



### *A Moment with Donna... Muddy Mary*



Appearances can be so deceiving. Most of us, myself included, have a tendency to make judgments about people within 30 seconds. Participating in various events, such as the Renaissance Faire here in the Pacific Northwest, taught me many different lessons about perceptions we can make without taking time to really listen or become aware of an individual.

The first time I ever saw *Muddy Mary*, she was exactly that...totally mud covered from head to toe, stringy dirty hair partially hidden with an equally filthy band of rag, she was barefoot, and wrapped in clothing that looked like it hadn't been washed in years. She carried a begging bowl and during the entire faire went begging for pennies. Every time she opened her mouth, blackened teeth were seen. She personified the poorest of the poor for that period of history. "Ye Gods," I thought, "How can she stand to portray such a repulsive character?"

As I became more involved in the faire I got to know so many of the wonderful people that created magic fantasy for the thousands that would come out every year. One morning I arrived really early and walked over to the waiting area to catch the bus that would take vendors into the faire grounds. *Muddy Mary* had set up a slant board and a lovely slender young woman was being dressed by her. The young lady had on the most amazing costume, absolutely gorgeous. I found out this fantasy creation of a magical beautiful fairy with luminous large wings was her daughter and Mary was dressing her for the event. It took over two hours to get the entire costume into place for the days' event. On this particular day I had the opportunity to get to know a most talented woman, a total professional in the costume designing profession with phenomenal experience and credentials. She was a master on so many levels when it came to doing costuming. As it turned out, her daughter...equally talented...went to school in England to get training in design work and ended up having a career of her own in the designing of costumes.

I recall asking *Muddy Mary* why she choose the characterization she did. She said she delighted in portraying this character because the only thing she had to be concerned about was rain...that washed all of the mud off. We had a good laugh over that.

Now ... you may ask, what is the point of this conversation? My point is this...if you don't take the time to talk with people you'll never know what wonderful things/information/insights they may bring into your space. Mary shared some of her secrets regarding finding fine fabrics in thrift stores, how to utilize wedding dresses for beautiful outfits, and much more. I got a glimpse into the creative world and imagination of a very talented woman who opted to create a costume whose primary ingredient was mud! You may never encounter a *Muddy Mary*, however, you may encounter an Einstein of type, a Marie Curie, a craftsman, or any number of characters that can enrich your life in so many different ways.

Smart phones are a wonderful tool but if you don't take time to communicate, really communicate with people, you'll miss out on some amazing stories. People are fascinating, irritating, charming, generous, kind, and very interesting if you take the time to chat. Don't be afraid to talk to strangers as they may bring gifts of unique perspectives into your life.

May you know the joy of abundant friendships and every growing circles of communication on all levels.

Happy fall everyone!

*Donna Seebo*

### *Power Thought for September 2018*

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in our bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend out sunset years telling our children and our children's children what it once was like living in the United States where men were free." ~ President Ronald Reagan

### *September's Chuckle*

#### **The Ultimate Survival Backpack**

The URL video below REQUIRES AUDIO – Submitted by D.Z., Washington  
If you're going to spend time outdoors then you might want to get this ultimate survival backpack that is compact but packed full of essential survival gear. Michael Carbonaro is working in a ski shop and provides a demonstration to a customer who is amazed at everything this small backpack holds. It's like the Swiss Army Knife of survival backpacks and the customer is totally amazed ! [click here](#)

### *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.

 *Featured Radio Guests on the Donna Seebo Show*



*Upcoming Guests - September 2018*

- 3...The Cygnus Key – Andrew Collins (England) 2<sup>nd</sup> Guest – Kai Nunziato-Cruz
- 4...Where the Yellow Violets Grow – D.L. Gardner
- 5...Sacred Wealth – Premo Lee Gurran
- 6...Body Wisdom – Ann Brode
- 7...Conscious – Bob Rosen
- 10...Suckess - Alstrom & Chirasawa (Stockholm,Sweden)
- 11...Thinking Just Hurts the Team – Salisa Roberts
- 12...Nutritional Healing with Chinese Medicine-Ellen Goldsmith/Maya Klein
- 13...Animal Totems & Gem Stones – Margaret Ann Lembo
- 14...MacCaulley’s Monster – Albert Bartlett
- 17...Empowered Medicine – Trip & LeNae Goolsby
- 18...Gaps Diet – Signe Gad (Copenhagen)
- 19...Just a Thought – S.L. Brown
- 20...Swiftwater – Alise Weis
- 21...Eco-Villages – Liz Walker
- 24...Sacred Messengers of Shamanic Africa – Carley & Star Wolf
- 25...The Sybils Oraculum – Tayannah McQuillar
- 26...The Burn Zone – Renee Linell
- 27...We’re Doing It Wrong – David Slayter
- 28...Cleansing Rites of Curanderism – Erika Bueaflor

*Warriors for Peace*

- 5...7 Leadership Lessons of D-Day – Col. John Antel
- 12...The Filthy Thirteen – Richard Killblane
- 19...Terrorism, Betrayal, & Resilience – Prudence Bushnell
- 26...On Her Majesty’s Nuclear Service – Eric Thompson (England)

## *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*



**September 1<sup>st</sup> and September 8<sup>th</sup> – Saturday Night Psychic Showcase at Carr's Restaurant, Bridgeport Way, Lakewood, Washington .** On September 1st I will be the keynote speaker at 6pm and will be doing mind demonstrations as well. Topic: Mind Dynamics. On September 8th I will be on the psychic panel, arriving about 5pm. The panel will be doing demonstrations after the featured speaker at 6 pm. I will be available for mini-sessions before and after each showcase and will have my publications available as well.

**September 12<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.

**September 15<sup>th</sup> – Saturday, 11:00am to Noon, Jupiter Rising Radio Show with Eileen Grimes. KKNW 1150 AM, Seattle, Washington.** We'll be discussing the paranormal and I'll be taking calls, giving readings on-air. Call in number:

**September 22<sup>nd</sup> – Saturday, Emerald Spiral Expo, Kent Commons - Kent, Washington.** This is an all day event that is for the entire family. Vendors with diverse products and talents, speakers, and much more is presented in this semi-annual event. I have been participating for many years and find it an amazing experience each time. I will be in my booth with my publications and other items. Do stop by and say hello. Looking forward to seeing you at this wonderful family event.

**September 25<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 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](mailto:donnaseebo@comcast.net). Do send your contact information as well (phone number, etc.) Thank you.



### *The Recipe Box... Lemon Asparagus*

This recipe is so easy and absolutely delightfully delicious hot or cold.

**Ingredients:** 2 bunches asparagus, tough ends trimmed, 2 lemons, thinly sliced, 2 tablespoons extra-virgin olive oil, 4 teaspoons fresh oregano, chopped or 1 teaspoon dried, 1/2 teaspoon salt, 1/2 teaspoon freshly ground pepper.

**Directions:** Preheat your oven to 450 degrees. Put all ingredients into a big bowl...toss until asparagus is covered well. Put into rimmed baking pan, creating one layer, and then roast for anywhere from 10-15 minutes, tossing the asparagus about in the pan every few minutes. Then serve.

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

PEARL HARBOR: This is what takes place after the tourists have gone for the day. I never knew this.

[http://www.youtube.com/embed/MgE2KiPd3xg?feature=player\\_detailpage](http://www.youtube.com/embed/MgE2KiPd3xg?feature=player_detailpage)

Submitted by January, Alaska

### *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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