

@The Donna Seebo Newsletter

January, 2026



A Moment with Donna.. Eureka!!

With a crystal champagne glass filled with sparkling apple cider, a plateful of crisp almond biscotti waiting to be enjoyed ... I salute and welcome 2026.

I cannot speak for anyone else, but the last quarter of 2025 was one of the strangest, weirdest cycles I have gone through in a long time. It was as if the programming directors of the Universe were having a PMS moment, playing ping-pong with shadows, instead of working together. Hm,m,m...I wonder if they put some humans on their board of directors just to see what would happen? Do I sound a tad sarcastic?

Seriously, have you ever gone through crash and burn cycles that made you wonder if someone 'up there' hates you, or is playing a game with your life? Congratulations! You have come to the point of recognition that you are a human being, a part of this unique world we live in, and there are times, when the dice of experience are thrown your way, you are going to be in for the ride of your life, literally and figuratively.

However, I am an optimistic soul, who having lived through various dramas through the years, I have come to realize/recognize we have more choices to choose from than we imagine. Our greatest challenge is daring to become the explorer, the investigator of possibilities, asking questions, being willing to move into unknown territories of experience, facing and embracing new opportunities, new adventures, learning new languages of technology and more.

2026 is bringing us an explosion of dynamics and change, growth in just about every system existing on/within this global world of ours. The speed of this massive shift is occurring at a phenomenal rate not seen for thousands of years. We are living/experiencing one of the most powerful shifts that is going to bring forth achievements not believed possible...not just in one place or space but around the world.

This is not the time to be fearful, apprehensive...no, it is time to step up to challenges, join with those who look at the present, learn from the past, and are willing to take charge of their future with hope, clear thinking, and a willingness to let go of any unnecessary biases, habits, fears, no longer needed.

What are your dreams, hopes, desires? Are you willing to take the time to ask yourself the real questions of why they are important to you? Are they really yours or have you adopted what others have said you should adopt because they know what is best for you. What calls to your deepest part of yourself? Give yourself the time to reflect on what is most meaningful to you. Don't be afraid of exploring the deeper parts of yourself that yearn to be recognized...not to please anyone, but to discover the richness within yourself that you have been waiting to discover.

This is a New Year – 2026. Give yourself, not resolutions, but reflection and self-exploration. Keep a journal of your thoughts, don't be afraid of new directions, embrace your human experience with patience, compassion, joy, and fearlessness. You have been given one of the richest gifts that can be received. What is that? Life. Yes, the gift of life.

Happy New Year Everyone!

Donna Seebo

Power Thought for January

One of the truths of successful living can be stated simply: your thoughts form your world. What you focus on in your life grows, what you think about expands and what you dwell on determines your destiny. Your thoughts are shaped by the people you associate with, by the books you read, by the words you speak and by your daily physical surroundings. When you take steps to make the environment you work and live in better one, you will quickly detect improvements in the way you think, feel and act. ~Author Unknown

January's Chuckle

A psychiatrist gets a frantic call, "You've got to help me, Doctor!" a woman says, "My husband thinks he's an opera star. Every night he belts out arias from *Aida*, *Rigoletto*, and *La Traviata* at the top of his lungs!" "Send him to me", the shrink says. "I'll see what I can do."

A week later, the woman calls again. "It's a miracle! He's not singing nearly as much," she says. "Did you cure his delusion?"

"No," say the psychiatrist. "I just gave him a smaller part." ~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 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: IHeart Radio, I Tunes, Alexa, TuneIn, and Spotify.

Upcoming Events & Broadcasts - January 2026

January 17th & 18th, Saturday & 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, also available for mini-sessions, plus having publications for sale. For more details go to www.MeWeFairs.com.



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

- 1...Pre-recorded program - Happy New Year Everyone!
- 2...I'm Fine – Darla Nelson
- 5...Why Good Things Happen to Bad People – Vu M Do
- 6...Finally Hopeful – Dr. James Greenblatt
- 7...Tim & Robot – Saro Varjabedian
- 8...The Akashic Way – Mary Madeiros
- 9...Lost in Time - Jack Bialik
- 12...
- 13...
- 14...Bos-Up Moments – Scott Abbott
- 15...
- 16...
- 19...
- 20...
- 21...
- 22...
- 23...
- 26...
- 27...
- 28...
- 29...
- 30...

Warriors for Peace

- 7...Loss to Legacy – Julie Bellingham
- 14...The Secret Buttons – Ellen Shipiro
- 21...
- 28...

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 was completed in December. It will be aired on TCTV this month once the editing 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... Rich Bone Broth

I don't know about you, but after a holiday season of abundant and delicious food that I normally wouldn't be feasting on passes, it feels good to lighten up the fare and one of my favorites is a good homemade bone broth. This is so easy to fix and you can use your crockpot for the slow cooking it takes to bring out the wonderful nutrition that relaxes and restores your body. Here is the basic recipe that just about anyone can do. Perfectly healthy, it is a great way to start the New Year.

Ingredients: Bones, various vegetables (like onions, carrots, celery, spices, salt, and a splash of Apple Cider vinegar (helps to extract collagen from the bones) ...lots of water to cover everything.

Directions: Roast bones in oven to enhance flavor. Put bones, along with whatever veggies, spices, you would like to add, including the ingredients mentioned previously, into a large pot, or crockpot. Let the bones simmer in the water with ingredients for 24-72 hours. This is necessary for the extraction of nutrients from the bones and other ingredients. Let cook, then strain, discard the bones, etc.

This broth can be frozen for up to 12 months.

Special Note: Bone broth contains calcium, magnesium, phosphorus, silicon, sulfur, glucosamine, glutathione, and more. Ancient traditions from many different cultures used bone broth for curative attributes and modern research has proven the benefits of the vitamins and minerals it contains.

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

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