

Bonnie M. Russell, D.S., M.S.L., M.H.

#### Interview Questions:

1. How did you conclude that happiness is the root of physical health?
2. Why do people tend to dwell on their problems instead of solutions?
3. How does the Law of Attraction come into play?
4. If people have trouble getting started, or get stuck in the middle of this process of connecting, do you have any advice to motivate them?
5. What type of physical changes do you think people could make to help realign their thinking and strengthen their connection?
6. What benefits do you see in people who you have attended your academy, either for healing or for healer training?
7. What 3 things do you want people to take away from this show to get them started or to continue on their road to happiness?
8. Tell me a little bit about your online courses.

#### Short Introduction Bio:

Rev. Dr. Bonnie M. Russell is a Happiness Specialist.

After 3 near death experiences and a lifelong fascination with the mechanics of healing, she bridges the gap between science and spirit and boils it all down to one super simple root; joy.

In her practice, Bonnie provides practical methods to obtain the kind of real joy and wellness that restores wellness to body and soul.

#### Bonnie is:

- Senior Pastor of the 'AllOne Ministry' in Castro Valley, CA.
  - Officiate all rites of passage (weddings, baptisms, funerals)
  - Hospice Chaplain, assisting departing souls to make their transition from this life (death doula).
- Author of, "Spirit Flight, Claim Your Joy and Your Health Will Follow", and "The Empowered Empath, Become your own Shaman", and co-author of "Women, Money and the Energy of Life" all available at Amazon.com.
- An online Professor at Udemy.com, where you can find her courses
  - Holistic Health Practitioner/Becoming Shaman
  - Practical Herbalism
- Owner of Blossom Spring Natural Health Solutions herbal remedies since 1998
- Speaker for groups ranging from corporate motivational retreats, to businesswomen's groups, to metaphysical soirees.

Bonnie is a Board-Certified Holistic Health Practitioner.

#### Her Degrees and Certifications:

- Doctor of Shamanistic Theology
- Master of Spiritual Leadership
- Master Herbalist

- ACE Certified Personal Trainer
- SCW Certified Yoga Instructor

My websites: [www.allonehealingacademy.com](http://www.allonehealingacademy.com) and [www.blossomspring.com](http://www.blossomspring.com)

YouTube: [www.youtube.com/c/homewithmamanature](http://www.youtube.com/c/homewithmamanature)

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