



A Moment with Donna...Freedom, The Right of Choice

My goodness...Mother Nature really has been working overtime with these winter storms this year! She lets us know that she really is not to be taken for granted.

I have had so many submissions of published materials for my radio shows and I am thrilled with how willing and able people are to share their experiences, wisdoms, and knowledge. A most common thread is that to really know freedom in one's life one must be willing to choose that which will enable you to reach for that desired goal/objective, feeling liberated from whatever adversity you might encounter through life's incredible journey.

However, if you, like me, have found that it was a challenge more than once to determine what choices are available...well, know you are not alone.

Years ago it became apparent to me that if one doesn't explore, examine different options, levels of education, and/or dare to risk change to see what choices may be available to choose from – you stay stuck. When stuck it is easy to blame, be angry, become self-destructive, or even worse, feel as if life isn't worth living.

I happened to watch a documentary this past evening about a handsome young man who had been born into slavery. Not hundreds of years ago, but in the late 20th Century. He had been born and raised in a North Korean prison camp. He was told how to think, what to do, and there was no value for the life of any human being in this slave camp. Starvation, torture, was commonplace and factors for absolute control over all the people in the camp. He was responsible for the deaths of some of his family members and had no emotional responses to his actions. It was the reality of the world he was imprisoned in. You did what you were told and that was that.

Then this young man meets another person in this prison of horrors and tragedy, who is a chef. For the first time in his life he meets someone who has lived a different life, traveled around the world, and is an expert with food. He would listen to this man talk about food in a way that he had never imagined. The sharing of stories caused a spark to rise within him, especially when this new friend talked about escaping from this prison they were captive in. There came a time when escape was possible and the two of them managed to reach the fence that surrounded this massive compound. The new found friend made the mistake of touching the electric fencing and he was killed but the young Korean escaped, and though he suffered greatly, managed to get to Hong Kong, Europe, and finally the United States.

Today he is married and has a family which he cherishes dearly. He discussed how he had to learn how to care about others, to step up to opportunities that enable him to appreciate the freedoms denied to him when he was younger. He spoke about how, when he became aware that the world was much different from that he had been indoctrinated to believe existed...he couldn't go back into that same environment, he had to move forward no matter how difficult it might be. Freedom to choose was so very precious and is to be protected at all costs.

When you are raised in an environment that makes you believe you have no choices, and you then find out you actually do have choices to choose from...it creates a whole new dimension in your

perception and thinking. That is when you empower yourself to reach for your true destiny, not one that others design for you. It takes courage, sacrifice sometimes, but is well worth the effort. That is what our founding fathers of this great nation believed in...they walked the walk of challenges so we could enjoy the freedoms that are ours today. They are worth fighting for and, just like this young Korean, we of immigrant families know how important it is to preserve them for future generations so peace can be present for them and their families as well.

Have a magnificent month.

Donna Seebo



Power Thought for March

“You cannot create prosperity by law. Sustained thrift, industry, application, intelligence, are the only things that ever do, or ever will, create prosperity. But you can very easily destroy prosperity by law.” ~Theodore Roosevelt

March's Chuckle

A woman overheard her 15 year-old niece arguing with her friend. “You think I can’t live without you? Who do you think you are.. my phone charger?” ~Reader’s Digest

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 8-9 pm and Warriors for Peace, Wednesdays, 7-8 pm.***

“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 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.
Direct Link: <http://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 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 - March 2019



- 1...Notable Encounters – Chris Adams
- 4...Ovarian Cancer & Tocotrienals - Dr. Barrie Tan
- 5...Expecting Good – Bridgette Cutshall
- 6...Brother John – August Turak
- 7...Mind Detox – Sandy Newbigging (London)
- 8...7 Practices of a Mindful Leadership – Marc Lesser
- 11...101 Ways to Conduct Business with Charm & Savvy – Ann Marie Sabath
- 12...Becoming Jesse -
- 13...After the Storm – Ava St. Pierre Cogburn
- 14...Cultural Decks Decoded – Bretton Putter (London)
- 15...100 Dives of a Lifetime – Carrie Miller



March 17th

- 18...Can You Learn to be Lucky? – Karla Starr
- 19...Energy Medicine for Animals – Diane Budd (Cape Town, So. Africa)
- 20...Visions – Sharon St. McCrea
- 21...Future Sacred – Julie Morley
- 22...Childless Living – Lisette Schuitemaker – (Amsterdam)
- 25...Shattering Black Male Stereotypes – Michael Taylor
- 26...Women of Vision Art – David Brown & Rebecca
- 27...To be announced
- 28...To be announced
- 29...To be announced

Warriors for Peace

- 6...Death March Escape – Jack Hersch
- 13...Business Secrets of the Trappist Monks – August Turak

20...Aids Orphans Rising – Sister Mary Beth
27...Dissident Doctor – Dr. Klein (Vancouver, Canada)

Mrs. Seebo's Classics

Finally...it's here! Yes, *The Woodcutter & The Tree* is now available in hardback, as is *The Magic Hat*. 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. I am happy to personalize the publication(s) for you and the children you choose to gift it too.

<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-March 2019

March 2 – 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.

March 9 & 10 – Saturday & Sunday ... The Pacific Northwest's Women's Show. Tacoma Dome, Tacoma, Washington. This annual event is absolutely amazing with all of its vendor's, activities, entertainment and more. I have been participating for over 15 years. I never cease to be amazed at the beauty and diversity of it all. It is an event not to be missed! So, gather up your friends and family and join us for two powerful, dynamic days dedicated to all of you wonderful women. Be sure to check out all of the information by going to www.nwwomensshow.com to get all of the details about 'Free Parking', hours for 'Free Admission' and much more. I will be in Booth #731. My new children's publication *The Woodcutter & The Tree* will be available along with other publications. I will also be available for private mini-sessions as well. Stop by and say 'Hello'. Looking forward to seeing you at the best women's event for the year 2019.

March 13 - 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.

March 23 – Saturday...The Emerald Spiral Expo, Kent Commons Center, Kent, Washington. I will be a Keynote Speaker at Noon and will have my latest publications available at my booth. I will be

available for mini-sessions - no appointment necessary. Check out www.EmeraldSpiral.com for information on parking, food and more. See you there.

March 26th – Tuesday...The Psychic Spectrum Radio Show with Skip & Sha'ron, KKNW 1150AM, Bellevue, Washington. Time of interview: 1:00-2:00pm. Callers welcome.

March 26 – 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.

Golden Nuggets True Stories about Real People

In today's world of sophisticated technology we take for granted so much that wasn't commonplace just a few years ago. This video shows what one man is doing to explain technology via computer dynamics. It is truly amazing to see what the human mind can achieve. What the coliseum was to the Romans, this sports arena in Atlanta, Georgia, represents our current technological century. I wonder if it will survive the centuries as the coliseum in Rome has. ~Submitted by B.G., California
https://www.youtube.com/watch?v=-wqyHV3T-80&feature=youtu.be&utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_axiosports&stream=top



The Recipe Box...Chocolate-Raspberry Smoothie

Almond milk has become a favorite milk substitute for those who have lactose intolerances. However, as it is so delicious and filled with wonderful nutrition, many are using it in many different applications. This amazing sweet-tooth satisfying smoothie will become a favorite, should you choose to try it. My radio guest, Alan Roettinger – a professional chef, shared this with me.

Ingredients: 1 ½ cups plain almond milk (or sweetened), 1 frozen banana, 1 cup frozen raspberries, ¼ cup unsweetened cocoa powder, 7 pitted medjool dates, 1 Tbls. coconut oil, ½ vanilla bean-chopped or 1 Tsp. vanilla extract.

Directions: Put all ingredients in a blender and process on high speed until smooth. Serve at once – 2 servings, (or 1 hearty serving).

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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