

@The Donna Seebo Newsletter

December 1, 2025



A Moment with Donna... Magical Moments

Brrrrrr! The air outside is brisk, no ice/snow yet. Temperatures are dropping rapidly into the 30's at night now...Old Man Winter is forcing his way in and will be keeping us company for a few months. So out comes the hats, caps, heavy sweaters, ear muffs, gloves and whatever else will keep one nice, warm, and toasty comfortable when outside for those colorful holiday parades, get-togethers, and daily walks that keep us trim and slim during the holidays.

Yes...Christmas is just a few weeks away. A magical transformation happens during this season. An essence fills the air I find difficult to describe. Creativity and beauty, something I cherish, is everywhere. Holiday music, events, special holiday foods, brilliant decorations expressing a vibrancy of joy, expectation that fills one with a childlike vibrancy, and most importantly, a coming together of community in almost every environment I find myself in. I watch, observe, and delight in this season as I am out & about doing my errands, decorating my home, interacting with friends and family, savoring this essence as I see its effect on just about everyone I meet.

Courtesy, patience, and a good sense of humor, goes a long way when you are standing/waiting in a very long, slow moving line in a store, gas station, or waiting for a concert or game to start. Rush, rush, rush, seems to be the pattern that produces a lot of unnecessary stress. If you are taking a little one to see Santa, keep in mind, a smile does wonders for releasing tensions and you never know who will be the recipient of that smile, easing their stress as well. I personally experienced that big-time while waiting in a very long line at a local box store.

Scrooge and his cronies have no place in my space. If you have the opportunity, take time to watch the old movies, "It's a Wonderful Life" & "Miracle on 34th Street". Both of those movies though set in an era long ago, are timeless in their production and message, they leave you with a wonderful feeling that warms the heart and spirit.

One of those holiday magical moments that I love to recall is a Christmas event in San Francisco, The Dickens Fair. It was amazing. Vendors, musicians, performers of all types, food vendors, brought to life the Victorian period that was so vibrant with color, story, and history. My husband and I loved the magical environment of that Fair...we talked about it for weeks afterwards.

This season sparks the recalls of dreams, desires, aspirations, and more than anything else, faith and hope. Make those phone calls, set time aside for the get-togethers, for sharing of memories and the creating of new ones. Keep your eyes and your heart open for the gifts of the season, whatever form they may come in.

God Bless you and yours, and have a fabulous holiday season. I'll be chatting with you next in the New Year of 2026.

Donna Seebo

Power Thought for December

"Don't be a cynic, and bewail and bemoan. Omit the negative propositions. Don't waste yourself in rejection, nor bark against the bad, but chant the beauty of the good. ~Emerson

December's Chuckle

Never underestimate a store clerk...

I was in our local home improvement store purchasing "mushroom manure"-a by-product of mushroom cultivation that is used to amend garden soil. As the store clerk was placing the sacks in my truck, I asked, half in jest, "How do they get manure from mushrooms?"

He grew quite serious and said, with a remarkably straight face, "You know, they're very shy things, and they do it at night, so no one really knows." ~DWK, PA

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 on the network's player, plus 100's of programs are listed in the archives, 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.

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: I Heart Radio, I Tunes, Alexa, TuneIn, and Spotify.



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

- 1...No Longer That Girl – Stephanie Maley*
- 2...Alchemical Light Work – Arthur Verslius*
- 3...Everything is Perfect – Positive Phrases – Johanna Laurant*
- 4...Years of Living Dangerously – Dana Micucci*
- 5...Wethersfield Road – Anne Binder Reardon*
- 8...TransDimensional Mind – Chris Hardy (France)*
- 9... The Joy of Sleeping Alone – Cynthia Zak*
- 10...The Journey Across Forever - Wayne Saalman (England)*
- 11...The Babylon Blueprint – David L. Hancock*
- 12...Life is Just Another Class - Karen Kubicko*
- 15...Animal Chakra Healing – Joan Tanquet*
- 16...Grow Up – Owen Marcus*
- 17... The Drum Tech & Other Stories – Monte Crabbs*
- 18...To be announced*
- 19...Soul to Soul Connection – Carole J. Obley*
- 22...To be announced*
- 23...To be announced*
- 24...Christmas Eve – Pre-recorded holiday special program*
- 25...Christmas Day - Pre-recorded holiday special program*
- 26...To be announced*
- 29... The Original Zodiac – Graham Phillips (England)*
- 30...To be announced*
- 31...New Year's Eve – Pre-recorded program*

Warriors for Peace

- 3...USS Arizona – T.J. Cooper*
- 10...Wreaths Across America – Karen Worster/Sean Sullivan*
- 17...Dear Bob – Martha Bolton*
- 24...Blockade Breakers – Helena Schrader*
- 31...New Year's Eve – Pre-recorded program*

Upcoming Events & Broadcasts - December 2025

December 3rd, Wednesday...The Psychic Spectrum, The Poodle Dog Restaurant, Fife, Washington, Banquet Room, open at 5:00pm. I will be the keynote speaker for the evening at 6:00pm and will be doing demonstrations as well. Go to www.ThePsychicSpectrum.com for more details.

December 20th, Saturday & December 21st, Sunday...The MeWe Fair is happening at the Embassy Suites, Bellevue, WA. Hours: Saturday, 11:00am-6:00pm and Sunday, 11:00am-5:00pm. I will be a keynote speaker on both days and also available for mini-sessions, plus having publications for sale. For more details go to www.MeWeFairs.com.

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 protocols of becoming a part of this special show.

The filming for Episode #19 we are hoping to complete this month. It will be aired on TCTV this month once it is completed. 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...Creamy Lemon Coleslaw

The holidays are a wonderful time to share those traditional holiday recipes. How about trying something that is a bit different from the usual? This creamy coleslaw goes well with just about any buffet, meat, and is more of a light-hearted fare that guests and family will enjoy. I learned this recipe from one of my radio guests, Lovani Walker. Enjoy.

Ingredients: (Creamy Lemon Dressing) 1 cup mayonnaise, 1/3 cup lemon juice, 3 Tbsps. sugar, 2 Tbsps. Dijon mustard, 1 tbsp. finely grated lemon zest, 1/4 tsp salt, 1/4 tsp pepper. (Coleslaw) 4 cups finely grated green cabbage, 4 cups finely grated red cabbage, 1 1/2 cups dark raisins, 1 cup sliced almonds-toasted, 1 cup thinly sliced celery, 1 cup thinly sliced red onion.

Directions: (Creamy Lemon Dressing) Whisk all 7 ingredients together in a small bowl. (Coleslaw) Toss all 6 ingredients in an extra-large serving bowl. Drizzle with dressing and toss.

Make-ahead Tips: Prepare all ingredients a day ahead, store them separate in sealed bags in the refrigerator. The dressing can be made 1-2 days; store in a sealed glass container in the refrigerator. Toss everything together just before serving.

A special 'thank you' to the many people who join me weekdays to hear *'The Donna Seebo'* 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>