

@The Donna Seebo Newsletter

March, 2026



A Moment with Donna... Patience, Patience, Patience

*Don't waste good thoughts on yesterday nor on days yet to come
But think good thoughts on things at hand and strive to make things hum:
For now, today, is full of hope and pleasures we'll soon taste,
If we will concentrate on now, And precious time not waste.
~Alonzo Newton Benn*

Spring is dancing a gig. Cherry blossom trees are gracefully uncurling their pink & white petals and within days their beauty will be on full display. Streets are lined with these beautiful trees and golden daffodils have come into bloom with their happy sunshine faces, giving us a refreshing flash of sunshine when the skies are grey. Together these two let us know that old man Winter will soon be leaving us.

I have a question for you...can multi-tasking co-partner with patience? Perhaps, if you do one thing at a time. However, if you do one thing at a time, totally focusing on accomplishing what needs to be completed, that takes patience. That isn't multi-tasking. What if you are at home, or at the office, and chaos chooses to invade your space? You find that multiple situations are presenting themselves and you feel like you are in the eye of the hurricane of circumstances that are going to whip you into OZ land in an instant. Can we multi-task with clarity, or do we freeze? Totally feeling brain dead in that moment.

Well...let's see. I cannot speak for anyone else but I have had a number of those moments in my life and I found depending on the circumstances...I totally had a brain freeze, or I would take the time to assess what was going on as quickly as possible, then start working with one thing at a time, sometimes delegating a potential solution to someone, or choosing what I could determine could or should be prioritized. Many times, after everything had calmed down, I would get so frustrated with myself because I could have done, this, that, or the other, better than I did. Sound familiar?

I have told many people through the years I have made enough mistakes to create a bellyband around this planet. Oddly, I have a great deal of patience with people most of the time, however, with myself, not much. The learning curves of life always present serious challenges, whether you are potty training a puppy, or a little person, dealing with those new upgrades in software systems you really don't need, or wondering if green beer is environmentally safe to consume on St. Patrick's Day...take a deep breath, hold it for a moment, then exhale...it will calm your nervous, critical-self down quickly.

A mature friend of mine one afternoon, after listening to my rapid self-criticism about something I really messed up, listened quietly, until I finished what I had to say, then softly asked me... "Donna, will what happened to you, will it matter a 100-years from now?" I just looked at her. "What kind of question is that?"... went through my mind. My mouth was shut and I was thinking.

She quietly continued, smiling as she spoke, "This will not be the only or last time you will make what you perceive, are mistakes. These are learning curves and they will occur multiple times throughout your entire life. Every time you expand into a new level of learning, you will experience them. Sometimes other people, circumstances will bring their lessons to you. Be patient with yourself, learn, and move forward." I noticed her smiling eyes as she was speaking, then she paused, saying, "And I would always

suggest that you have an emergency supply of chocolate that you alone can access to celebrate these mistakes!” Mabel was the name of this gracious, loving woman, who was so kind to this young woman and who is remembered and held in my heart even as I write these words.

Patience, patience, patience...be kind to yourself, know that ‘this too shall pass’ is a simple phrase to keep in your mental back pocket, and move forward with the understanding you are always growing into a deeper, better part of yourself, becoming a better person as you are investing in you with each step you take forward.

Have a fabulous Spring!

Donna Seebo

Lower Thought for March

“The sages do not consider that making no mistakes is a blessing. They believe, rather, that the great virtue of man lies in his ability to correct his mistakes and continually make a new man of himself.
~Wang Yang-ming

March's Chuckle

“Modern homes are wonderful. They're equipped with gadgets that do everything except make monthly payments.” ~Author unknown.

"The Donna Seebo Show" & "Warriors for Peace"



Heard worldwide

“Delphi Vision Broadcasting” is celebrating its 25th year of positive and informative programming with ‘The Donna Seebo Show’, its 12th year with ‘Warriors for Peace’ and its 3rd 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 - March 2026

March 12th, Thursday – March 15th, Sunday– Anchorage, Ak... I will be available for private appointments by phone and in-person. Should you or a friend desire to schedule an appointment, please call my office, 253.582.5604.

Saturday, the 14th & Sunday, the 15th, I will be appearing at the Alaskan Whole Life Festival, as a vendor doing mini-readings and scheduled as a speaker. For more information regarding this event, contact Cindy Calzada.,907.863.1076.

March 28th, Saturday & March 29th, Sunday – The MeWe Fair is happening at the Emerald Downs Racetrack. I will have a booth at this event, available for mini-readings, and will also be a speaker on both days. For more details contact Laureli Shamayo at www.MeWeFairs.com.



Featured Radio Guests on the Donna Seebo Show & Warriors for Peace - March 2026

- 2... Kingdom Keeper- Rosemary Dunn
- 3...Operation Super Glue – Stacy Lee
- 4...The Cunning Farmer – Todd Elliott
- 5...Open Mike – Donna Seebo, callers welcome and she will do readings with you on-air.
- 6...Ogham, Divining the Celtic Way – Jane Matthews
- 9...Crushing the Cancer Curveball – Joelle Kaufman
- 10...Letters to Young Seekers – Neale Donald Walsch
- 11...Course Over Sound – Bill C. Wilson
- 12...More Forgotten Murders from Alaska – Betsy Longenbaugh
- 13...Her Denali Solo – Chris Lundren & Norma Jean Bowers
- 16...The Inner Way – Steve Farrell
- 17...Coach the Person, Not the Problem – Dr. Marcia Reynolds
- 18...My Darling – Regina Leffers
- 19...The Ghost of the Kenai – Aurora Hardy
- 20...To be announced
- 23...To be announced
- 24...To be announced
- 25...Shamanic Mysteries of Peru – Vera Lopez (Mexico)
- 26...Death at the Shipshape Bookshop - Greta McKennan
- 27...Alpha's Die Early – Dave Rossi

30...*The Babylon Blueprint for Author's* – David Hancock

31...*Stress Nation* – Justin Hai

Warriors for Peace

4...*Healing Both Ends of the Leash* – Doug Coward

11...*Back into the Vault* – Mario Cartaya

18...*Mountains To Cross* – Abraham M. George

25...*The Navy Seal Playbook* – Don Mann, US Navy Seal (Ret)

The Donna Seebo Television Show, "Special Editions"

The filming for "Special Editions"- Year Three- starts this month in 2026. 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 2025. It is now on TCTV and in the latter part of this month, we will be filming Episode #20. Tap the links below and you will connect directly with the U-Tube television channel and all 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... The Best Orange Cake

This cake recipe is a real winner. I fixed it recently and shared it with friends. Light and so flavorful, it is perfect for a dessert that doesn't leave you with a heavy feeling after a nice meal. I hope you enjoy it as much as my friends did.

You will need a Kugelhopf pan or 10-by-4 ½-inch tube pan *without* a removable bottom. Preheat oven to 350 degrees.

Ingredients: 6 egg whites (¾ cup), 1 ¾ cups sifted-all-purpose flour, (sift before measuring), ½ teaspoon salt, 1 ½ cups granulated sugar, 6 egg yolks, 6 tablespoons fresh orange juice, 1 tablespoon freshly grated orange peel. Confectioners' sugar

Directions: In large bowl of electric mixer, let egg whites warm to room temperature-about 1 hour. Measure flour: Sift about 2 cups flour once on a sheet of waxed paper; fill cups lightly to overflowing; with spatula cut off excess to make 1 ¾ level cups. Sift flour with salt; set aside. With electric mixer at medium speed, beat egg whites until foamy. Gradually beat in ½ cup of sugar, beating after each addition. Continue beating until stiff peaks form when beater is slowly raised. Set aside. In small bowl of electric mixer, with the same beaters at high speed, beat egg yolks until very thick and

lemon-colored...about 3 minutes. *Do not underbeat.* Gradually beat in remaining sugar; continue beating until mixture is smooth. At low speed, blend flour mixture and orange juice alternately into egg yolk mixture, beginning and ending with flour and guiding batter into beaters with spatula. Add orange peel. With a whisk or rubber spatula, using under-and-over motion, fold yolk mixture gently into whites. Pour batter into your ungreased baking pan. Bake 50-55 minutes in Kugelhupf or 35 to 40 in tube pan, until cake springs back when pressed with finger. Invert over glass bottle neck.

Note: If you are using a pan with a non-stick finish, *do not* invert over bottle; cool on rack...it may fall slightly but will still taste wonderful. Dust outside of cake with Confectionary sugar.

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>
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