



A Moment with Donna.....George

I was in our local grocery store. After picking up something I needed and on my way out I was stopped in my tracks by a most handsome male. I couldn't help it, I just had to walk over and introduce myself to this totally awesome person.

His companion, Mike, (I don't remember his real name), said after I walked over, "His name is George." I asked if I could pet him and Mike said, "Sure."

George is an absolutely magnificent dog. His lustrous copper toned coat and luminous eyes, that look right into one's soul, is an 18 month old lab/collie mix. George is a service dog and an extraordinary companion to Mike who has served in multiple campaigns from Vietnam to the Middle East.

Mike and I started to chat and it didn't take long to learn that he was a biker and from the time he had adopted George, which was when he was 8 weeks old, he was in training.

Mike was dressed in well-worn jeans and a jacket embroidered with badges for Desert Storm and other campaigns. He also had a cap stitched with logos as well. Sporting a grayish beard and open for conversation, I asked him where he had served. He talked about the multiple campaigns and I could see pain of memories flashing through his eyes for just a split second. However, when he started talking about George his eyes brightened, his face relaxed, and the next thing I knew he was pulling out his Smartphone to show me a photo of the sidecar he had built for George that attached to the motorcycle. There was George sitting in his custom built sidecar wearing goggles and a seat harness, grinning.

George and Mike travel all over the place and wherever they go children want to ride like George does in the sidecar. The motorcycle, sidecar, and George are a people magnet.

It was wonderful to have had the opportunity to meet George and Mike. Within just a few minutes there was a fellowship of communication that would never have occurred via a Smartphone, Twitter, or email. My day was much richer because of meeting these two individuals. Loyalty, commitment, dedication and love were standing in complete unity right in front of me.

As I said goodbye, thanking Mike for letting me pet handsome George, I know they will share many wonderful adventures together in the coming years.

A couple of thoughts.....

- When you see someone with a dog wearing a *service dog coat*, always asks permission to pet the animal. Dependent on the circumstances it may not be appropriate to do so, especially if the animal is in training.
- Don't be afraid to talk with strangers. We are living in a time where isolation via technology keeps us from paying attention to who and what is around us. Friendship, trust, and the richness of life come only when we are open to communicating with each other.
- Live in the moment. Be present wherever you are and be open to the gifts that life brings you.
- Lastly...guys, I've heard it said that when you have a dog it is a girl magnet. It's true. Gals, the same goes for you.

George, I will always remember you and your luminous golden grey eyes. You are a heart stealer and Mike, thank you for introducing me to your beloved companion. You have met the challenges of service to our country and endured the deep wounds of war. George will always be there to help you heal and the two of you are a powerful demonstration of the finest and the best.

Blessings to you both... may your biking days be joyous ones.

And to all of you, may your lives be blessed as well, with new friendships and the special magic of life's spontaneous experiences.

Donna Seebo

D.S. Should you desire to see the colorful presentation of this newsletter go to my website www.delphiinternational.com and you'll see the original posting.

Lower Thought for May

"The fundamental law of human beings is interdependence. A person is a person through other persons."
~ Archbishop Desmond Tutu

May's Phuckle

Once, years ago, there was a Mensa Convention in San Francisco. Mensa, as you know, is a national organization for people who have an IQ of 140 or higher.

Several of the Mensa members went out for lunch at a local café. When they sat down, 1 of them discovered that the salt shaker contained pepper & the pepper shaker was full of salt. How could they swap the contents of the 2 bottles without spilling any & using only the implements at hand? Clearly this was a job for Mensa minds.

The group debated the problem, presented ideas & finally came up with a brilliant solution involving a napkin, a straw & an empty saucer.

They called the waitress over, ready to dazzle her with their solution. "Miss", they said, "We couldn't help but notice that the pepper shaker contains salt & the salt shaker..." but before they could finish, the waitress interrupted, "Oh! Sorry about that!" She leaned over the table, unscrewed the caps of both bottles & switched them.

There was dead silence at the Mensa table. Don't confuse IQ and education with common sense.

Submitted by D.Z, Washington State

"The Donna Seebo Show"

&

"Warriors for Peace"



Heard worldwide.... Celebrating 16 Years

“Delphi Vision Broadcasting” is celebrating its 16th 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.



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...Eat Wheat – Dr. John Douillard
- 2...Says Who – Ora Nadrich
- 3...Crystals for Karmic Healing – Nichols Pearson
- 4...The Doctrine of Ritual of High Magic – John Greer
- 5...Managing Annoying People – Ilene Marcus
- 8...Little Book of Surprises – Will & Diedre
- 9...Healing Art of Essential Oils – Kac Young
- 10...The Journey of Not Knowing – Julie Benezet
- 11...Dare to Do - Sarah Outen
- 12...Joy Fixes for Weary Parents Erin Leyba
- 15...Standing Strong – Diane Reeve
- 16...Live Your Happy – Maria Felipe
- 17...Questers Dare to Change Your Job & Life – Carole Kanchier
- 18... Words at the Threshold – Lisa Smartt
- 19...In the Crosshairs – Jack Coughlin
- 22...Call Me Crazy – Marcia Lord
- 23...Quantum DNA Healing - Althea
- 24...The Book of Tapping – Sophie Merle

May 14th, Sunday... Happy Mother's Day to all of you wonderful women!

- 25...To be announced
- 26...Swayed – Christina Harbridge
- 29...90 Minute Marriage Miracle – Carl Greer

*Memorial Day...take a moment of silence to honor those who have served and say
'Thank You.'*

- 30...To be announced
- 31...Change the Story, Change Your Health – Carl Greer

Warriors for Peace

- 3...Atomic Geography – Melvin Adams
- 10...Encounters with the People – Dennis Baird
- 17...Hop King – Dennis Larsen
- 24...Wounded Warrior, Wounded Wife – Barbara McNally
- 31...HOPE – Wanny Huynh



Panda Therapy – Chinese Style

According to a friend, Lettice, the Chinese absolutely love their panda's which I understand...but almost 3 minutes of chewing bamboo? Hm,m,m,m,m. Enjoy.

<https://news.cgtn.com/news/3d49544d31517a4d/share.html>

Submitted by L.M., Washington



Upcoming Broadcasts & Appearances



May 6th and 20th. Saturdays...The Metaphysical Psychic Showcase in the banquet room at Bur's Restaurant on Steilacoom Blvd., Lakewood, Washington. I will be arriving around 5pm and will be available for mini-consultations before and after the speaking program and demonstrations by the panel that I will be a part of.

May 17th –Wednesday...I will be the keynote speaker at the Psychic Spectrum, banquet room at the Poodle Dog Restaurant in Fife, Washington at 7pm. I will be arriving around 6pm and will be available for mini-sessions as well. Topic to be announced.

May 23rd – Tuesday...I will be the keynote speaker at the Lou J. Free Showcase, in the banquet room of the Clarion Hotel in Federal Way, Washington. I will be arriving around 5pm and will be available for mini-sessions up to 7pm when I will be speaking. Contact Lou Free for scheduling of private mini-sessions. Topic to be announced.



The Recipe Box....Grandma's Cheese & Spinach Soufflé

I fixed this for a Sunday breakfast and it was fabulous. I used fresh spinach and parmesan cheese and it was so beautiful when it came out of the oven. Be aware it will deflate when it starts to cool but ooh's and aah's will be expressed by those who see it when it arrives at the table. This recipe comes from one of my guests, Mi Ae Lipe's book, Bounty from the Box.

Ingredients: 1 bunch fresh spinach (about 6 oz. leaves, or 4 cups firmly packed), 2 Tbls. flour, 1 cup milk, 1 Tsp. salt, freshly ground black or white pepper, 3 eggs (whites & yolks separated), $\frac{3}{4}$ to 1 cup grated or crumbled cheese (feta, sharp Cheddar, blue Cheese, Parmesan, etc.).

Directions: Preheat the oven to 350 degrees. Butter a 2-quart casserole dish and set aside. Wash spinach thoroughly and spin them dry. Heat a large sauté pan with a small amount of oil or butter; put all the spinach in and cook, turning, until the leaves are fully wilted, about 4 minutes. Spread the cooked spinach on a plate and allow it to cool somewhat, then squeeze all the moisture from it. Chop finely. In a small saucepan, whisk the flour into the milk. Set the pan over medium-low heat and simmer, stirring frequently, until it thickens and has a smooth consistency. Pour the mixture into a large bowl; stir in the salt and pepper, and allow to cool somewhat. In a clean bowl, whip the egg whites until soft peaks form. Whisk the egg yolks into the milk-flour moisture. Add the chopped spinach and grated cheese; stir to combine. Using a rubber spatula gently fold in the egg whites; pour into the casserole dish and spread evenly. Bake for 40-45 minutes or until puffed and golden. Serve immediately.

Let's Make Spaghetti Noodles

The Chinese invented noodles long before Marco Polo discovered them and I believe he is responsible for introducing the humble noodle to the Italian community. This video submitted by D.Z. of Washington is really amazing to watch. It gives one a real appreciation for the mechanization that enables us to fix tons of noodles on a daily basis without so much physical work.

HOW SPAGHETTI IS MADE BY HAND - SPECTACULAR !!!

<https://www.youtube.com/embed/F6uT6gwyY1k?rel=0&autoplay=1>

Golden Nuggets

True Stories about Real People

The love of reaching into the unknown is a part of the human experience. Here is a video that shows people in Thailand doing something that shows exactly that. Enjoy!

https://www.youtube.com/embed/pD_yQZ4iNjY?rel=0

We live on an amazing planet!

These photos were sent to me by L.M. of Washington and they are beautiful to see...a meditation of the wonders of this earth we live on. I hope you enjoy them as much as I did.

http://docs.google.com/presentation/d/1bG6OnjM38BOgNVnyJjrCE40_Fn1u2xtUaIutI1tOFGU/preview#slide=id.p17

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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