



A Moment with Donna....Loving the Glow

Summer has actually arrived! Yahoo! We have had so much rain that there are those of us here in the Pacific Northwest who thought we might be needing kayaks on a full-time basis, instead of cars, to get around. Our webbed feet just weren't holding up very well.

The transformation within 24 hours has been incredible and just in time. No rain predicted in the near future. Now we have to make sure we water on a regular basis as these warm temps dry everything out quickly. Water...the liquid gold that we all have to have to live well on this planet.

Life is really quite amazing. According to research we have just as much water on this planet as we have ever had. However, it is in the process of redistributing itself in fascinating ways. Of course, we humans have been behind a lot of the shifts with water flow but I am consistently amazed at how Mother Nature continues to work independently of us, regardless of what we try to control.

Have you ever noticed how Nature abhors a void? Example: I trimmed back tons of wild plants, expanding tree growth, weeds and much more a couple of months ago in our backyard. Everything looked so tidy and nice. Not anymore! It seems that with all of the rain and warmer temps the plant world got overly excited and now...there is more stuff growing than before! So I have my work cut out for me and lots of sunscreen and bug repellent will be needed to keep bugs and sunburn at bay.

However, as I have been observing the natural world around me I do have to smile at the busy bee's out and about doing their job of collecting pollen; seeing tiny wild flowers, buttercups, and so many other colorful flowers that have taken up residence without my planting anything; watching mama bunnies and their babies going through the underbrush learning how to cope with the new big world they are living in and so much more. That is one of the reasons we leave a substantial portion of our yard wild as we delight in watching all kinds of critters bring their presence into our world in a special way.

If you are like me, you have more than one to-do list, and you'll never, ever run out of projects, dead-lines, whatever. Take some time, as I have made a point of doing, and get outside. Just walk about your neighborhood, go to a park, take a hike in local mountains, or spend time just sitting and listening to the natural world around you. Turn off the electronics and tune into what is going on around you. Let your senses come alive and realize that you have a magical world you live in. You can enjoy the beauty of it all and it doesn't cost you a penny!

Close your eyes and listen to the sounds that surround you. The other day I did this and found that there were 7 different bird calls floating through the air. Nature's symphony plays many unique compositions. Take some deep breaths...do you notice any fragrances in the air? Trees, flowers, grass can bring a sensory experience you will not forget easily. It is a relaxing and harmonizing experience when you take the time to savor the natural environment around you. Just be...just be in the moment.

Have a magnificent summer.

Donna Seebo

Power Thought for June

“Life is like a game of cards. Reliability is the ace, industry the king, politeness the queen, thrift the jack: commonsense is playing to best advantage the cards you draw. And every day, as the game proceeds, you will find the ace, king, queen, jack in your hand and opportunity to use them.” ~ Ed Hume

June's Chuckle

“Seeing a male dog sniffing a female dog, the young daughter of Laurence Olivier asked Noël Coward what they were doing. Coward: “The one in front has suddenly gone blind and the other one has very kindly offered to push him.”

“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.



Featured Radio Guests on the Donna Seebo Show



Upcoming Guests - June 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....*A Call from Heaven – Josie Varga*
- 2....*Origins of the Sphinx – Robert Schoch*
- 5....*Prostrate Cancer – Mark Saunders*
- 6....*Vala's Bed – Joyce Faulkner*
- 7....*Winning Life Long Customers – Rick Wong*
- 8....*Where Did My Friend Go – Dr. Azmira Maker*
- 9....*Happier at Work – Gail Van Gils*
- 12...*Intelligent Divorce – Dr. Mark R. Banschick, M.D.*
- 13...*The Everything Answered Book – Amit Goswami*
- 14...*Raising Passionate Readers – Nancy Newman*
- 15... *Meditation for Daily Stress -Michal Pascal*
- 16...*Journey Beyond Linear Time – Rafael Jara*
- 18... *Happy Father's Day to all of you special guys!*
- 19...*Friendship Matters - Sandra Neshin Bernstein*
- 20... *Everyday Diabetes Meals – Laura Cipullo*
- 21... *Why Physicians Die by Suicide – Dr. Michael Meyers*
- 22...22...*Dark Zone - George Galdorisi*
- 23...*New Oxygen Prescription – Nathaniel Altman*
- 26...*Red Swan – P.T. Deuterman*
- 27...*The Fearless Path – Leah Guy*
- 28...28...*Aroma Therapy Beauty Guide – Danielle Sade*

- 29...*Thrivers Edge– Donna Stoneham*
- 30... *Pure & Simple - Pascale Naessens*

Warriors for Peace

- 7...*Encounters with the People – Dennis Baird*
- 14...*The Wrong Side of Eternity – Mary Mendenhall*
- 21...*Rethinking Rural – Don Albrecht*
- 28...*The Blockade Breakers, The Berlin Airlift – Helena Schrader (Greece)*



Upcoming Broadcasts & Appearances



June 6, 8, and 9 - I will be appearing at Carter Lake Elementary School, JBLM McChord Field, WA. I will be doing a program for children, 'The Magic & Power of Story'. If you would like more information, please contact my office for details.

June 10 and 17 – *The Saturday Night Psychic Showcase*. Bur's Restaurant banquet room, Steilacoom Blvd., Lakewood, Washington I will be available for mini-sessions for an hour, prior to speaker at 6pm, and after program as well. Publications will be available for purchase.

June 14 – *The Psychic Spectrum*. I will be the keynote speaker at the Poodle Dog banquet room in Fife, Washington, (Topic-to be announced). I will be available for mini-sessions prior to speaking and will have publications available for purchase.

June 20 – Lou J. Free’s Showcase. Clarion Hotel, banquet room, Federal Way, Washington. I will be the keynote speaker for the evening at 7pm. (Topic-to be announced). I will be arriving about 5pm to be available for mini-consultations and will also have publications available.

July 1 and 8 – The Saturday Night Psychic Showcase. Bur’s Restaurant banquet room, Steilacoom Blvd.,Lakewood, Washington I will be available for mini-sessions for an hour, prior to speaker at 6pm, and after program as well. Publications will be available for purchase.

July 12 - The Psychic Spectrum. I will be the keynote speaker at the Poodle Dog banquet room in Fife, Washington, (Topic-to be announced). I will be available for mini-sessions prior to speaking and will have publications available for purchase.

July 15 and 16 – Book Signing, Gig Harbor, Washington. Details in next newsletter.

July 22 – Kent Boeing Expo-Kent, Washington. Details in next newsletter

July 25 - Lou J. Free’s Showcase. Clarion Hotel, banquet room, Federal Way, Washington. I will be the keynote speaker for the evening at 7pm. (Topic-to be announced). I will be arriving about 5pm to be available for mini-consultations and will also have publications available.

Need a Hug Today?

Submitted by D.Z., Washington

Hugging is healthy. It helps the body's immune system. It cures depression. It reduces stress. It's rejuvenating. It has no unpleasant side effects. It is God's miracle drug. It is all natural; it contains no chemicals, Artificial ingredients, no pesticides, and no preservatives.

Hugging is practically perfect. There are no parts to break down, no monthly payments, non-taxable, Non-polluting, and of course - fully returnable. Here is YOUR hug for the day. ENJOY! Have a great day. The art of "hugging". <https://www.youtube.com/embed/OceDkKy632E>

A big hug is the best gift anyone can give, and the joy is that you can be a giver and a taker at the same time.

Cell Phones & Radiation ...Submitted by Mary Ellen, Oregon

http://articles.mercola.com/sites/articles/archive/2017/05/23/cellphones-cause-brain-tumors-trigger-chronic-disease.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20170523Z1_UCM&et_cid=DM146869&et_rid=2017075907



The Recipe Box....Baked Salmon with Orange Pistachio Crust

Here in the Pacific Northwest Salmon is a favorite fish and for good reason. Not only is it healthy for you to eat but its delicate flavor is delicious and it takes just minutes to prepare. Here is a recipe from *BluGlacier*. Enjoy.

Ingredients: 2-4 pounds fresh salmon fillet, 1 cup ground pistachios, 1 ½ cups panko breadcrumbs, 1 teaspoon fresh thyme leaves, zest of 1 orange, olive oil, salt and pepper.

Directions: Preheat oven to 350 degrees. Blot salmon well with absorbent paper. Place on a n oiled baking pan, skin side down, and set aside. In a small bowl, mix pistachios, panko, thyme leaves and orange zest. Add olive oil to bind; season to taste with salt and pepper. Pat nut mixture on top of salmon fillet, covering entire surface. Bake fish for 15 minutes for medium or 20 minutes for medium well. Using a food thermometer, make sure the fish reaches an internal temperature of 145 degrees before removing from the oven. Makes 6-10 servings.

Golden Nuggets
True Stories about Real People...
Rather...Fish

VIDEO OF THE DAY

This incredible video is a must see and I think you'll enjoy it as much as I have.
Submitted by B.G., California

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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