



*A Moment with Donna....The Thinker*

Have you ever been to a seminar or a conference that influenced you in a way you never expected? I have. A number of years ago, while working for a color processing company in Southern California, my boss asked me to attend a seminar put on by a motivational speaker named Jim Delaney. Of course, I was thrilled to have a full day away from the office, so I said yes.

I have to be honest though, I don't remember anything about the seminar other than Jim's personal story and a brass coin.

Jim was a professional athlete, a gymnast, who was totally dedicated to his sport. He performed throughout the United States and out of the country as well. One day he couldn't move and was in excruciating pain. He was rushed to a hospital and, upon examination, it was found that both of his hips were totally worn away and had to be replaced. The verdict was devastating and Jim then started a process of exploring every option available to him, including going to healers of all types and that included Kathryn Kuhlman, a noted healer that worked with thousands of people at a time. When Jim finally accepted that he had to go through the actual surgery...well, it wasn't a fun decision to make.

At the time that this complicated surgical process had to be done, months would be spent in the hospital recuperating. A very active person, Jim would be forced to be quiet and still. This would be a very difficult time and one he wasn't looking forward to. However, the surgery had to be done, no other options were available.

Multiple surgeries had to be performed during the period of a year and he experienced long days of being immobilized from these surgeries. The pain was difficult to deal with, but more than anything else, the greatest challenge was not being able to move. His mind went ballistic. Frustration, anger, tears, the gauntlet of anxiety on all levels was experienced daily. Finally, one day, a doctor told him that the surgeries were successful but he would not be able to ever do gymnastics again. That was it...his world completely crumpled into nothingness. Despair and disappointment overwhelmed him. Everything he knew and loved had been taken away from him. There was nothing left to live for.

End of the story? Far from it! When you are forced to be still, wisdom sometimes manages to wiggle its way into one's mind space and that is what happened to Jim. Someone had brought him a journal and writing materials. They had said, 'You should keep a diary on what you are going through. Who knows? You may want to write a book someday.' I don't know if he ever wrote a book but seminars he did and lots of them. What were they about? Dealing with change, taking what seems to be a total negative and turning it around so it serves yourself and others. Jim became a motivational speaker, teacher, touching the lives of thousands of individuals, including myself.

One of the items given during the seminar was a brass coin. On one side a skeleton sits on a rock with words...*Act Now* and *He Who Hesitates Is Lost*. The other side has a poem by George W. Cecil; *On the plains of hesitation bleach the bones of countless millions who at the dawn of victory sat down to wait...and waiting died*.

That brass coin is sitting on my computer table as I write this editorial. That coin has been an inspiration to me during many difficult periods. Jim's tools were paper and pen. He realized that self-pity

was not an option. He had a great deal of knowledge and while forced to be immobile for months, he used that time to outline his seminar programs, figured out his marketing strategies, and started using the phone to contact people he knew to get their feedback. He made his shift and never looked back at the past with regrets. His perceived handicap was leveraged to move him forward and that's what we need to remember ourselves.

New beginnings are always around us. Here we are with the new school year starting and for all of us new opportunities beckon if we are willing to step into a new space. Embrace your changing opportunities and you, just like Jim, will surprise yourself and others with the gifts you have to share. Have a magnificent day.

*Donna Seebo*

*Power Thought for August*

Education fails unless the Three R's at one end of the school spectrum lead ultimately to the Four P's at the other – Preparation for Earning, Preparations for Living, Preparation of Understanding, Preparation for Participation in the problems involved in the making of a better world.

~ Norman Cousins

*August's Chuckle*

*Dearest Dad,*

*I am coming home to get married soon, so get your check book out. I'm in love with a boy who is far away from me. As you know, I am in Australia ... and he lives in Scotland. We met on a dating website, became friends on Facebook, and had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of a relationship through Viber. My beloved and favorite Dad, I need your blessing, good wishes, and a really big wedding. Lots of love and thanks...Your favorite daughter, Lilly*

*The Response,*

*My Dear Lilly, Like Wow! Really? Cool! Whatever ... I suggest you two get married on Twitter, have fun on Tango, buy your kids on Amazon, and pay for it all through PayPal. And when you get fed up with this new husband, sell him on eBay. Love, Your Dad*

*"The Donna Seebo Show"*

*&*

*"Warriors for Peace"*



*Heard worldwide.... Celebrating 16 Years*

*"Delphi Vision Broadcasting" is celebrating its 16<sup>th</sup> 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...Sekmeht – Nikki Scully
- 2...Bach Flower Remedies for Animals – Carl Anderson
- 3...We, Me, Do, Be – Randall Bell
- 4...Beyond the Imprint – Kate O'Connell
- 7...Reprogram Your Weight – Erika Flint
- 8...Healthy Posture – Kathleen Porter
- 9...Rock Star – David Essel
- 10...Dream Life of Families – Dr. Bynum
- 11...A Manuel for Developing Humans – PMH Atwater
- 14...Your Own Brand of Sexy – Dr. Susan Edelman
- 15...Your Trauma Heart – Judy Crane
- 16...Warrior Goddess – Heatherash Amera
- 17...October Song – David Berner
- 18...Find Your Focus – Clara Capano
- 21...When Your Child is Gay - Wesley
- 22...Ancestral Medicine – Daniel Foor
- 23...Seeing Through the Veils – Lori Wheeler
- 24...The Power of Archetypes – Marie Jones
- 25...Holistic Guide to Hypnotherapy – Steve Webster
- 28...Feng Shui Mommy – Bailey Gaddis
- 29...Wired for Healing – Annie Hopper
- 30...Japan & the Psychic World – William Rainen
- 31...Transform Your Fiction - Larry Fowler

## *Warriors for Peace*

- 2...Ideologies in Conflict – Chris Adams
- 9...SDI – Anil Singh-Molares
- 16...Carry Forth the Stories – Rodney Frey
- 23...Democracy – William Keller
- 30...Sacred America – Stephan Dinan



### *Upcoming Broadcasts & Appearances*



*August 5<sup>th</sup> to 8<sup>th</sup> – Long Beach, California* – The International Library Conference. I will be doing book signings. For those of you in Southern California who would like to meet with me for a private consultation, please give me a call so we can schedule accordingly. Office number: 253.582.5604.

*August 19<sup>th</sup> & 26 – Saturday-The Saturday Night Psychic Showcase* - Carr's Restaurant banquet room, 11006 Bridgeport Way SW, Lakewood, Washington 98499. I will be available for mini-sessions starting at 5:00pm, prior to speaker at 6:00 pm, and after program as well. Publications will be available for purchase.

*August 12<sup>th</sup> & 13<sup>th</sup> – Saturday and Sunday* – I will be appearing at the **Ocean Shores Psychic Expo - Ocean Shores, Washington** and will be doing a class on Saturday at 1:00 pm, as well as mini-sessions on both days. I will also have publications for sale. Hours are 10am to 5pm.

*August 16th – Wednesday-The Psychic Spectrum.* I will be the keynote speaker at the Poodle Dog banquet room in Fife, Washington, 7:00pm. (Topic-to be announced.) I will be available for mini-sessions prior to speaking and will have publications available for purchase.

*August 29th – Tuesday-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.

*Amazingly Delightful!*

<http://www.pawdose.com/dogdance-freestyle/>

*Important Article on Expired Drugs - a must read!*

[:http://www.npr.org/sections/health-shots/2017/07/18/537257884/that-drug-expiration-date-may-be-more-myth-than-fact#nws=mcnewsletter](http://www.npr.org/sections/health-shots/2017/07/18/537257884/that-drug-expiration-date-may-be-more-myth-than-fact#nws=mcnewsletter)

*Golden Nuggets*

*True Stories about Real People*

If you were in the market for a watch in 1880, would you know where to get one? You would go to a store, right? Well, of course you could do that, but if you wanted one that was cheaper and a bit better than most of the store watches, you went to the train station!

Sound a bit funny?

Well, for about 500 towns across the northern United States, that's where the best watches were found. Why were the best watches found at the train station? The railroad co. wasn't selling the watches, not at all. The telegraph operator was.

Most of the time the telegraph operator was located in the railroad station because the telegraph lines followed the railroad tracks from town to town. It was usually the shortest distance and the rights-of-way had already been secured for the rail line. Most of the station agents were also skilled telegraph operators and it was the primary way they communicated with the railroad. They would know when trains left the previous station and when they were due at their next station. And it was the telegraph operator who had the watches. As a matter of fact, they sold more of them than almost all the stores combined, for about 9 years.

This was all arranged by "Richard", who was a telegraph operator himself. He was on duty in the North Redwood, Minnesota train station one day when a load of watches arrived from the East. It was a huge crate of pocket watches. No one ever came to claim them.

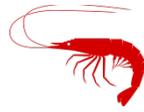
So Richard sent a telegram to the manufacturer and asked them what they wanted to do with the watches. The manufacturer didn't want to pay the freight back, so they wired Richard to see if he could sell them. So Richard did. He sent a wire to every agent in the system asking them if they wanted a cheap, but good, pocket watch. He sold the entire case in less than two days and at a handsome profit. That started it all.

He ordered more watches from the watch company and encouraged the telegraph operators to set up a display case in the station offering high quality watches for a cheap price to all the travelers. It worked!

It didn't take long for the word to spread and, before long, people other than travelers came to the train station to buy watches. Richard became so busy that he had to hire a professional watch maker to help him with the orders. That was Alvah.

And the rest is history as they say. The business took off and soon expanded to many other lines of dry goods. Richard and Alvah left the train station and moved their company to Chicago -- and it's still there.

**YES, IT'S A LITTLE KNOWN FACT** that for a while in the 1880's, the biggest watch retailer in the country was at the train station. It all started with a telegraph operator: **Richard Sears** and partner **Alvah Roebuck!** ~Submitted by B.G., California



### *The Recipe Box...Lemony Shrimp Salad*

Temps are hot, hot, hot! Who wants to spend time in the kitchen cooking? Here is a delicious and refreshing salad that I think you'll enjoy and, if you don't like seafood, substitute chicken. Regardless, serve this with flavorful iced tea and sit back, relax, enjoy this summer salad.

**Ingredients:** 1 lemon, 1 Tbs. oil, 12 oz. large shrimp (peeled and deveined, tails removed), 1 clove garlic chopped, ¼ cup of your favorite oil-and-vinegar salad dressing, 2 Tbs. shredded Asiago cheese, 8 cups mixed salad greens (about 4 oz.), 2 Tbs. chopped fresh basil, 1 cup grape tomatoes-halved, 1 avocado (pitted, peeled, sliced) and 4 oz. prosciutto cut into strips.

**Directions:** Grate 1 tsp. zest and squeeze 2 tsp. lemon juice from lemon into separate small bowls; reserve. In large nonstick skillet, heat oil over medium-high heat. Add shrimp; cook turning once, until shrimp are pink and opaque, about 3 minutes per side. Stir in garlic- cook, stirring, until fragrant about 30 seconds. Transfer mixture to bowl. Drizzle reserved 2 tsp. lemon juice and ½ tsp. lemon zest over shrimp mixture and toss to combine. Set aside to cool. In large serving bowl, combine dressing and cheese. Add salad greens, basil and tomatoes and toss to coat. Add shrimp, avocado and prosciutto and gently toss to combine. Sprinkle with remaining ½ tsp. lemon zest and serve.

Donna Tip: If you are really a lazy cook buy the shrimp already cooked and toss in with the garlic after you have sauté it.

### *Water Filtration*

Submitted by Lettice, Washington

This is an issue that came up in Germany many years ago when they detected high hormone levels in their water systems. Can they be filtered out? If you have information on this please let me know as it is an issue that affects everyone in significant ways. What affects fish can affect us too.

<https://www.rt.com/viral/395169-contraceptive-pills-transgender-fish/>

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