warriors for Peace’. Currently people in over 128 countries, including the United States, are listening 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. Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

There you will find a player that enables you to connect to the ‘live’ show 8:00 pm to 9:00 am, Monday through Friday, Pacific Time. 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.

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.



Featured Radio Guests on the Donna

Seebo Show May 2019

- 1....Before I Go,A Good End of Life Plan – Jane Rogers (Scotland)
- 2....Sophrology – Dominique Antiglio (England)
- 3....Egyptian Origins for King David & the Temple of Solomon – Ahmad Osman (England)
- 6....Brilliant Burnout – Nisha Jackson
- 7....A Dead Man’s Honor – Frankie Bailey
- 8....Super Powers for Busy Women – Adita Yrizarry-Lang
- 9....The Art of Preventing Stupid – Matthew Davis
- 10...Stones of the Goddess – Nicholas Pearson
- 13...New Face of Entrepreneurship – Michael Taylor
- 14...The Way of the Warrior Mama – Sally Clark
- 15...Dirty Little Secrets of Family Business – Henry Hutcheson
- 16...Fearless Success – John Foley
- 17...A Girl Raised by Wolves -
- 20...Wild World – Peter Rush
- 21...Dig Your Heels In – Joan Kuhl
- 22...Mensch Marks – Rabbi Hammerman
- 23...Calm in the Midst of Chaos – Dr. Dintyala
- 24...Addictive Plastic Surgery – Dr. Constantin
- 27...Friends & Love Signs – Brianne Hogan
- 28...Information Medicine – Ervin Laszlo
- 29...Natural Compresses & Poultices – Christopher Vasey
- 30...The Student Within – Mike Pfaff
- 31...To be announced

Warriors for Peace

- 1....Unsung Eagles – Jay Stout (Pre-recorded – Show #1070)
- 8....Vietnam B’ao Chi – Mark Phillip Yablonka
- 15...Operation Golden Eye – Mark Simmons
- 22...Moon Rush – Leonard David
- 29...International Sex Trafficking – Kali Basi

Mrs. Seebo’s Classics

Finally...it’s here! Yes, *The Woodcutter & The Tree* is now available. We’ll be posting some of the fabulous art on our website shortly and we are thrilled with its beauty and the response it is getting from children and adults alike. It will soon be on Amazon, etc., but you can get a personalized copy of the *first edition* by

contacting me via the website or calling my office directly. We are so pleased with this third publication in the Mrs. Seebo's Classics series and know you'll enjoy adding it to your library.

<http://mrsseebosclassics.com/news-events/>



What's Your Story?

I am in the process of putting together a publication "Stories People Tell Me". I have had a number of submissions and I am looking for an additional 25 stories about paranormal experiences, UFO's, aura's and the unique and unusual not logical happenings that make us aware that life is anything but boring. Please send submissions to donnaseebo@comcast.net. Do send your contact information as well (phone number, etc.) Thank you.

Upcoming Broadcasts & Appearances-May 2019

Anchorage, Alaska...May 1, Wednesday afternoon to May 5, Sunday evening.

I will be available for private appointments (by phone and in-person) during this trip and, should you or a friend desire to meet with me, you can call my office 253.582.5604 or the local number 907.222.5005, press '0' for the front desk. Please do not call hotel prior to my arrival date as they won't take messages.

May 15 – Wednesday - The Psychic Spectrum, Poodle Dog Restaurant-Banquet Room, Fife, Washington. I will be the keynote speaker at 6pm, will have publications available and also will be doing mini-sessions before and after the program. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree.

May 28 – Tuesday - Lou J Free's Showcase - IHOP Restaurant, 178 SW Campus Drive, Federal Way, WA 98023. 253.661.7300. I will be the keynote speaker at 7 pm and will be doing a demonstration as well, arriving between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale, including my new children's publication. I will have publications available for sale, including my new children's publication-The Woodcutter & The Tree

Golden Nuggets

True Stories about Real People

The spirit of self-sufficiency, along with community commitment, makes a powerful statement. This video, sent to me by B.G., California is a powerful statement of what the human spirit with action can accomplish.

<https://www.prageru.com/video/the-chicago-fire-america-at-its-best/>



The Recipe Box...Tex Mex Mac n' Cheese

Who doesn't like Macaroni & Cheese? It can be fixed so many different ways, however, if you like spicy this will definitely satisfy those taste buds. It is super easy to fix and very delicious, hot or cold...personal opinion of course.

Ingredients: 2 cups heavy cream, 1 cup milk, ¼ pound shredded sharp cheddar cheese, ¼ pound shredded pepper-jack cheese, ¼ tsp. salt, 4 tsp. butter, 1/3 cup flour, 2 Tbls. roasted, peeled and chopped Poblano peppers, 1 pound macaroni, cooked according to package directions.

Directions: Combine cream, milk, cheeses and salt in the top of a double boiler. Heat until cheese melts and begins to form a skin. Melt butter in a small skillet over medium heat, stir in flour and cook 4 minutes. Do not allow to brown. Add flour mixture to cheese mixture, a little at a time, whipping until smooth. Simmer sauce for about 15 minutes; remove from heat and strain. Add chopped Poblano peppers. Toss with hot macaroni.

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. 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 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 donna@delphiinternational.com or 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*" my award winning illustrated book and audio tape. Go to my website, fill out the information and I will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My children's publication, "*The Magic Hat*" is available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Book #3, *The Woodcutter & The Tree* is now available. To order, contact me via my website, www.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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