



A Moment with Donna... Focus

Northern Ireland...that is where this phenomenal photograph was taken and one can feel the magic of fairies, elves, dwarfs, the old god's and goddess's creating a world that few can relate to...much less remember. As you gaze into this amazing environment created by old, old trees, your imagination can take you on a journey that the child in you will delight in experiencing.

Summer is still with us and one of the joys of this time of the year is to be able to take time to laze around, focus on doing nothing, enjoying the beaches, forests, mountains, or backyard and putting away technology for an hour or two, or three. It is also a wonderful time to reflect, give yourself time for quiet...take a journal and pen in hand and write out your priorities, your dreams, aspirations.

There's a story about a man who had a good friend that was a potter. This man would often visit his friend, watching him work with a blob of grayish clay, shaping that formless blob into a lovely vase or other kind of vessel. One day he asked his friend how he determined what his project would be for the day. His friend said that through the years of working with the clay he found that when he was rested he would make lovely, beautiful things, but when tired, he would make ordinary items for everyday use. So, he determined that when relaxed he had both the ability to *focus* and the *patience* to make something lovely/beautiful. Frequently the working with the clay required the flattening down of something he had almost worked into the right form because it just wasn't quite right. To create something beautiful he had to be willing to start over and be mindful of what he wanted to finish. When tired, he wasn't able to focus or be patient, consequently he would make more mistakes and not have the precision he required for a finely finished piece.

To be focused on what needs to be done is a very important skill. Multi-tasking is vastly overrated. When we set our priorities, allowing for those various interruptions that invariably occur and deal with them one at a time, it is amazing what we can accomplish. For many years I assumed that multi-tasking was what we were supposed to do. Fortunately, I have become aware that focusing on one arena of activity at a time enables one to get a lot more done in a shorter period of time. It is so easy to get side-tracked.

Give yourself the gift of *focus*. Allow yourself the grace of quiet, being still, and savoring the richness of these deliciously warm summer weeks that are left. Step outside and embrace the beauty of everything around you and be grateful for the abundant blessings that fill your life. Paperwork will still be in its stacks, emails will wait patiently without complaining, and dust bunnies...well, they are just dust.

Enjoy your summer.

Donna Seebo

Power Quote for August

"The abundant life of which we have heard so much recently does not come to those who have all obstacles removed from their paths by others. It develops from within and is rooted in strong mental and moral fiber. To look to government to supply all material safeguards is to sound the doom of the great American tradition. If America is to go forward, we must develop in our colleges ideals of courage, industry, and independence." ~Dr. William Mather Lewis

August's Chuckle

Recipe for salad from *The Hippie Cookbook*. "Cut up lettuce, cucumbers, green peppers and tomatoes. Add a little marijuana and let the salad toss itself". ~Author Unknown

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:**

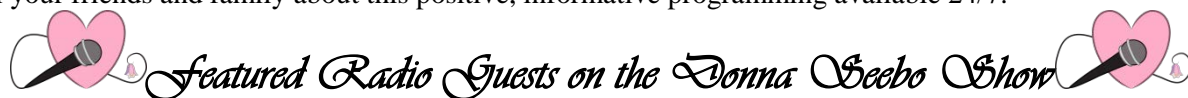
<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

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.



Upcoming Guests - August 2018

- 1....Dealing with Demons – Peter Michael
- 2....Defying the Verdict – Charita Brown
- 3....Countdown to Greatness – Michael Griffin
- 6....Egyptian Numerology – Sara Bachmeier

- 7...Hillary Raimo Show & Transcripts – Hillary Raimo
- 8...Gifts of Acceptance – Daniel Miller
- 9...The Jerusalem Parchments – Tuvia Fogel (Jerusalem)
- 10...The Iceman – P.T. Deutermann
- 13...Beauty Redefined – Seline Shenoy (Dubai)
- 14...Alleluia Heights – Nick DiMartino
- 15... Reducing Cancer Risk – Carl Helvie
- 16...The Pain Companion – Sarah Shockley
- 17... Why Did She Jump? Joan E. Childs
- 20...The Occult Entities that Watch Over Human Destiny – Mark Stavish
- 21...Handbook of Chinese Medicine Medicine & Ayurvedic – Brigette Shea
- 22...Beyond Soap – Dr. Sandy Skotnicki
- 23...The Election – Landon Wallace
- 24...Low Man on Toem Pole – H.V. MacArthur
- 27...Power Places & Master Builders of Antiquity – Frank Joseph
- 28...Sweet After Death– Valentina Giambanco (Europe)
- 29...5 Ingredient Air Fryer Recipes – Camilla Saulsbury (Canada)
- 30...How Me Found I – Abigail Diaz Juan
- 31...Fermentation Revolution – Sebastian Bureau & David Cote

Warriors for Peace

- 1...Four Stars in the Window – Barbara Mohrman
- 8...The Courage of a Samurai – Lori Tsugawa Whaley
- 15...To be announced
- 22...Flags Across America – Karen Robbins & Dale Baskin
- 29...To be announced

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/>



Upcoming Broadcasts and Appearances



August 11th & 25th - 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.

August 15th– 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.

August 28th– 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

Millions of people throughout the United States are enjoying visiting our magnificent national parks. The vision of one man, President Theodore (Teddy) Roosevelt, enabled the creation of many of these parks setting into place conservation which at the time was a whole new concept.

In 1887 he returned to his east coast home after being on a hunting trip in the Dakota region. He spoke up about how old forests were being cut down without thought, animals being slaughtered for no good reason, and how the landscape of the wilderness he loved so much was being stripped of its beauty.

A man of action, he formed the Boone & Crockett Club, dedicated to the preservation of wilderness in these United States. Because of this group Yellowstone National Park was formed and new laws were enacted to protect and preserve this environment for future generations.



The Recipe Box... Fresh Summer Strawberry Tart

Chef Le Tips here! When it is hot summer weather no one wants to spend a lot of time in the kitchen. I wanted to share with you my Fresh Summer Strawberry Tart with home-made strawberry glaze for extra sweetness. This tart is made with a buttery crust, a smooth cream cheese-based filling, and fresh summer berries! Dazzle your friends and family with this amazing dessert that is a feast for the eyes and also, your sweet tooth!

Ingredients: Tart Crust - or buy pre-made. 1½ cups all-purpose flour, ¼ cup sugar, ½ teaspoon salt, 10 Tablespoons cold butter, cut into pieces. Filling - 6 oz cream cheese softened, ½ cup powdered sugar, ¾ teaspoon vanilla extract, ⅛ teaspoon salt, ⅔ cup heavy cream, 1½ lbs strawberries, hulled and sliced.

Directions: - Tart Crust-Combine flour, sugar, and salt in the bowl of a food processor and pulse to blend. Scatter butter pieces overtop the flour mixture and pulse until mixture is just beginning to cling together. Remove from food processor and form into a disk. Cover in plastic wrap and chill for 30 minutes. Once dough is finished chilling, remove from refrigerator and roll into about a 10-11" circle. Form into a 9" tart pan and use a fork to poke holes into the side and bottom of the dough. Transfer pan to freezer and freeze for at least 30 minutes. Preheat oven to 350F, and once oven is preheated and dough has chilled, bake on 350F for 25 minutes or until just beginning to turn golden brown. Allow tart crust to cool before filling.

Filling: Combine cream cheese, powdered sugar, vanilla extract, and salt in a bowl and use an electric mixer to beat until smooth and well-combined. Set aside. In a separate, clean, bowl, use an electric mixer to beat 1 cup heavy cream to stiff peaks. Fold the whipped cream into your cream cheese mixture until well-combined -- the resulting mixture should be thick and fluffy. Spread evenly into cooled tart crust. Top with sliced strawberries -- You can decorate your whole tart using sliced strawberry pieces or you can use the technique I used and cover half of the tart completely with strawberries and decorate the other half with small halved berries. Top with Strawberry Glaze!

Glaze Ingredients : 1 cup fresh Strawberries, cleaned and mashed-1 cup sugar-3 tablespoons cornstarch-3/4 cup water-few drops Red Food Coloring, optional.

Directions: Mash the Strawberries and set aside. In a saucepan, combine sugar and cornstarch, stir in water and mashed berries, bring to a boil, stirring constantly. Stir in food coloring if desired. Cook and stir 3 minutes until thick. Remove from heat and transfer to bowl, cool 10-15 minutes. If strawberries are not smooth, you can either put them through a sieve and smash them or use the food processor.

Refrigerate until ready to serve.

I hope all of you are having a dog-gone great summer - I am! By the way... much appreciation to my two legged assistant, Debra. She is totally responsible for the typing of this recipe. Cooking I am super at...typing? Forgetaboutit...these paws just can't do it. Gotta get back to my squirrel patrol.

Toodles from Tippy!!

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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