



A Moment with Donna ... Change the World

This video was sent by Betty G. in Dana Point, California and it is a must watch.
https://www.youtube.com/watch_popup?v=U6OoCaGsz94&feature=youtu.be

November is a month where fellowship and gratitude is a theme. This video, when I first watched it, moved me deeply. I watched it again and it was even more inspiring.

Every month I do over 20 interviews with people from all walks of life, economic position, varying levels of education, ethnicity, and talents. Each and every one of them has lived through various challenges, in various time frames and environments, often wondering if there was even a remote chance there would be a light at the end of the dark tunnel of experience they were traveling through.

In writing their stories they hope to be an inspiration to others, showing them that they should never give up hope, there are *always* choices available if we are willing to reach out to find them.

Gandhi said, "Be the change in the world." Another words...Get up, make your bed, and be about the business of life. Take one step at a time, do one task at a time, and do it well. You'll be amazed at how much you'll get done.

Also, when you crawl into that cozy bed at night, take time to give thanks for your many blessings. Take time to appreciate that you have been given a phenomenal gift...the gift of life itself.

Remember...you have been given the gift of life and that means you are a gift of life to this experience of living. You are unique, talented, and meant to reach for the biggest and best within yourself. You do make a difference and I am pleased to know you.

Have a magnificent month and a wonderful Thanksgiving holiday.

Donna Seebo

P.S. Don't forget to make that bed!

Lower Thought for November

'He who receives a good turn should never forget it; he who does one should never remember it.

~Author Unknown

November's Thuckle

One year at Thanksgiving my mom went to my sister's house for the traditional feast. Knowing how gullible my sister is, my mom decided to play a trick. She told my sister that she needed something from the store.

When my sister left, my mom took the turkey out of the oven, removed the stuffing, stuffed a Cornish hen, and inserted it into the turkey, and re-stuffed the turkey. She then placed the bird(s) back in the oven.

When it was time for dinner, my sister pulled the turkey out of the oven and proceeded to remove the stuffing. When her serving spoon hit something, she reached in and pulled out the little bird.

With a look of total shock on her face, my mother exclaimed, "Patricia, you've cooked a pregnant bird!" At the reality of this horrifying news, my sister started to cry.

It took the family two hours to convince her that turkeys lay eggs!

"The Donna Seebo Show"

&

"Warriors for Peace"



Heard worldwide.... Celebrating 16 Years

"Delphi Vision Broadcasting" is celebrating its 16th 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.

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 *Featured Radio Guests on the Donna Seba Show* 
Upcoming Guests - November 2017

- 1...Intuition, Language of Soul – Tyger Kahn
- 2...Talking Turkey – Leo Pearlstein
- 3...My Dad Got Hurt – Dr. Fisher
- 6...Treasure Hunt – Rizwan Virk
- 7...Longevity List – Thomas Merlin (England)
- 8...Shu Wei's Revenge – Fahnestock Jackson
- 9...Timeless Journeys Ford Cochran (National Geographic)
- 10...Influencing Hemingway – Nancy Sindelar
- 13...Taking Your Place at the Table - Joseph JB Bensmihen
- 14...The Magic of Finding Love & Peace – Tom & Caroline Lumbrazo
- 15...East Indian Cooking - Rani
- 16...Let's Make a contract – Ann Schierbert
- 17...Where the Great River Bends – Bob Carson
- 20...Paper & Spit – Don Anderson
- 21...Surviving the Storm – Cheryl Krauter
- 22...Well Nourished – Andrea Lieberstein
- 23...***Happy Thanksgiving***
- 24...An Adventure in 1914 – Christopher Hill (England)
- 27...Awakening Chakras – Victor & Kooch Daniels
- 28...Why Buddha Never Had Alzheimer's - Shuvendu Sen, MD
- 29...Secrets Kids Know – Allen Klein
- 30...Crystal Healing for the Heart – Nicholas Pearson

Warriors for Peace

- 1...Living An Awakened Life – Master Charles Cannon
- 8...America Invaded – Christopher Hill (England)
- 15..Crown Jewel Wilderness – Lauren Danner
- 22..To be announced
- 29..Eleanor, A Spiritual Awakening – Harold Smith

A Touch of History Revealed
Giant Trees

<https://www.youtube.com/watch?v=x6XdTpMDcNU>



Upcoming Broadcasts & Appearances



November 2-4....Washington Librarian Association – Tacoma, Washington

November 15th, Wednesday...Keynote speaker, Psychic Spectrum – 7pm, banquet room at the Poodle Dog Restaurant, Fife, Washington. I will be arriving around 6pm and will be available for mini-sessions. I will be bringing a number of publications as well.

November 18th and 25th, Saturday...The Saturday Night Psychic Showcase, I will be on the Psychic Panel, approximately 5pm, Carr's Restaurant on Bridgeport Way, Lakewood, WA. I will be available for mini-sessions before and after the speaker/panel demonstrations and publications will be available as well.

November 28th, Tuesday...Keynote Speaker at the Lou J. Free's Showcase, banquet room at the Clarion Hotel in Federal Way, Washington; I will be arriving about 5pm and speaking at 7pm. I will have publications with me and will be available for mini-sessions between 5-7pm.



The Recipe Box... No Knead Bread

I accidentally came across this recipe that was on-line and I tried it. Amazingly it works! 4 ingredients, water, yeast, salt, and bread flour and you stir it with the handle of a spoon. I am going to give you the video connection for two different versions and you can choose which one you want to follow. Really amazing and the texture of the bread is fabulous. Enjoy!

Video #1 <https://cooking.nytimes.com/recipes/11376-no-knead-bread>

Video # 2

<https://www.bing.com/videos/search?q=no+knead+bread&view=detail&mid=AB03E2CF929BDB09B46CAB03E2CF929BDB09B46C&FORM=VIRE>

Golden Nuggets True Stories about Real People

Looking for falling stars? *Submitted by B.G., California*

Christian Mulhsuser climbed the most famous mountain of Switzerland, The Matterhorn, three times, between August and October 2012, to make this beautiful film. He stayed some nights at an altitude of 8860 feet, at a temperature of 10 degrees F. At such an altitude, and without light contamination, the sky is spectacular. The music is lovely and the visual experience is phenomenal.

<http://player.vimeo.com/video/53018096?portrait=0&badge=0&color=ff9933>

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 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 new 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.

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'

P.O. Box 97272, Lakewood, WA 98497-0272 --- (253) 582-5604

donna@delphiinternational.com or donnaseebo@comcast.net

www.delphiinternational.com www.mrsseebosclassics.com

<https://www.linkedin.com/in/donnaseebo> <https://www.facebook.com/donna.seebo>

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