



A Moment with Donna...Challenging Changes

Who doesn't have to deal with challenges and the changes that evolve because of them? I haven't met one person yet who hasn't. When I think of all of the thousands of people who I have crossed paths with, I am consistently amazed at the resilience of the human spirit.

There is an interview coming up on Warriors for Peace in March about a man who survived two death marches in Nazi Germany – the only person known to survive such trauma in that environment. It is truly amazing. Just recently I spoke with an activist on my program who went to Russia to promote peace in a time of nuclear war concerns many years ago, when most people wouldn't have given that a second of consideration as Russia was a place dangerous for outsiders, especially Americans. The stories are endless, and so varied in experiences, that I find consistent and constant inspiration from them and delight in sharing them on-air.

At this moment I am experiencing frustration with technology and I got the most delightful suggestion from a friend who has a smart phone that goes into a PMS mode when it is least desired. So she has her special technique that keeps her from having a meltdown and I have to share it ... she says out loud, in a southern accent, 'Well, I do declare! I believe my poor phone gets the vapors!' That made me laugh out loud and a lot of tension was released.

I know that not all situations can be taken so lightly. However, laughter is a release that balances out the rough edges of the imbalances that so often smack us when we least expect it. Norman Cousins used the laughter technique to beat out disease; laughter helps us to deal with grief and much more.

February is a month of valentine's, (hopefully some yummy chocolate to go along with the hearts and flowers); celebration of the Chinese New Year, Waitangi Day-New Zealand, President's Day and birthday holidays for President Lincoln and President Washington. This truly could be designated as a super party month if one wanted to do so.

Challenges and changes are forever present in one way or another. Why not reframe them with an attitude and action format that starts with a smile, perhaps a giggle or two, and if you can find one, a joke that empowers you to recognize that you are growing into a bigger, deeper, and wiser person because of them. After all, you are the only one who can create the magic in your life, within yourself. You are really quite powerful you know. Life's journey is all about that phenomenal discovery.

Have an awesome life...you deserve it

Donna Seebo

February's Chuckle

While shopping for a bathroom scale, I found one that tracks not only weight but also body fat, bone mass, and water percentage. I nixed that one in favor of a low-tech model. As I told the salesperson, "I don't need to be depressed four ways...one is quite enough." S.B.-PA

Power Quote for February

"We are all born ignorant, but one must work very hard to remain **STUPID!**"
~Benjamin Franklin~ (1706-1790)

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide

******Effective March 1st, 2019, my programming is changing to an evening format. The Donna Seebo Show will be 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

Upcoming Guests – February 2019

- 1...Awakening From the Light – Nancy Rynes
- 4...Dining at the White House – John Moeller
- 5...A Major Production – Tom Sawyer
- 6...It's Grief – Edy Nathan
- 7...Freedom is Your Birthright – Dr. Dravon James
- 8...Heal Your Family – Magui Block (Mexico)
- 11...Structural Integration & Energy Medicine - Jean Louis Green
- 12...Expect Miracles – Mary Ellen
- 13...The Gifted Journey – Stephanie Moore
- 14...*To be Announced.*
- 15...Stress, Makes You Fat, Wrinkled and Dead – Professor Ellezer Ben-Joseph
- 18...48 Hours - Bill Forstchen
- 19...Create a New Reality – Nanci Danison
- 20...10 Skills for Effective Business Communication – Jessica Higgins
- 21...Wildcat Women – Carla Williams
- 22...Intelligence of the Cosmos – Ervin Laselo
- 25...Sacred Voices – Mariah Baker
- 26...Work the Future Today – Whitney Vosberg
- 27...Confidence & Joy -
- 28...Soul Dog – Elena Mannes

Warriors for Peace

- 6...Gently to Nagasaki – Joy Kogawa
- 13...Sacred Voices – Mariah Baker
- 20...A Rose Under A Steel Ground – Julie Alexander
- 27...Bigger Than Business – Jeff Holler

Mrs. Seebo's Classics

Finally...it's here! Yes, *The Woodcutter & The Tree* has gone to press and will be available after February 18th. 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.

<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-February 2019

February 2nd - Saturday...The Metaphysical Meetup, Carr's Restaurant on Bridgeport in Lakewood, Washington. There is a keynote speaker at 6pm and I will be on the panel doing demonstrations of psychometry. Books and other information will be available that evening and I will be available for mini-consultations as well.

February 13th - 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.

February 20th - Wednesday...Radio Show with Dr. Ann Schiebert, Dr. Ann's Relationship Radio, 7am-8am, Pacific Time. Callers welcome - Call in number 305.8488888 - Code 1249431620.

February 26th - Tuesday evening, 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.

Golden Nuggets

True Stories about Real People

Historic Documentary - **Harbour Bridge = British design, Australian built.** This is a very old movie, from Australia's National Archive, but none the less, very interesting. You'll see Sydney Harbour with no bridge, and the various ferries and trams at Circular Quay. Did they all talk like that back then??? Note - everyone wore a hat...BUT no hard hats!! Submitted by M.S., Alaska

http://www.youtube.com/embed/Jy5cZ-IO0Eg?feature=player_detailpage



The Recipe Box...Sutter's Gourmet Granola

If you are like me you love something to crunch on that is sort of sweet but healthy in content. How about a granola that will make up about 18-19 cups of munchy crunch that satisfies your sweet tooth as well? This is a recipe from Kathryn LaFond.

Ingredients: 8 cups rolled oats, 1 cup pumpkin seeds, 1 cup sliced almonds, 1 cup dried cranberries, ½ cup dried blueberries or other dried fruit, ½ cup flaxseed, ½ cup sunflower seeds, 2 tsp. ground cinnamon, ½ tsp. freshly ground nutmeg, ½ cup honey, ½ cup maple syrup, ¼ coconut oil (or another nut oil and ½ cup coconut flakes, 1 ½ tsp. vanilla.

Directions: Preheat the oven to 325 degrees. In a large bowl add first nine ingredients and mix. Then warm the remaining items together and add them to the bowl. Mix all the ingredients and spread evenly on two cookie sheets. Bake 15 minutes. Take the sheets out, stir, and turn the sheets around to ensure even cooking in your oven. Bake another 15-20 minutes to brown lightly.

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'

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

donna@delphiinternational.com or donnaseebo@comcast.net

www.delphiinternational.com www.mrsseebosclassics.com

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

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