

@The Donna Seebo Newsletter

October 1, 2025



A Moment with Donna... Observations

Arthur Conan Doyle, when he created 'Sherlock Holmes', probably had no idea the influence this one character would have on the minds and thinking patterns of the millions of readers that are still influenced by the attention to detail, the observational skills, that Sherlock demonstrated in the most amazing way.

A long time ago I was dating a guy who was in a business of his own. We were chatting about the things we were interested in. At one point in the conversation, I made some kind of flippant remark about some subject matter that was a public conversation topic, saying I just couldn't understand it, and probably wouldn't be very good at it. I honestly don't recall what the subject was. However, I do clearly recall his response. He said, *'If you were interested in it, you would definitely pay attention to the details. You are not interested so you ignore what does not interest you.'* His words really resonated with me and I have recalled them many times when I find myself not paying attention to details of daily life, or when I deliberately block out what I choose not to hear.

So...recently when his words popped into my head, I decided to do a one-day project of paying attention to the activities of my day, the people I spoke with, and the environments I passed through as I was taking care of errands. Within an 8-hour period this is what occurred.

My day started with an alarm clock waking me up, run by a tiny AAA battery. A fan, shaped like a white volleyball, had been running all night, circulating air in an otherwise warm room. Preparation for the day, showering, dressing, while electricity gives me light, heats up the hair dryer, and an electric toothbrush gently cleans my teeth. The electricity that I take for granted, was explored and conceived by many people who through many years, experimented until we were able to convert that usually invisible energy into something that serves billions of people today.

I go to my car to do errands in different communities, which is run by gasoline, a by-product of oil, a battery, and an engine which together produce electricity so the computer systems can do their operations. While driving I observe huge construction vehicles, large groups of men and women who are repairing bridges, roads, painting road strips, building new structures for business and developments of various types. Electricity fueled by various means is in full engagement, including the communications systems, cell phones, and others, to enable the work to be done.

Then I am in a medical facility visiting a friend. I observe the design layout, what the accommodations for patients, staff, and guests look like. Bathrooms designed for efficiency of working with people who have been through surgery, needing special arrangements for ease of attendant care.

My one-day personal challenge made me very aware of how, when I think of our ancestors of the past, how they in many instances would have thought what has evolved not possible. Science fiction...It would have been put in that category. Everything I encounter, the clothes I wear, the appliances I use, my home, the businesses I work with...that and so much more, has been designed, developed by people. People who at some point say, *'I have an idea...we can improve what is being done'*.

I have faith in the human spirit, creativeness, the desire to make this life we live, the world billions of us share, to take care of doing what needs to be done to correct, clean-up, those aspects of the various levels of life

expression that are present today. Every one of us makes a difference by being the best we can be. By cooperating and working together, the impossible becomes possible. We, like the immortal Sherlock Holmes, can solve the riddles that are present, creating solutions not believed possible. The imagination, the capabilities of the human mind and spirit, have far surpassed what our ancestors believed possible. The future is today. What we do today creates opportunities for the future of unlimited possibilities.

Have a fabulous fall.

Donna Seebo

Lower Thought for October

“Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations.

~ George Bernard Shaw

October's Thuckle

A salesman is at a barber convention demonstrating an unbreakable comb by putting it through all sort of stress. As his piece de resistance, he bends the comb in half. **CRACK!** It unexpectedly snaps. Unfazed, he holds up both halves for all to see, saying, “*And this is what an unbreakable comb looks like on the inside!*” ~ Author Unknown

The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 24th year of positive and informative programming with ‘The Donna Seebo Show’, its 11th year with ‘Warriors for Peace’ and its 2nd anniversary of The Donna Seebo Television Show, “Special Editions”. Currently people in over 128 countries, including the United States, have listened 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... <https://delphiinternational.com/donna-seebo-show/>

There you will find a player that enables you to connect to the ‘live’ show 8:00 pm to 9:00 pm, Monday through Friday, Pacific Time. The latest 13-15 hours of programming is available 24/7. Callers are welcome during the second half of the program – Call in number - 253.582.5597.

“Warriors for Peace” is aired on Wednesdays, 7:00 pm to 8:00 pm, Pacific Time. No calls are taken during this interview program.

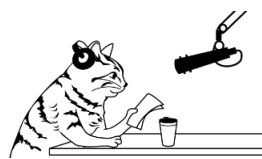
“The Donna Seebo Television Show, Special Editions” is aired 3 day a week on TCTV media and programs are also on U-Tube, my website, and other venues for viewing 24/7.

To listen to any of the radio 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. The player, available 24/7, rotates the latest 13-15 hours of programming for your listening pleasure.

We are featuring The Author’s Showcase. You are invited to visit our addition to The Donna Seebo Show & Warriors for Peace show page. You have direct links to their interview and can listen anytime.

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.

Special Note: Programming can be heard via these additional connections: IHeart Radio, I Tunes, Alexa, TuneIn, and Spotify.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace - October 1 2025

- 1...Welcome to Fabulous Angeles – Richard Lefkowitz*
- 2...To Save a Life – Larry Zuckerman*
- 3...7 Blackbirds – Helen W. Black*
- 6...Modern Jewish World Making through Yiddish Children's Literature – Miriam Udel*
- 7...Searching for Sanity – Marcy Westcott*
- 8...Seeing Loved Ones on the Other Side – Matt McKay*
- 9...Transformational Leadership – Duygu Alptekin Gursu (Turkey)*
- 10...Floral Absolutes – Candice Covington*
- 13...The Deadbeat Killer – Mike Oldham*
- 14...My Feet Aren't Ugly – Debra Beck*
- 15... Ghost Flower Book & Journal – Ksenia Merck*
- 16...To be announced*
- 17...Passage to Poros – Edward Tick*
- 20...Transformational Leadership – Duygu Alptekio Gursu – (Turkey)*
- 21...Conscious Living, Conscious Aging – Ron Pevny*
- 22...Ask Your Angel Guides – Susan Browne (Ireland)*
- 23...The 6D Ascension Journey – Judith Corvin-Blackburn*
- 24...Chinese Medicine for the Mind – Nina Cheng*
- 27...The Darkness - David Brown (Spain)*
- 28...Infinite Paradise – Dianne Ebertt Beeaff*
- 29...Mexico, Exploring Wine Regions, Ep. 18-Donna Seebo Television Program, "Special Edition", Guest Michael Higgins (Audio)*
- 30...To be announced*
- 31...Happy Halloween - ??? Surprise guest from Australia??? It won't be Halloween for them as they are a day ahead of us. We'll see if they join us. If not, it will be an Open Mike Hour.*

Warriors for Peace

- 1...Reviving Our Republic – Mike Bedenbaugh*
- 8...The Journey of Liu Xiaobo – JoAnn Leedom-Ackerman*
- 15...The Warriors Book of Virtues – Matt Bloom*
- 22...The Final Approach – Chris Adams*

Upcoming Events & Broadcasts - October 2025

Anchorage, Alaska – Wednesday, October 1st to Sunday, October 5th. I will be available for private sessions, in-person or by telephone, October 1st to 4th. Should you or a friend desire to schedule an appointment while I am in Anchorage, you can call my office prior to October 1st, 253.582.5604 or while I am in Anchorage you can call 907.243.2233.

Wednesday, October 8th – The Psychic Spectrum, Poodle Dog Restaurant, Fife, Washington
I will be the featured speaker for the evening and the doors open at 5:00pm.

Saturday, October 18th & Sunday, October 19th ...BEPC semi-annual Expo, Kent Commons, Kent, Washington.
Hours: Saturday, 11:00am to 6:00pm; Sunday, 11:00am to 5:00pm. I am a keynote speaker on both days and will have lots of books available, doing mini-sessions as well. For more information about this event please go to: BEPCweb.org.

The Donna Seebo Television Show, "Special Editions"

The filming for "Special Editions"- year two- started in April 2025. If you are an author and would like to be featured on one of my upcoming programs, please contact my office-253.582.5604, or email me your contact information, donnaseebo@comcast.net, and we'll share the details of becoming a part of this special show.

The filming for Episode #18, "Mexico, Exploring Wineries & Phenomenal Cuisine." Guest/Author Michael Higgens, has been completed. It is being aired on TCTV the 1st of October. Tap the links below and you will connect directly with the U-Tube television channel and the posted videos.

My television program, The Donna Seebo Show-Special Editions is featured, on TCTV media, Channels 3,22,26,77, three air-times a week. 2:00pm, Sunday...4:00pm, Tuesday & Friday, Pacific Time. You can go to TCTV's website <https://tcmedia.org> to download their app for 'live streaming' or you can scroll down to the 'Watch Button' to watch the programs. Also, if you want to have an app for your phone there are apps at the bottom of the initial website page you can put on your phone. We are posting the television programs on U Tube, my website, and other venues. Upcoming programs will be announced via social media and my radio shows.

<https://delphiinternational.com/personal-empowerment-videos>
<https://youtube.com/@donnaseebodelphivisioninte9974/videos>

The audio portion of the programming will be heard on my radio show...watch for the postings in my newsletter, website, and social media. Be sure to like and subscribe if you enjoy the programming.



The Recipe Box... Savory Pie of Five Cheeses

Cheese...Glorious Cheeses... Oh, how I love cheese and there are those favorites that have been a significant part of my food plate for a lot of years. They add so much to various dishes and this recipe is no exception. You will need a 10" pie plate for this recipe. Serves 4-6 people.

Note: Dough for pie, you can use a frozen pie crust or your favorite pie crust recipe.

Ingredients: 4 oz. pancetta cut into slivers, 1 Tbls. olive oil, 1 red onion thinly sliced, 2 garlic cloves sliced, salt & pepper, freshly grated nutmeg, 8 oz. ricotta cheese, ½ cup grated mozzarella cheese, ½ cup freshly grated Parmesan cheese, ¼ cup grated provolone cheese, ¼ cup grated pecorino cheese, 2 Tbls. whipping cream, 2 Tbls. sour cream, 2 eggs, ¼ cup minced Italian parsley.

Topping: 3 red bell peppers, olive oil

Directions: Prepare pie crust, place into pie plate, refrigerate until ready to fill with filling. (Can be prepared in advance.) **Topping:** Rub peppers with olive oil and char over gas flame or under broiler, turning them until peppers skin blisters and blackens, place peppers into a plastic bag, let them steam for about 10 minutes, then remove skin and cut into quarters. **Filling:** Cook pancetta in heavy medium skill over medium heat until golden, about 5 minutes, remove with a slotted spoon, and drain on paper towels. Discard all but one tablespoon of fat. Add 1 tablespoon olive oil to skillet and reheat over medium heat. Stir in garlic, and onion, sautéing until just brown. Add salt, pepper, and nutmeg. Cool.

Mix cheeses, creams, eggs, parsley, and pancetta into cooled onion mixture...season with salt, pepper, and nutmeg. Pour filling into pie crust and top with red pepper quarters. Place rack in lowest part of oven and preheat to 375 degrees. Bake pie until filling is set and browned, about 20 minutes (if filling is not set, transfer to center rack and bake 10 more minutes). Cool 10 minutes before serving.

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. Do put *The Donna Seebo Show* in the subject line. 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 contact information and 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 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, The Magic Hat, and The Woodcutter & The Tree, my three award-winning illustrated books and audio books. Go to my website, fill out the information and I will be delighted to personalize the books for that special child. We are celebrating our 29th anniversary of 'Classics' publications and now have a website showing all of my children's publications and other products. Both e-books and audio e-books are now available as well.

You can listen to a 'free' preview of the audio book and view some of the art as well on <https://mrsseebosclassics.com>. Ed Gedrose is the illustrator for *God's Kiss* and Carol Ann Johnson is the illustrator for *The Magic Hat* and *The Woodcutter & The Tree*.

Go to my website to order directly on Amazon, Create Space, and Kindle. To order, contact me via my website, <https://mrsseebosclassics.com> or call my office directly to find out more information. Be sure to like us on Facebook, LinkedIn, and X (Formerly 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 Radio/Television Talk Show Personality. Host/Producer of the International 'Donna Seebo Show'... 'Warriors for Peace' radio shows, also The Donna Seebo Show, "Special Editions" television programs

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

donna@delphiinternational.com or <mailto:donnaseebo@comcast.net>

<https://delphiinternational.com> <https://mrsseebosclassics.com>

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

<https://www.facebook.com/donnaseeboshow>