



### *A Moment with Donna.... The Pruning Effect*

Summer is here! YAHOO!

I absolutely love the long days of daylight, working in the garden, and taking long walks with an abundance of sunshine beaming down on me, baptizing me and everything around, with its life-giving energy. It also is building up vitamin D in one's system as only golden sunshine can.

Working the garden is so therapeutic. It also reminds you that certain muscles, not usually exercised in the gardening manner during winter/spring months, are not too happy, and let you know quickly via aches and pains that you need to be in better condition. A good hot bath in Epsom salts is terrific in relieving those aching muscles.

Pruning is part of bringing plants and trees into their best form. As I was doing that with some rhodies I thought how summertime is a great time to evaluate what is going on in our lives and what may need to be pruned away, physically, mentally, emotionally, spiritually.

Fears, grief, clutter of all kinds, just like dead branches on a tree or bush, need to be seen for what they are (dead wood) and clipped away, discarded, to allow for fresh growth and development.

My mentor many years ago said, *When you remove something from your life, like a bad habit, you have to replace it with something better or otherwise you have a void and the old will return as Nature abhors a void.* Her words rang true then and they do now. That is why it is said to rewire the brain for a new behavior it takes 21 to 60 days to do it. That means consistency and follow-through.

We spend so much time being busy that to take time to be still and just be, is tough. I know because I have to be mindful of that myself. However, why not set some time for you...play hooky and reflect about what means the most to you.

The lazy, crazy days of summer should be enjoyed to their fullest. Don't forget though to gift yourself with quiet time to reflect on what needs to be pruned, cared for, in your life. Remember gifting yourself that precious gift of time and reflection can enrich your priorities in unlimited ways.

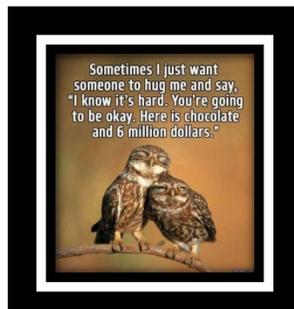
Abundant blessings and joy to you as we enter this summer's season. Enjoy!

*Donna Seeba*

### *Power Thought for June*

"Raise your words, not your voice. It is rain that grows flowers, not thunder." ~ Rumi, the poet

### *June's Chuckle*



## *The Donna Seebo Show*

&

## *"Warriors for Peace"*



### *Heard worldwide.... Celebrating 17 Years*

*"Delphi Vision Broadcasting"* is celebrating its 17<sup>th</sup> 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 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.



### *Upcoming Guests - June 2018*

- 1...Miracles-Master the Art – Nancy Harris
- 4...Filling The Void – Charles Dangerfield
- 5...Thompson Bodywork – Tara Thompson Lewis
- 6...Hidden Cause of Acne – Melissa Gallico,
- 7...The Inner Cause – Annick Brofman
- 8...John Dee & The Empire of Angels – Jason Louv
- 11...SkyJack – Kimberley Howe
- 12...The 5 Gifts – Laurie Nadel
- 13...Blood Types, Body Types & You – Dr. Christiano
- 14...Mentalligence – Kristen Lee
- 15...The Boys You Don't Take Home – Alexander Atlas
- 18...Protogenesis – Alysia Helming
- 19...Decoding Maori Cosmology – Laird Scranton
- 20...Beyond Soap – Dr. Sandy Slotnicki
- 21...Headache Healers Handbook – Jan Mundo
- 22...On Romantic Love – Berit Brogaard
- 25...Soul Selfish – Jane Wyker
- 26...Because I Come From a Crazy Family – Dr. Hallowell
- 27...Good Blood – Irit Schaeffer
- 28...Caesarean Epidemic – Vanita Lott
- 29...TBA or Open Mic

## *Warriors for Peace*

- 6...The Woman Who Fought an Empire – Gregory J. Wallace
- 13...Encounters with the People – Dennis Baird
- 20...Out of the Mansion of the Motyasu – Junko Chodos
- 27...America's Modern Wars – Christopher Lawrence

## *Mrs. Seebo's Classics*

Something new is in the works and we are excited..stop by for a visit and get a peek at what is evolving.

<http://mrsseebosclassics.com/news-events/>



## *Upcoming Broadcasts and Appearances*



**June 9<sup>th</sup> & 30<sup>th</sup> - Saturday Night Psychic Showcase at Carr's Restaurant, Bridgeport Way, Lakewood, Washington .** I will be on the psychic panel, will have my publications available, arriving about 5pm. Panel will be doing demonstrations after the speaker at 6 pm. I will be available for mini-sessions before and after the showcase.

**June 20<sup>th</sup> – Wednesday evening, Psychic Spectrum - Poodle Dog Restaurant Banquet Room, Fife, Washington.** I will be the Keynote speaker at 7 pm and will have publications with me as well. I will be arriving between 5-6pm, depending on traffic, and will be available for mini-sessions before and after the presentation.

**June 23<sup>rd</sup> – BEPC Expo at the Kent Common's in Kent, WA.** 525 4<sup>th</sup> Avenue, 98032. 10:00 am to 5:00 pm. I will be a speaker and also will have a booth at this annual event. I have been participating in this expo for years and it is always the best experience for everyone, both vendors and attendee's. This is a family event where you'll be able to hear some awesome speakers and engage in some wonderful shopping experiences, meeting some amazing people. For more information go to [www.BEPCweb.org](http://www.BEPCweb.org). See you there.

**June 26<sup>th</sup> – 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 arriving around 5 pm, available for mini-sessions up to 7pm. I will have publications available for sale.

*Who says dogs can't talk? This will make you smile.*

<https://www.youtube-nocookie.com/embed/xU7FdD1SpHc?rel=0>

## *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](mailto:donnaseebo@comcast.net). Do send your contact information as well (phone number, etc.) Thank you.

## *Golden Nuggets - True Stories about Real People*



*Never, never, never give up...even at 93 years of age.*

On the 70th anniversary of D-Day paratrooper Jim Martin jumped into Normandy again at the age of 93 years old. He was a member of the 101st Airborne Division. His jump was a success and he told reporters that he felt fine after making his most recent jump.

<https://www.cnn.com/2014/06/05/world/europe/d-day-paratrooper-jumps-again/index.html>

## *Dancing with Grampa*

Grampa is doing a super job with his granddaughters and they are loving it.



2017-11-22-VIDEO-00006991.mp4



*Happy Father's Day to all of you father's, uncles, brothers & the rest of you guys who are such a significant positive part of our lives.  
Know you are loved.*



## *The Recipe Box...Avocado Cucumber Soup*

Avocados are absolutely delicious. Growing up in California avocados were so common we thought nothing about their nutritional value, but oh, how we loved to eat them. Their rich creamy texture was delicious spread on warm toast instead of butter and salads were richer in flavor because of their addition. This soup is so easy to make, and lovely for an easy, healthy summer meal. This recipe makes enough for two servings.

**Ingredients:** 1 avocado, halved, 1 clove garlic, 1 cucumber, peeled and quartered, 2 tsp. chopped green onion, 1 cup vegetable broth, ½ cup plain Greek yogurt, 2 Tbsp. freshly squeezed lime juice, 1 Tbsp. olive oil.

**Directions:** In blender, combine avocado, garlic cucumber, green onion, broth, yogurt, lime juice and oil. Puree until smooth. Feel free to add additional broth to achieve a thinner consistency. Transfer soup to a large bowl, cover tightly with plastic wrap and refrigerate for 30 minutes. Divide into two even portions. Serve cold soup immediately to prevent browning (also known as oxidation).

## 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](mailto:donna@delphiinternational.com) or [donnaseebo@comcast.net](mailto: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.

Late summer we will be coming out with book #3, *The Woodcutter & The Tree*. Stay tuned for more information. It is exciting to bring a book to completion and we'll be letting you know when it all comes together.

Go to [www.mrsseebosclassics.com](http://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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