



A Moment with Donna....What's Your Rank?

The English language must be so confusing to anyone coming from another country to have to learn. For example, the word 'rank'.

In one definition it means various levels of official status in the military, like 'private' or 'general'. In another definition it means something that stinks very badly...like rotten eggs, meat, or skunk.

There is hardly a day that goes by when I don't have a conversation with someone, finding they label themselves in one way or another. They describe their challenges and sometimes their blessings, putting labels on everything and anything (which is quite normal), feeling like a failure, a lost soul, or perhaps seeking an answer to questions they want to ask but feel insecure about doing so.

How would you apply the word 'rank' to your life? Does it stink? Perhaps I should use the language of today's youth...would you say *it sucks big time!*

Perhaps your position is like that of a 'private' in the military, where you feel like you are in a perpetual boot camp and are ready to move up in rank to a better position. All of us feel like that at one time or another. To reach the status of 'general' though, you have to go through various ranks, proving your capabilities in many different areas.

However, there is a magic wand that has exceptional powers and that wand is your mind, *and* the power of choice. Everyone comes equipped with this magic but it takes time, effort, energy, a willingness to move away from what you don't like to what you do like. No shortcuts, just a desire to put forth the effort regardless of obstacles, to reach for that your heart, mind, and spirit aspires for. The results can be amazing.

I recall a young woman who wanted to be a successful artist and financially independent. No starving artist status for her...she was adamant about that. However, though her art work was wonderful, not at any time was she financially successful at it. She worked another job full-time to pay the bills.

One day a dear friend was putting together plans for her daughter's 5th birthday party and she was absolutely frustrated about the costs of the birthday cake she wanted. This artist said," Let me help you, I'll bake and decorate the cake for you so you can take care of the other costs more easily. It will be my gift to your daughter." Of course, the friend was thrilled.

On the day of the party, the artist presented the cake she baked and decorated with a lot of flair and *it* was the hit of the party. She had put her artistic skills to work in a fabulous way and every mother attending the party wanted to have her do a special cake for them. Within a very short period of time she was generating a tidy income.

To make a long story short...she ended up with her own bakery and decorating service for private parties, corporations, etc. The last time I heard, she was charging \$10,000 for her cakes and I can tell you they were masterpieces of exquisite skill and beauty. Each one unique and custom designed. In a million years she never imagined that her artistic skills would find their place via the form of cakes and royal

frosting. Is she unhappy? Heavens no! She smiles every time she goes to the bank and enjoys the sweetness of life as she lives out her dream in a most unexpected way.

Don't be afraid to allow life to show you new directions that you otherwise might not notice. The result can be very sweet...pun intended.

May this month bring you fellowship, joy, new friendships, and adventure. Also, abundant blessings to you all.

Donna Seebo

Power Thought for July

"America's love has never been equaled in human history. She turns her cheek seventy times seven. She fights only to defend her family. But when she has defeated her enemies she binds their wounds, feeds their children, pays their bills and hands forth billions of dollars to restore them to an honorable place among the nations of the world." ~ Emmett McLoughlin

July's Chuckle

Ah.... the beauty of linguistics.

I called an old friend who graduated from MIT and asked what he was doing.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminum, and steel, under a constrained environment."

I was impressed...Upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

~Submitted by B.G. California

The Donna Seebo Show

&

"Warriors for Peace"



Heard worldwide.... Celebrating 17 Years

"Delphi Vision Broadcasting" is celebrating its 17th 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.


Featured Radio Guests on the Donna Seeba Show
Upcoming Guests – July 2018

- 2...The Shift – Kimberly White
- 3...Miracles-Master the Art – Nancy Lynne Harris
- 4...Overcoming The Hand You Were Dealt – Kisha Taylor
Happy 4th of July everyone – Have a safe and fabulous holiday!
- 5...Addicted to My Ego – Dr. Dan Cohen, MD
- 6...The Jerusalem Parchment – Tovia Fogel – (Jerusalem)
- 9...Sweet After Death – Valentina Giambanco (Germany)
- 10...Buddha and Einstein Walk Into a Bar – Guy Joseph Ale
- 11...Dead Serious – Jane Mersky Leder
- 12...The Songs We Hide – Connie Hampton Connally
- 13...Searching for the White Magician: Spiritual Psychology and the Manifestation of Destiny – Stefania Magidson
- 16... Awaken the Power Within: In Defense of Self-Help – Dr. Albert Amao Soria, PhD
- 17...Aroused: The History of Hormones and How They Control Just About Everything – Randi Hutter Epstein, MD
- 18...Plants That Speak, Souls That Sing: Transform Your Life with the Spirit of Plants – Fay Johnstone (Scotland)
- 19...Acid Reflux in Children: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup – Dr. Jamie Koufman, MD
- 20...The Devil's Cold Dish: A Mystery (Will Rees Mysteries) – Eleanor Kuhns
- 23...Courage Takes Guts: Lessons Learned from a Lost Colon – Lois Fink
- 24...#HeySportsParents: An Essential Guide for any Parent with a Child in Sports – Dr. Robert A. Weil, D.P.M.
- 25...Light Therapies: A Complete Guide to the Healing Power of Light – Anadi Martel
- 26...Live Like a Millionaire (Without Having to Be One) – Vicky Oliver
- 27...Doctor You: Introducing the Hard Science of Self-Healing – Dr. Jeremy Howick, PhD
- 30...Away at War: A Civil War Story of the Family Left Behind – Nick K. Adams
- 31... The Inner Cause: A Psychology of Symptoms from A to Z – Annick Arniaud Brofman (France)

Warriors for Peace

- 4... Carry Forth the Stories: An Ethnographers Journey into Native Oral Tradition – Rodney Frey (Pre-recorded show #875-2, August 2017)
- 11...Foxtrot in Kandahar: A Memoir of a CIA Officer in Afghanistan at the Inception of America's Longest War – Duane Evans
- 18...A Race to Freedom-The Mira Slovak Story – David Williams
- 25...Play Like a Girl: How a Soccer School in Kenya's Slums Started a Revolution – Ellie Roscher

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. A special 'Go Fund Me Project' has started. Check it out.

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

The Way of the Warrior

https://www.youtube.com/watch?v=JKqT0-3JV5E&feature=youtube_gdata_player
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July 14 & 28 - 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.

July 18 – 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.

July 21 & 22 – Gig Harbor Art Festival Literary Corner – This annual event is an absolute delight. Artists from around the local area are set up for a weekend of awesome displays and we authors have our own location right in front of Timberland Bank, 3105 Judson Street, Gig Harbor, WA 98335. The hours for us will be 10:00am to 4:00pm. I, along with the other authors attending, will be selling and signing our publications. This is my 3rd year to participate in this wonderful event and I hope you'll come by, say *hello*, and enjoy the event's activities with your friends and family.

July 31 – 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 between 5-6 pm, available for mini-sessions up to 7pm. I will have publications available for sale.

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.

Golden Nuggets - True Stories about Real People

The Last Six Seconds"

On Nov 13, 2010, Lt General John Kelly, USMC, gave a speech to the Semper Fi Society of St. Louis, MO. This was four days after his son, Lt Robert Kelly, USMC, was killed by an IED while on his 3rd Combat tour. During his speech, General Kelly spoke about the dedication and valor of our young men and women who step forward each and every day to protect us.

During the speech, he never mentioned the loss of his own son. He closed the speech with the moving account of the last six seconds in the lives of two young Marines who died with rifles blazing to protect their brother Marines.

"I will leave you with a story about the kind of people they are, about the quality of the steel in their backs, about the kind of dedication they bring to our country while they serve in uniform and forever after as veterans. Two years ago when I was the Commander of all U.S. and Iraqi forces, in fact, the 22 ND of April 2008, two Marine infantry battalions, 1/9 "The Walking Dead," and 2/8 were switching out in Ramadi. One battalion in the closing days of their deployment going home very soon, the other just starting its seven-month combat tour. Two Marines, Corporal Jonathan Yale and Lance Corporal Jordan Haerter, 22 and 20 years old respectively, one from each battalion, were assuming the watch together at the entrance gate of an outpost that contained a makeshift barracks housing 50 Marines. The same broken down ramshackle building was also home to 100 Iraqi police, also my men and our allies in the fight against the terrorists in Ramadi, a city until recently the most dangerous city on earth and owned by Al Qaeda. Yale was a dirt poor mixed-race kid from Virginia with a wife and daughter, and a mother and sister who lived with him and whom he supported as well. He did this on a yearly salary of less than \$23,000.

Haerter, on the other hand, was a middle class white kid from Long Island. They were from two completely different worlds. Had they not joined the Marines they would never have met each other, or understood that multiple Americas exist simultaneously depending on one's race, education level, economic status, and where you might have been born. But they were Marines, combat Marines, forged in the same crucible of Marine training, and because of this bond they were brothers as close, or closer, than if they were born of the same woman.

The mission orders they received from the sergeant squad leader I am sure went something like, "Okay you two clowns, stand this post and let no unauthorized personnel or vehicles pass. You clear?"

I am also sure Yale and Haerter then rolled their eyes and said in unison something like, "Yes Sergeant," with just enough attitude that made the point without saying the words, "No kidding, we know what we're doing." They then relieved two other Marines on watch and took up their post at the entry control point of Joint Security Station Nasser, in the Sophia section of Ramadi, Al Anbar, Iraq.

A few minutes later a large blue truck turned down the alley way - perhaps 60-70 yards in length, and sped its way through the serpentine of concrete jersey walls. The truck stopped just short of where the two were posted and detonated, killing them both catastrophically. Twenty-four brick masonry houses were damaged or destroyed. A mosque 100 yards away collapsed. The truck's engine came to rest two hundred yards away knocking most of a house down before it stopped. Our explosive experts reckoned the blast was made of 2,000 pounds of explosives. Two died, and because these two young infantrymen didn't have it in their DNA to run from danger, they saved 150 of their Iraqi and American brothers-in-arms.

When I read the situation report about the incident a few hours after it happened I called the regimental commander for details as something about this struck me as different. Marines dying or being seriously wounded is commonplace in combat. We expect Marines regardless of rank or MOS to stand their ground and do their duty, and even die in the process, if that is what the mission takes. But this just seemed different. The regimental commander had just returned from the site and he agreed, but reported that there were no American witnesses to the event - just Iraqi police. I figured if there was any chance of

finding out what actually happened and then to decorate the two Marines to acknowledge their bravery, I'd have to do it as a combat award that requires two eye-witnesses and we figured the bureaucrats back in Washington would never buy Iraqi statements. If it had any chance at all, it had to come under the signature of a general officer.

I traveled to Ramadi the next day and spoke individually to a half-dozen Iraqi police all of whom told the same story. The blue truck turned down into the alley and immediately sped up as it made its way through the serpentine. They all said, "We knew immediately what was going on as soon as the two Marines began firing." The Iraqi police then related that some of them also fired, and then to a man, ran for safety just prior to the explosion. All survived. Many were injured, some seriously. One of the Iraqis elaborated and with tears welling up said, "They'd run like any normal man would to save his life." "What he didn't know until then," he said, "And what he learned that very instant, was that Marines are not normal."

Choking past the emotion he said, "Sir, in the name of God, no sane man would have stood there and done what they did. No sane man. They saved us all."

What we didn't know at the time, and only learned a couple of days later after I wrote a summary and submitted both Yale and Haerter for posthumous Navy Crosses, was that one of our security cameras, damaged initially in the blast, recorded some of the suicide attack. It happened exactly as the Iraqis had described it. It took exactly six seconds from when the truck entered the alley until it detonated.

You can watch the last six seconds of their young lives. Putting myself in their heads I supposed it took about a second for the two Marines to separately come to the same conclusion about what was going on once the truck came into their view at the far end of the alley. Exactly no time to talk it over, or call the sergeant to ask what they should do. Only enough time to take half an instant and think about what the sergeant told them to do only a few minutes before, "Let no unauthorized personnel or vehicles pass." The two Marines had about five seconds left to live.

It took maybe another two seconds for them to present their weapons, take aim, and open up. By this time the truck was half-way through the barriers and gaining speed the whole time. Here, the recording shows a number of Iraqi police, some of whom had fired their AKs, now scattering like the normal and rational men they were - some running right past the Marines. They had three seconds left to live.

For about two seconds more, the recording shows the Marines' weapons firing non-stop the truck's windshield exploding into shards of glass as their rounds take it apart and tore in to the body of the (I deleted) who is trying to get past them to kill their brothers - American and Iraqi-bedded down in the barracks totally unaware of the fact that their lives at that moment depended entirely on two Marines standing their ground.

If they had been aware, they would have known they were safe because two Marines stood between them and a crazed suicide bomber. The recording shows the truck careening to a stop immediately in front of the two Marines. In all of the instantaneous violence Yale and Haerter never hesitated. By all reports and by the recording, they never stepped back. They never even started to step aside. They never even shifted their weight. With their feet spread shoulder width apart, they leaned into the danger, firing as fast as they could work their weapons. They had only one second left to live.

The truck explodes. The camera goes blank. Two young men go to their God. Six seconds. Not enough time to think about their families, their country, their flag, or about their lives or their deaths, but more than enough time for two very brave young men to do their duty into eternity. That is the kind of people who are on watch all over the world tonight - for you.

We Marines believe that God gave America the greatest gift he could bestow to man while he lived on this earth - freedom. We also believe he gave us another gift nearly as precious - our soldiers, sailors, airmen, U S Customs and Border Patrol, Coast Guardsmen, and Marines - to safeguard that gift and guarantee no force on this earth can ever steal it away.

It has been my distinct honor to have been with you here today. Rest assured our America, this experiment in democracy started over two centuries ago, will forever remain the "land of the free and home of the brave" so long as we never run out of tough young Americans who are willing to look

beyond their own self-interest and comfortable lives, and go into the darkest and most dangerous places on earth to hunt down, and kill, those who would do us harm.

God Bless America , and SEMPER FIDELIS !"

Semper Fi, God Bless America and God Bless the United States Marine Corps...Often Tested, Always Faithful, Brothers Forever.

"No Better Friend, No Worse Enemy, than a United States Marine,
Your Choice."



The Recipe Box...Smokey Chicken & Black Bean Chili

If you are a lazy cook like me, especially during these warm summer months, then I think you'll like this very simple dish that can be prepared on top of the stove or even in a crock pot. You can use different vegetables, change the seasonings, using whatever type of bean suits your fancy. This basic recipe is one that utilizes leftovers beautifully and may become a family favorite. This dish freezes well too. Enjoy!

Ingredients: 4 cloves of garlic minced, 3 cups frozen chopped pepper and onion blend (*or you can use fresh if you like*), 2 Tbls. olive oil, 1-28 oz can crushed tomatoes, 1-14oz can black beans (*rinse if you like*), 2 cups shredded chicken (or any leftover meat), 1 Tbls. smoked paprika, 1 Tbls. ground cumin.

Directions: In a pot over medium-high heat, sauté garlic and frozen pepper and onion blend in olive oil 5 minutes or until they get soft in texture. Stir in crushed tomatoes, black beans, shredded chicken, smoked paprika and ground cumin. Season to taste with salt and pepper. Bring chili mixture to a boil, then reduce heat to medium; cover and let simmer 20 minutes or until heated through.

A nice green salad, crisp, freshly baked bread, shredded cheese, sour cream, tortilla chips go nicely with this dish.

Donna Note: If you are a lazy cook like me...just put all ingredients, including the juice of the beans, into a crock pot, put on low and let the flavors come together in their own magical way while you are out and about doing whatever you need to do. This dish also can be fixed a day prior to serving and the flavors will be even better.

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.

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 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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