

@The Donna Seebo Newsletter

June 2026



A Moment with Donna... Mount Everest

Wow! We have had such an amazing Spring this year! The beauty of people's gardens is truly a feast for one's eyes and spirit. Love the longer daylight hours too.

I'm driving around my area, taking care of errands, when I hear on the radio that hundreds of people on a daily basis are waiting, at one base or another with their sherpa guides, to climb the south side of majestic Mount Everest.

Mount Everest's weather is ever changing and on this one day, the weather is optimal for climbing the summit and a line of humans, when satellite images are taken or drones are used from a distance, show a moving line of colored dots – like a line of ants- climbing up and down this massive mountain.

Climbing this magnificent giant isn't easy. With today's equipment, clothing, technology and so many other advantages, compared to the climbers of the past, thousands have achieved what their ancestors would not have dared to do. Of course, there were exceptions.

Many have died. Even today, the bodies of those who succumbed to the mountains' challenges, including those experienced sherpa guides, are being found. Their presence reminding the climbers of today, and the future, not to take for granted the mountains' presence and environment.

Weather can change in minutes. You have to know when to climb & when to stay quiet. Patience is necessary, staying alert to the shifts and changes that can occur. Sometimes you may be forced to retreat, going down to ground level; perhaps affected by altitude sickness, carried down by those who dare to assist you getting to medical care and recognizing the mountain must be respected for her powerful essence and spirit.

The massive cost, the preparation it takes for this incredible challenge for each and every person who wants to climb this towering mass of mountain, is incredible. You are forever changed by being in her presence. More than anything else, climbers are competing with themselves, not the mountain.

Mount Everest has stood the test of time quietly, through millions of years of earth and her changes. Her strength is formidable.

While listening to the two-minute commentary about the hundreds of climbers reaching the summit, I reflected on how millions of us are climbing our own mountains...facing the rigors of everyday life. Death, disease, accidents, unexpected challenges of one kind or another, having to be aware that breakdowns...and breakthroughs...can walk hand-in-hand at any given moment.

Years ago, I went through a very dark, difficult, blind period in my life. I recall walking outside, seeing a massive mountain range, totally in awe of its powerful presence. I quietly said to myself, *You have endured far more than me and yet you have survived...so will I survive these circumstances...*and I did.

We don't have to climb Mount Everest to prove what we are capable of. Life is an ever-expanding experience, contracting and expanding, often in the most unexpected ways. How we deal with those shifts...well, that varies too. We have the right, the privilege of choice – the opportunity to discover our strengths, our weaknesses. Adaptation, problem solving, exploration of the unknown, are all part of this 'Life' package and you get to decide how to open that package and experience its unexpected gifts.

Summer is here to greet us with its sunshine glow and warming temperatures. Have a sunshine month.

Donna Seebo

Lower Thought for June

"The holy places of the earth are not merely cities or shrines but wherever men walk with open eyes and unclouded hearts." ~ Mark Twain

June's Chuckle

Roaming the supermarket aisles in search of peanuts but coming up empty, I spotted an employee stocking shelves and asked, "Where do you hide the nuts?"

Looking around the store at colleagues and customers alike, she grumbled, "We don't hide them. They're all over the place." Y.M.B, Washington State.

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 days 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 interviews 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 - June2026

No special appearances or broadcasts other than my own programming this month.



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

- 1...*Outrageous Start-Up Growth* – Colin Hodge
- 2...*Why Am I Here?* – Dennis L. Dossett
- 3...*Let the Glitter Settle* – Stephanie Lachenauer
- 4...*Supernatural Woman & The Male Initiate* – Angel Millar
- 5...*Secrets from MIT Tennis* – Tarrick Walton
- 8...*Bonds* – HN Hirsch
- 9...*Ominous Odyssey* – John Kelly
- 10...*Advanced Flower Essences, Episode #3* – David Dalton
- 11...*Business is Simple* – Terry Conway
- 12...*Love & Suffering* – Tony Silard (Rome, Italy)
- 15...*A Gathering of Pearls* – Raven Wi
- 16...*Signals from My Soul* – Julie Marie
- 17...*Religion Unburdened by Belief* – Joshua Pritikin
- 18...*Their Chilling Fall* – Mary Ann Trail
- 19...*To be announced*
- 21...*Happy Father's Day to all of you Dad's*
- 22...*Effective* – Melissa Swift
- 23...*To be announced*
- 24...*Tapping into the Akasha* – Rohini Moradi
- 25...*To be announced*
- 26...*A Dog Before a Soldier* – Ray Deptula
- 29...*To be announced*
- 30...*To be announced*

Warriors for Peace

- 3...*Where Eagles Fly Free* – David Jacinto
- 10...*Way to Peace* – Kenneth Callison
- 17... *The Superman Wars* – William Burnhart
- 24... *Great Lives, Terrible Losses* – Dr. Anthony A. Goodman

The Donna Seebo Television Show, "Special Editions"

The filming for Episode #20, "Special Editions", *Brain Trauma, A Medical Challenge*, was done in the latter part of March 2026. It is now available for you to watch on my U-Tube-channel & website.

Episode #20 is featured on TCTV, and other outlets. In June/July, we will be filming Episode #21 & 22. Tap the links below and you will connect directly with my U-Tube television channel and all the posted programs and videos.

. If you are an author and would like to be featured on one of these 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.

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... Buttermilk Pie

This is a recipe that I came across that was very popular during the days of the depression, when people didn't have a lot of money to spend for sweet desserts using simple ingredients that most people had handy. Buttermilk is something I use frequently if I make biscuits, breads of various kinds, but I never thought of using it in a pie. This is one of those recipes that has stood the test of time. Try it...you might be surprised at the ease of making it, and how it satisfies that sweet tooth craving that all of us get.

Ingredients: 1 ½ cups of sugar, ½ cup unsalted butter, 1 cup buttermilk, 3 large eggs, 3 Tsp. flour, 1 Tsp. vanilla, ¼ Tsp. Nutmeg, 1...9" unbaked piecrust.

Directions: Preheat oven to 350 degrees. Blend sugar & butter. Add buttermilk, eggs, flour, vanilla. Pour filling into crust. Sprinkle top with freshly grated nutmeg. Bake for about an hour.

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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