



A Moment with Donna.... Be Inspired

As I was preparing to write the editorial for this month an email came in with this information and video link. So I had to share it with you as it shows how important it is to be interested in something you have a passion for. Take a moment and watch this video and then come back and finish reading my commentary. This was submitted by B.G., California.

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WOW !! I don't think an Air Force precision flying team could do any better.

The guy flying the 3 kites is in his 80s and he's from Canada. He comes to the Washington State International Kite Festival every year. His skin is like leather as he normally flies with his shirt off. He is deaf, so when he flies, we hold our hands up and wave them for applause. He flies 2 with his hands and the 3rd one is attached to his waist.

You must watch to the end to see the amazing landing of that last kite. Make sure your volume is turned up because the music is wonderful and totally reflects the soaring of the kites.

http://www.youtube.com/watch_popup?v=nr9KrqN_Ig

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Just goes to show that you are never too old to amaze those around you. Watching this video, listening to the music, I am amazed at how we are able to communicate today around the world. I am so grateful to those of you who share these videos with me and that I can pass them along via email so readily.

This gentleman should be an inspiration to all of us. Though deaf, he has perfected the flying of multiple kites, making them do a ballet in the air that doesn't seem like it should be possible. What made him choose this hobby? Who were his teachers? How long did it take him to perfect this masterful display? Lots of questions and I am sure his answers would bring about a most interesting conversation.

Life is an infinite tapestry of unlimited possibilities and opportunities. Isn't it wonderful that there is such diversity in the world and we all can be a unique thread/color that adds to the brilliance and beauty of life in our own special way? Have you explored your interests? Do you ever explore the possibilities available to you? Are you willing to release an old skin of attitudes/beliefs that no longer serve you, opening up to the understanding that you are the creator of your life's tapestry, you create patterns, form, size, depth, and the colors of expression that are uniquely yours.

Embracing one's real self is so liberating, yet, all too few of us dare to reach out, to expand ourselves into new arenas of contact. Technology is wonderful, but, keep in mind that this 80 year old man didn't become proficient in his kite flying by holding onto a smart phone..he gives his full attention to the moment of display he is working with.

Spring has arrived in the Pacific Northwest and daffodils are already poking their tiny yellow heads up through the ground and soon will grace us with their golden beauty of open blooms that brighten our otherwise grey, overcast, environment. This is a time to celebrate the passing of a wet, cold

winter and to enthusiastically welcome the brisk, yet warmer days, of spring. Be inspired by the joy of this season with all of its dynamic beauty.

Have a magnificent day.

Donna Seebo

Power Thought for March

“The road to success is dotted with many tempting parking places.”

~ Author Unknown

March's Chuckle

I've started wearing a fitness tracker to count my daily steps, and the first time I made it to 9,989 steps in one day, I proudly showed the device to my stepson.

“Not bad,” he said. “But you'd better keep walking. You're looking at it upside down.”

~J.J., Massachusetts

“The Donna Seebo Show”

&

“Warriors for Peace”



Heard worldwide.... Celebrating 15 Years

“Delphi Vision Broadcasting” is celebrating its 15th year of positive and informative programming with ‘The Donna Seebo Show’ and ‘Warriors for Peace’. Currently people in over 71 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 blue player that enables you to connect to the ‘live’ show 9:00 am to 10:00 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, 11:00 am to Noon, 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.

I look forward to having you join me and my guests at my global broadcasting table.



Featured Radio Guests on the Donna Seebo Show



Upcoming Guests - March 2017

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

From 9-10am, Pacific Time the 'live' program can be heard via the flash player and on the upper left side of 'The Donna Seebo Show' page you will find the archive file for all programming. Callers are welcome to call into 'The Donna Seebo Show' during the second half of the program.

Call in number is **253.582.5597**

- 1...Cannibalism in Society Today-Bill Schutt
- 2...The Breakout - Ryan David Jahn
- 3...The Psychedelic Gospels - Jerry Brown
- 6...The Ice Merchants - Paul Boor
- 7...Dream Bigger, Live Better - Donna Palm
- 8...Get to the Heart - Ted Frank
- 9...I'm Not From the South - Tony Vanderwarker
- 10...Sous Vide Cookbook-Chris McDonald (Canada)
- 13...Eword - Cate Montana
- 14...Magicians of the Gods-Graham Hancock
- 15...Animalia-Erin Graffy
- 16...Doing a 180 at 60-John Takacs
- 17...Making Your Mind Magnificent-Steven Campell
- 20...Science of Planetary Signatures in Medicine-Jennifer Gehl
- 21...Karma Can Be a Real Pain-Joanne DiMaggio
- 22...Master Your Memory-Ron Fay
- 23...Monsters Among Us-Linda Godfrey
- 24...Shamanic Wisdom for Pregnancy & Parenting-Anna Canad
- 27...Falling in Love with Your Job-Hans Schumann (England)
- 28...Overwhelmed Brain-Paul Colaianni
- 29...Befriending the Wolf-Milly Diericx (Mexico)
- 30...Ordinary Goodness-Edward Viljoen
- 31...Journeys of Transformation-Sheila Baker

Warriors for Peace

- 1.... Brain on Fire-George L. Lindenfeld, Ph.D
- 8....Courage in Combat-Richard Rinaldo
- 15...Bounty from the Box-MiAe Lipe
- 22...Lady Lucy Houston DBE-Miles Macnair (England)
- 29...Sisters in Arms-Helena Page Schrader (Ethiopia)



Upcoming Broadcasts & Appearances



***Please note that I have corrected dates for the Women's Show and the Emerald Spiral that were previously published in February's newsletter. My apologies for the errors. ***

March 4th and 11th, Saturday....Bur's Restaurant, Steilacoom Blvd., Lakewood, Washington. I will be available for mini-sessions and will be appearing on panel. On **March 4th** I will be the keynote speaker and I will be doing a blindfold demonstration at 6:00pm.

March 12th, Sunday, at 2:00pm, I will be doing a radio show on KKNW in Seattle with Eileen Grimes. The show is 'Jupiter Rising' and callers will be welcome.

March 15...Wednesday, The Psychic Spectrum, Poodle Dog Restaurant-banquet room, Fife, Washington. I will be keynote speaker (topic to be announced) at 7pm. Before and after presentation I will be available for mini-sessions.

March 18th & 19th, Saturday and Sunday...*The Pacific Northwest Women's Show, Seattle, Washington-Booth #503.* This annual event is not to be missed! Ladies, get ready for another dynamic weekend and I will be there, ready to chat, share new publications and more. Go to www.nwwomensshow and find out more details. Be sure to check the program after you arrive at the show as I will be speaking on Saturday and Sunday. Look forward to seeing you there!

March 25th, Saturday...*The Emerald Spiral, Kent Commons, Kent, Washington.* We'll be ready with lots of dynamic talks, vendors, products, services, and some surprises too. To get more details go to www.emeralds spiral.com.

March 28th, Tuesday...Lou J. Free Showcase, Clarion Hotel, Federal Way, Washington. I am keynote speaker (topic to be announced) at 7pm. I will be at showcase between 5-5:30pm and will be available for mini-sessions.

April 24th to 30th,...Fairbanks and Anchorage, Alaska...more information will be forthcoming.

How do they manage to film these action films?

This video is a little over four minutes in length. There is not a word spoken, but it will hold your attention, and then some. The real Question is how on earth did they film the video? [The Bear - Film by Jean-Jacques Annaud](#) ~Submitted by B.G., California

It's All about Pickles

<http://www.vidarecipes.com/2017/01/20/pickle-juice-many-benefits/#.WKc0HRUvjPQ.gmail>

Submitted by L.S., Thailand

Golden Nuggets

True Stories about Real People

HUMMINGBIRD NEST!

There is some really fabulous imaging done here really worth a few minutes to view this.

<http://www.komar.org/faq/travel/hummingbirds/nest/> ~Submitted by B.G.,California



The Recipe Box... A Touch of Tea

There is nothing more refreshing, in my opinion, than a hot cup of tea in the early morning hours to brighten up one's attitude for the day. When I am sitting at my worktable reviewing materials for my shows, a lovely teapot, filled to its brim with one of my favorite teas, sits quite primly at my elbow under its maroon velvet tea cozy. I delight in its company as the ritual of pouring a steaming cup of the delicious golden liquid brings calmness and appreciation for those around the world that make it possible for tea to be conveniently available to those of us who love it.

A guest on one of my shows, Amrita Sondhi, shared some delicious teas that her family enjoys. May you find this recipe as flavorful and delicious as her family does.

Tea Fit for a Yogi

Ingredients: 6 small pieces cinnamon bark, 1 tsp. whole fenugreek seeds, 1 tsp. cardamom pods, 1 tsp. cloves, 1 tsp whole peppercorns, 2 tsp fennel seeds, 2 tsp fresh ginger, chopped.

Directions: In a brown paper bag, crush all ingredients except for ginger by using a rolling pin or gently tapping with a hammer. In a large bowl, combine all ingredients and mix together. Use 1-2 tsp. per pot of hot water and steep to your taste. Store leftover tea mixture in an airtight container. This makes 4-5 tablespoons of tea.

Tip for Hanging a Picture

https://i.kinja-img.com/gawker-media/image/upload/s--NkKubryA--/c_fit,fl_progressive,q_80,w_636/lx1vmbgb52bfm3frqhc0.gif

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/audio tape 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 new website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My new children's publication, "*The Magic Hat*" is also 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.

Go to www.mrsseebosclassics.com to find out more about these wonderful publications. 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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