

The Donna Seebo Newsletter ©
December 1, 2017



A Moment with Donna...Sparkling Cider & Chocolate

Whew! How did the holidays get here so fast? This year has gone by in a blinking of the eye ... at least it feels that way to me.

Over the Thanksgiving weekend, like so many other people, I was pulling out of storage, boxes and bins of the seasonal decorations. My living room and entire lower part of our home looked like it had been invaded by total chaos. For a moment my thought was...*Donna, you are a bit crazy doing all of this work. Why bother?* Of course, I know why. I just love the season and the house always looks so festive with the bright lights and the eclectic items that have been collected through the years. Not only that, there are the friends that come by and the delight in their faces is wonderful to see when they step into our home, enjoying all of the colorful decorations. It just feels so good.

However, I wanted to share something with you that occurred a few Christmas's past. It was after New Year's Day and I was getting ready to pull out all of my bins and boxes for storage of the holiday decorations. I was alone and delighting in the thought of being able to put everything away in record time. Yes...I had a plan, was organized, raring to get to work. Just for the fun of it I turned on the Christmas lights one last time.

Then it hit me. I was so busy during the holiday season that I hadn't taken time to appreciate the beauty that been in my own home. Everything and everybody else had been in first positioning of attention. My thought? *Donna, that is so dumb! If you cannot take the time to enjoy and appreciate the beauty around you when are you take the time to do it? Change your routine gal!* And that is what I did.

I had an ice cold bottle of sparkling cider in the refrigerator and a wonderful array of chocolates that had been gifted to us. I took all of the items into my living room along with one of my finest crystal glasses, put on music, sipped my delicious cider and nibbled on those luscious chocolates, savoring not just the beauty of what was around me, but the memories associated with so many of the decorations. There was no time clock set. It was wonderful. Now I deliberately take time to enjoy what is around me and not miss the good stuff. I hope you will too.

The holidays are so magical. I have so many memories and stories that have accumulated through the years and it was that particular mindful awareness, after the season had passed, that the most important aspect of this wonderful season is the joy of sharing time, good food, conversation, various plays, musical events, and also, to take the time to be grateful, appreciative, for the many blessings we have surrounding us.

May the joys and blessings of this holiday season grace you, your friends, and family abundantly.

Donna Seebo

Power Thought for December

~Alice E. Kennelly

After the carols have faded and the gifts have been tucked away
And the candles are stubs of formless wax and the snow is a brownish gray –
After the holly withers and the berries are rusted brown,
And the carpets sparkle with tinsel where needles come tumbling down –
After the dream has ended, and the embers are burning low,
May the Christ, the Heart of Christmas still brighten the afterglow.

December's Chuckle

‘Be careful about calling yourself an *expert*. An *ex* is a has-been, and a *spurt* is a drip under pressure.’

~ Author Unknown

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 the 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 - December 2017

- 1...Transparency – Penney Peirce
- 4...Kelly's Hollywood – Brian Donovan
- 5...Kaiby, The Supernatural Cats of Japan – Zack Davisson
- 6...The Fearless Path – Curtis Rivers (England)
- 7...USS Arizona – T.J. Cooper
- 8...The Adventures of Frank & Mustard – Simon Calvacecchia
- 11...The Ultimate Guide to College Safety – Pete Canavan
- 12...Railroads of Courage – Dan Rubenstein (Canada)
- 13...All Fish Faces – Tam Menton
- 14...Nursing Assistance – Dr. Carrie Englebright
- 15...Children's Books of History – Icy Smith
- 18...Answers Unleashed – Olympia LePointe
- 19...Ripley's Shatter Your Senses – Ed Meyer
- 20...Stamp Counterfeiting – N.K. Petschel
- 21...Living a Spiritual Life in a Material World – Anna Gatmon
- 22...Red November – Wm. Craig Reed
- 25...***Merry Christmas Everyone!...A Christmas Special will be played as a replacement of regular programming***
- 26...Medical Innovation – James Okun
- 27...No Couches in Korea – Kevin Maher (Hong Kong)
- 28...Influence Redefined – Stacey Hanke
- 29...Open Mike – To celebrate the New Year I am opening the phone line for calls during the entire hour.
Call-in studio number 253.582.5597

Warriors for Peace

- 6... Sheppard of the Argonne – G. William Weatherly
- 13...Arctic Frontier – Janeet Collins
- 20...We Are Atzlan – Jerr Garcia
- 27...Taking Your Place at the Table – Joseph Bensihen

Gotta Love the Chicken!

Just when you think you have seen everything a chicken proves you wrong...enjoy!



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Upcoming Broadcasts & Appearances



December 9 & 16...Saturday Night Psychic Showcase. , I will be on the Psychic Panel, arriving 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.

December 12th...Tuesday, Lou J. Free Showcase at the Clarion Hotel in Federal has been cancelled and will resume in January. Date for keynote speaking will be announced in January newsletter.

December 20th...The Psychic Spectrum—banquet room at the Poodle Dog Restaurant, Fife, Washington. I will be the keynote speaker and will be doing blindfold demonstrations. Arrival will be around 6pm, speaking at 7pm, and will be available for mini-sessions. I will be bringing a number of publications as well.

Golden Nuggets True Stories about Real People

This video is quite interesting about a woman living on a cruise ship but I encourage you to be sure to watch the follow-up video on what it takes to feed 6,000 people on a Mega cruise ship. Phenomenal! <https://youtu.be/-dWFKp-bJtk>

Exquisite Artistry

This video is so lovely and the artist is magnificently talented presenting the various stages of a woman's life. I think you will find it as captivating as I do. Submitted by B.G., California
This is an astonishing time lapse of a constantly-evolving digital painting produced with Corel Painter 11 software by Korean illustrator, SeokJeong Hyeon ("Stonehouse") which depicts the image of a woman, developing from infancy to old age, displaying his mind-boggling skill in this medium. Live painting show -https://www.youtube.com/watch_popup?v=HCddlkIITbI.

Reliving the Past

"Night Watch" by Rembrandt, brought to life!!

The Rijksmuseum museum in Holland had an idea: Let's bring the art to the people and then, hopefully they will come to see more at the museum.

They took one Rembrandt painting from 1642, Night Watch and brought to life the characters in it, placed them in a busy mall and the rest you can see for yourself!



BEFORE YOU CLICK on the link below.....take a good look at the painting above. Then click to enjoy the video. http://www.youtube.com/embed/a6W2ZMpsxhg?feature=player_embedded

Submitted by M.S., Alaska



The Recipe Box...Spiced Nuts Nibble Mix

This recipe is by Lovoni Walker, a Canadian who loves to cook. In her cookbook “Christmas Comfort & Joy” she shares this wonderful nut mixture and it makes a great gift....try it...I think you’ll like it.

Ingredients: 1 egg white(large), 1/3 cup granulated sugar, 1 tsp cayenne pepper, 1 tsp ground cumin, 1/2 tsp salt, 1/2 tsp pepper, 1/4 tsp ground cinnamon, 1 cup cashews, 1 cup pecans, 1 cup whole almonds.

Directions: Preheat oven to 375 degrees. Line a baking sheet with parchment paper. Whisk first 7 ingredients in a large bowl. Add all nuts and stir to coat. Spread mixture on prepared baking sheet. Cook in preheated oven, stirring occasionally, for about 30 minutes until nuts are golden. Mixture will become crisp as the nuts cool. Be sure they are cooled completely prior to storing them. This mixture can be made two weeks ahead and stored if desired.

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@delfhiinternational.com or donnasebo@comcast.net

www.delfhiinternational.com www.mrsseebosclassics.com

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

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