



Empowering Professionals



*Empowerment Strategist,
Emotional Resilience Expert & Mentor*

Bonnie Wirth

Bonnie Wirth has many spiritual gifts and dimensions that set her on a personal mission to help people, particularly women, to heal, overcome various traumatic experiences, and find our way toward a glorious life--of balance, inner peace, and greater self-love. Through reflective coursework, spectacular in-person retreats, and empowerment circles, she teaches us that despite all the emotional wounds suffered through negative life experiences, we have the potential to transcend our pain and truly thrive in our lives.

“I believe we are all capable of healing and reclaiming our inner light. I also believe that we all have the innate resilience, wisdom, and power to overcome the traumas we have experienced no matter how big or small. If it was possible for me, I know it will be possible for you, too.”



Bonnie’s truly inspiring spiritual journey has led her down a heart-healing path of enlightenment elevating and empowering her to become the amazing woman she is today. Refusing to give up, using tremendous grit and courage, she overcame an extremely traumatic and turbulent past of unimaginable abuse and suffering.

Taking an alternative approach, she transformed her pain which now serves as a catalyst for empowering and helping others to heal from past tribulations. Bonnie has become a highly-regarded and established medium, holistic healer, new thought leader, and international motivational speaker.

Bonnie is a shining example of how it is possible to discover the light at the end of a very dark tunnel and emerge victorious over the past. Her inspirational story demonstrates that a happier and more fulfilling life is possible. But before finding her way to inner peace and self-fulfillment, she suffered years of heartache at a time when life should have been filled with innocence and joy.

LOST INNOCENCE

For many, childhood is the happiest time of our lives. We look back fondly on memories of growing up with loving parents, fun-filled family vacations, joyous holidays, and being comforted by parents who constantly assured us there were no creatures lurking under our beds. However, for some children the monsters are real, and very often these monsters are the people who were trusted to keep the child safe. So instead of allies, they were the very ones to fear.



Bonnie Wirth was raised in a rural town in the Province of Saskatchewan, also called “land of the living skies” and a farming center of Canada. From humble beginnings, she was the youngest of five children. Her parents worked tirelessly to make ends meet. Her father was a grain and cattle farmer, along with being a skilled carpenter who had built their family home and many others in the community. Her mom labored as a homemaker and farm wife, who later in life owned and operated a successful floral business. Having grown up in troubled childhoods of their own, not only did they struggle to manage the financial burden of farming and raising children, but their own emotional wounds made it difficult for them to offer their children a stable home environment. With the persistent undercurrent of mental, emotional, and physical abuse, Bonnie’s life was filled with constant upheaval and turmoil. Her dad’s violent, alcoholic rages and mom’s verbal and aggressive punishments caused a tremendous amount of hurt and suffering in the family.

“Hurt people tend to hurt people. Both intentionally and unintentionally, directly, and indirectly.”

Growing up in a chaotic home, Bonnie endured unimaginable anguish. From witnessing the abusive actions of her parents, the horrific violence against her siblings, Bonnie was left emotionally scarred. Blaming herself for all the misery and sadness in her family, she attempted suicide for the first time at the age of 6 by swallowing a handful of aspirin. Managing to survive and hoping her life would get better, she would soon realize some of her darkest days loomed ahead.

It was also at this early age when she began to be molested by a trusted relative. The abuse was ongoing, incest soon turned to rape until she was 13. This shattered her fragile spirit, leaving her humiliated and deeply ashamed, which only spiraled into years of misery to follow. She was stalked and raped three more times and by three different assailants by the time she was 17.

Instability, family secrets, addiction, domestic violence and abuse, a family legacy of mental illness, and the tragedy of the human condition, plus threats against her physical safety all forced Bonnie into hiding on more than one occasion. From times of being awakened in the middle of the night by her terrified mother fleeing with them to temporary shelter, running for safety through the field while their uncle sought to end their lives, witnessing the attempted murder of her dad, his subsequent mental breakdowns and suicide attempts, to being housed in secrecy to protect her from insidious gang threats made against her due to a relative’s affiliation, Bonnie’s young life was filled with terror.



“Let your hopes not your hurts shape your future” Robert H. Schuller

As a young child, Bonnie would also undergo haunting experiences with spirits from the “other side.” Some were scary and traumatizing occurrences while simultaneously many of these mysterious light beings were a source of comfort, soothing and nurturing her in a way she could not fully understand. During her bleakest days, even though this connection to the unseen world was an integral part of her being, she could not embrace her ability. Strong religious beliefs, the fear of being rejected, and since she was still emotionally disconnected from herself; it all made being a medium an impossible burden to bear. As a teenager, the spirits of classmates who had been killed in various accidents would often visit, asking her to deliver messages to their families. However, Bonnie suppressed the urge to do so feeling deeply unsettled by these interactions, and a little overwhelmed. It would prove to be the basis for her work later in life.

ANGELS IN THE FORM OF HUMANS

As a young child, Bonnie was in and out of the hospital due to severe allergic reactions and Anaphylaxis. During one of the hospital stays, she bonded with a caring nurse revealing to her some of the things that were happening at home. Unfortunately, back in those days, there was no social system or advocacy for children. Concerned about her well-being, the nurse called her mother, but the reaction was not one of compassion or consideration. Enraged, Bonnie’s mom told her she was no longer wanted or welcomed to come home. This proved to be another devastating blow for Bonnie. She was physically and emotionally abandoned with no one to turn to for stability and comfort. After extended time in the hospital, she did return home, but learned from that day onward never to reveal the horror festering beneath the surface of her life.

By the time she was 11 her sexual abuse had escalated to rape, causing Bonnie to suffer more complex trauma. This led to increased feelings of worthlessness, shame, and depression. School was not a source of much comfort or escape for her either. Bullied relentlessly, she had very few friends. Determined to hold on to any sense of self-worth, she worked extremely hard on her studies and excelled as a student. Finding some value in herself through academia she battled through dark thoughts invading her mind convincing her that she was not worthy, deserving, or lovable.

Her parents separated on several occasions. During these times, Bonnie often found herself displaced, sometimes living with strangers and without any contact with her siblings or her parents. One of the hardest times was when Bonnie’s mom took her to stay with her grandparents. Bonnie was excited, believing she would now have a nurturing environment to call home even if only temporarily. However, she soon discovered that her grandfather resented her presence, offering only a bed made of plywood atop 5-gallon pails and a sleeping bag. Shocked by her grandfather’s cruelty, she cried herself to sleep night after night. Her grandfather, who she once believed loved her and would keep her safe only proved to be cruel and uncaring. Longing for a sense of normalcy, Bonnie struggled to comprehend her place in the world.

Suicidal thoughts triggered by utter despair haunted her restless dreams. It was a very confusing and challenging time when all hope seemed lost. But hope did find her in the form of human angels who showed her some semblance of kindness along her path. Looking back, Bonnie is grateful for the caring people who came forward. From a teacher to strangers that she lived with; she remembers the tender ones fondly. They guided young Bonnie through the most challenging times of her troubled life. They showed her compassion, empathy; they cared and helped her to remember she mattered.

A new school brought her hope for a fresh beginning but would eventually prove to bring even more challenges. Now suffering from bulimia and post-traumatic stress disorder, her ability to stay focused and study was drastically impacted leading her grades to plummet. There was, however, a bright shining light that appeared in her troubled life. An amazing home-room teacher who Bonnie cites as her guardian angel, Miss Kyle became her tutor and confidante, guiding her to succeed in school through one of her most turbulent, displaced years.

She would always remember that teacher's patience, love, and understanding at a time when she felt unwanted and lost and when all the other adults in her life seemed to have little regard for her well-being.

After her parents reconciled (Bonnie moved back home with them). By this time, her siblings had either been kicked out or graduated and moved on with their lives. Although Bonnie's life became more stable and appeared to improve, shortly after starting high school she was raped again on (three separate occasions) by individuals outside her family. She told no one. Genuinely believing she had a neon sign across her forehead that screamed abuse me, ending her life seemed to be her only escape. Once again, thoughts of suicide swirled through her head as she contemplated her exit. She lived in fear of her life, the violence, misery, and despair but somehow through the grace of God Bonnie held on.

HEARTBREAKING LOSS, NEW BEGINNINGS

At 18, Bonnie met her husband of almost 30 years. Shortly after they started dating, she discovered that she was pregnant. Raised in a strict Catholic household, she was immediately disowned by her father, leaving Bonnie devastated by his anger and rejection. Over the next few months, their fragile relationship gradually rekindled but soon afterward her father was tragically killed in a farming accident. Barely having time to emotionally process the loss, her first son was born a couple of months later, and it was a paradoxical time of grief and joy.

Following his birth, like so many women, Bonnie struggled with postpartum depression which only compounded her lifelong emotional battle and the grief of losing her dad. When she suddenly broke down in tears, her mom rebuked her saying she was not going to be one of "those women." She was unable to process her emotions, or grapple with feelings from the loss of her father and at the same time, was denied help for her postpartum (a vastly misunderstood and overlooked illness.)

Refusing to give up on motherhood, Bonnie was determined to provide her son with all the love and attention he deserved. Despite the odds, she strived to be a wonderful and nurturing mom.

A SPIRITUAL BREAKTHROUGH

During the birth of her second child, Bonnie went through a near-death experience and remembers being offered the choice to stay or continue with her life. This was a pivotal point in her life, she made the choice to live.

Her abilities to communicate with the other side only got stronger. Shortly afterward her third child was born. Now a busy mom, her life seemed to symbolize the epitome of success and happiness. On the surface, life appeared to be going well--with a happy marriage, a successful career, and wonderful, healthfully balanced children (despite her tumultuous past and all she'd endured.) Although Bonnie was able to move on with her life, she never let go of her pain, grief, shame, and depression accumulated during the many years of silent suffering and trauma. By the time she was 28, and still battling bulimia, the empty and disconnected feelings made it difficult to hold on to happy moments. Night terrors and flashbacks, her thoughts once again turned to ending her life as they did many years earlier. Fighting against feelings of hopelessness and deep anguishing shame, she realized deep down, with every fiber of her being, that she did not want to leave her children with thoughts of a mother who was not strong enough to be there for them when they needed her the most.

This too was another pivotal moment for Bonnie. No longer willing to take her own life, she recited a very intense prayer, negotiating with God to take it for her.

“God take me from this life now or make everything I’ve been through mean something. I cannot go on like this anymore,” she intoned.

That is when everything started to change, heaven and earth conspired in answer to her prayer. It is when the healing began. People, circumstances, and events started taking place that offered some relief from her emotional peril and inspired more hope than she had ever believed possible.



“As I look back now, I can see the beauty of all that pain; that rock bottom moment really couldn’t have been more perfect. It took me into the blessed state of absolute surrender. I was so lost in my despair. I gave up control. I let go of how my life needed to be, who I should be, and any expectation I had of it being otherwise. I handed my life over. It became God’s will. It was this catalytic moment that led me to find myself. Being this lost allowed me to discover who I really am.”

For Bonnie, traditional therapy had proved unsuccessful because it always felt like she was pouring salt into her wounds. Then, when the sessions ended, she was left feeling raw, vulnerable and had to try to function and regain some sense of balance. No amount of talking could help her repair her broken spirit. Shortly after her deep heart-felt prayer, Bonnie was introduced to a lady named Glenyce, a medium and alternative healer. Drawn to this engaging woman out of natural curiosity she listened intensely and took the advice offered to her in every reading. She began working with Glenyce on a regular basis. Her fabulous energy medicine sessions were beyond anything Bonnie had ever experienced before! There was something taking place at a deeper level that was indescribable; her broken spirit was healing. Even though difficult childhood memories were conjured up, she always came away with a renewed sense of self, proving to be better than what any therapy session had ever offered to her.

“Glenyce opened up the wounds, but she didn’t pour in any salt. There was something bigger going on in those sessions, something there are no words for. This was the beginning of my healing journey. Learning from her and listening to the wisdom she had to offer, I was having phenomenal and unexplained results in overcoming my trauma and transforming how I viewed myself and my life. Through the work we did and what was positively transpiring for me, I took a step into alternative and holistic medicine to become my own healer. I never planned to do this work for others. It was solely so that I could understand how to do this work and continue to heal myself.”

Bonnie never started her journey with the intention of helping anyone else because she did not believe she was emotionally or spiritually qualified. It is often said to love others we must first learn to love ourselves. She strongly felt the need to heal her own heart, so she could become the mom and wife she believed her kids and husband deserved. Through inspiring sessions with her mentor, Glenyce, she was instructed to raise her vibration with positive thoughts and silent meditation, but at the time she was unaware of anything related to energy healing, inner Chi, or spiritualism.

Eager to become involved and take responsibility for her life, Bonnie focused all her extra time learning and absorbing all she could about the spiritual realm. To this day she wonders if Glenyce understands the true impact she had on her mental, emotional, physical, and spiritual well-being. Many humans in the form of angels showed up throughout her life, and Glenyce was certainly one of them. Bonnie healed from the unimaginable, was able to understand herself better, and more importantly, in doing so, gave herself permission to be who she is in the world.

“Shortly after that deep prayer of hopeless surrender and the work I did with Glenyce, I started to feel better. In the beginning, I had no idea what she meant by needing to raise my vibration. This term was foreign to me. But I soon discovered that vibration is basically how good or bad we feel. When we are in a negative place emotionally, we have a low vibration. When we’re in a happier place we’re in a higher vibration. I began to understand my role in feeling better by this simple definition, and it was then that the work I was doing with this mentor started to positively impact my life in a very profound unexplainable way.”

Bonnie committed to her healing journey. She immersed herself and worked hard to obtain a better understanding of energy medicine and spiritualism, but it would take her a long time to understand the significant impact this work would have on her life.

Within the first year of reciting that deep prayer she was also introduced to the late new thought leader and self-help author, Bob Proctor. He proved to be another angel for Bonnie, a significant mentor that helped her to forever change the course of her life. He had a massive impact in helping her understand her own power. Not based on an ego-driven direction but the power within her own self. He inspired her with his knowledge of the law of attraction, explained how the universe works, helped her to understand the power of intention, prayer and meditation, and the power of her own thoughts. More importantly Proctor helped her to take responsibility for her life. He challenged her beliefs and helped her to understand her own potential. She began applying law of attraction principles, dedicated herself to the practices of his teachings and learned all she could about the forgotten laws of creation, the very things that many people judge as being *new age* or having little-to-no scientific basis were things that began to work for her. The results were undeniable.



“These teachings really started to feed my soul. This information lit me up from the inside out. For what seemed like the first time in my life, I was excited to live. I could not get enough. These principles combined with my new understanding of alternative medicine, were better than anything I had ever been taught in church or in school. They became the very foundation for my life and still are to this day. My life was transforming right before my eyes, I had hope. And when hope shows up, hope floats and raises you up. Hope is the very thing that lends to more faith. And thanks to Bob Proctor, I had more faith in myself, in my higher power and life itself.”

Bonnie wants people to understand life is not about the cards we have been dealt or the beds we’ve made. Women have the power of choice and the power to take control by creating the life they want to live, no matter their background or the negative events that have shaped them. No one ever told her she had a choice before or any power over her life. It was all a part of the societal conditioning she was subjected to which left her believing she was completely limited and fated for suffering.

EVOLVING AS AN EMPATH, MEDIUM & HEALER

As she progressed with her training, Bonnie worked compassionately through her trauma, and began to nurture a more loving relationship with herself, her positivity and vibration started to rise, and then something fabulous happened. She was able to honestly admit she had been in denial of her own self and her greater truth. She was a spiritual empath, a medium. We define a medium as someone who has raised their vibration high enough through meditation, they can connect the living world and the afterlife as energy interpreters to receive messages and communicate with the non-physical world.

“It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters.” – Amit Ray

Bonnie was now embarking on an exciting spiritual journey and wanted to learn all she could. At that time unfortunately there were very few courses and not as many people in the world around her were talking about mediums and spirituality. It was not considered proper conversation. But Bonnie was done with what was socially acceptable. So she took the training and certification that were available for the modalities that helped her to heal and transform into her best and brightest self.

She increasingly began to understand because of her connection to the loved ones that had passed on through the spirit realm, her higher consciousness, and followed the guidance she received from her spirit guides. She learned through her healing process how to gain trust in herself, in who she was, align to her inner source and higher power. She came to know and trust that God did not make a mistake the day she was born. This is how she really came to discover her power as Bob Procter described. Her healing and redemption were complete.

With the wisdom she had gained and the training she had taken, Bonnie had a moment of clarity. In the beginning, her healing journey was sacred, her past private. Realizing how positively she had changed the trajectory of her own life, she knew she needed to let people know there are other alternatives available, other therapeutic ways of approaching and healing trauma and possibilities for life. This felt like deeply purposeful work to Bonnie. Although it was challenging and at first, her decision put a strain on her marriage -- because her husband lacked the understanding of what she was going through and the past trauma she'd experienced. Bonnie felt compelled to quit her job and start working professionally as a medium and holistic healer. Within a couple of months of leaving her full-time job Bonnie had started her own holistic healing business utilizing her mediumistic abilities to perform readings and healing therapies for clients.

“People are always shocked when they hear me say that I’ve taken responsibility for everything in my life. They cannot understand and are baffled as to how it is that I am responsible for the terrible things that happened to me, especially as a small child. But I was. Call it karma or the purposeful will of my soul, I invited it in. I was giving off the vibe that I was unworthy because I allowed myself to believe I was broken and deserved to be abused. I compromised my own value because I had no boundaries. Instead, I had low self-esteem and lacked self-confidence...”



I never knew I had a choice. I was cruel and unkind to myself, I wanted to die. I never respected myself, so why would others? I never loved myself, so how could I ever expect others to love me? By blaming my abusers, I was continuing to give away my power. I was choosing to do that.”

Bonnie notes that we tend to blame other people for the dreadful things that happen to us. We blame our parents, our abusers, our boss, our spouse, the economy, the government, but they only play a small part. Our life is happening because of what is going on inside of us. I came to understand that it was happening through me and for me. Whatever job or relationship, any experience or circumstance, wherever I go, there I am. We cannot run away from ourselves.

She says, I was part of the equation, and I had a choice. It was not possible to go back and change anything that happened in my past, only forgiveness could do that. But *I could take responsibility* for my life. I took responsibility for the thoughts I had about myself, how I treated myself, how I felt, and how I was reacting when I was triggered.

“For years I let my triggers steal my joy, they determined my behavior, and I allowed the same old story to determine my fate, I chose to allow this. I kept the secrets. I chose that. I never spoke up, asked for help, which was me, no one else. My suppressed emotional pain is what really kept me hostage to my past, I chose to suppress it.”

Buddhists talk about how we create our own suffering, yet our suffering is also where we discover our greatest joy. I understand that now, at a level I never could have realized when I first I came into these teachings.

“Our suffering is in our trauma; our triggers are the gift. They provide us with a chance to make a new choice that will break through the pattern of conditioned suffering, to love ourselves more in that moment – an opportunity to take a different approach whether that be affirming our value and worthiness, to walk away, to focus on our breathing, to say a prayer, to speak to our needs, to stop the cycle and ultimately know joy. That moment of choice, to respond to the trigger instead of reacting, is really what began to change everything for me.”

Starting her business helping other people led to harsh criticism and she lost a lot of friends. People who she believed would understand, because she had known them her whole life, turned away. No longer needing their acceptance or approval, since she had already been through hell and back, and she had learned to love herself and her newfound fate. She had discovered her life’s passion!

Through phenomenal sessions, she began guiding people to heal and transform their trauma and create miracles in their own lives. This became the foundation of moving forward for Bonnie, helping people to re-establish themselves by confronting their past tribulations and connecting with their inner selves. Realizing her biggest job was not to disclose all her personal trauma and say her

story is the most tragic, but to lead people home to themselves and help them discover their own power. She guides them to understand their power of choice, the power of creation, and provides them with the tools to transform and help them to cleanse their energy and raise their vibrations.

“God had a purpose for me the day I was born. That purpose is something that needs to move through me, something that needs to be given, offered, and spoken for other people and is really what has led me on to my path of a bigger purpose... doing keynotes and facilitating retreats for other women who have lost their passion for life. Passion is so holy and yet it seems like it is a profound mystery that just transcends us, and we lose sight of it, but it is the very thing that transforms us.”

Bonnie believes helping people find a passion for their life is not just in terms of their careers. Instead, she shares that purpose unfolds through our life experience. No matter what we are doing. No matter what is going on outside of us, what has happened to us, and where we are in the world, purpose is in moments of joy that we find and then we feel at peace.

Bonnie believes “my past did not make me who I am. I am who I am despite it all. I have not changed. I have just given myself permission to become who God intended me to be. This is what leads me in the work I do.”



She says she is passionate about helping women discover who they are. It feels deeply purposeful to help them find themselves, to unearth the parts deep within that have been lost or unknown to them.

“I love to lead them back to their own innate power. The subtle and sacred inside of us that goes beyond positive thinking, beyond having the affirmations and spiritual practices, which is a part of it but only a small layer. The sacred is what we discover as we begin to understand the source of creation that moves through us, that’s what I help them with.”

Bonnie was amazed by how easily it all unfolded. As people were coming for their initial sessions, many of them were suffering from the same traumatic experiences and emotional wounds she had carried. Issues of abandonment, abuse, loss, and co-dependency. She also met many individuals who for the first time in their lives felt safe to admit they were mediums too, who asked for help to better understand what they were experiencing, what they could do to **increase their connection and overcome their fears**. She believed this was something that had been destined for her all her life. With her vast experience and training, she started to host workshops and taught her clients things she had learned over the years of working with the spirit world. Bonnie began incorporating her healing work with life coaching, and she would confer with her clients’ spirit guides to find out what she needed to do to help them heal, find peace and joy, and reclaim their lives.

“Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” – Denis Waitley

Bonnie soon found herself helping mediums from all over the world understand and communicate with the spirit realm. She empowered them to create a healthy relationship with themselves and the other side, as well as their angels and spirit guides. Through her mediumship programs and retreats, with all her certifications and mentoring, Bonnie prides herself most on helping women to discover their own power. Her programs are unique focusing on the whole being, mind, body, and soul.

Bonnie is a firm believer that we cannot be engaging in the unseen world if we are not attentive to the world we live in as well. This is why it is so vital for us to overcome our traditional beliefs, fears, lack of self-confidence, and even various aspects of trauma, including death and loss, and the personal grief we have suffered throughout our lives. Her various programs have evolved over the years from doing a considerable amount of client sessions and mentoring mediums. It is from this concentration the Academy of Spirit and Soul originated. Bonnie teaches us pain and suffering have a purpose.

“Our ego self (that part of us that makes us human) tends to believe we are not meant to suffer, nor should there be suffering or pain in the world. It’s true because it is from a human perspective. Suffering is exceedingly difficult. I do not deny that at all. I know firsthand how painful it can be.”

Bonnie instructs us that if we are consumed by our story and dealing with the trauma of our experiences, it can feel unbearable. The human condition is irrational and relentless. But the other side of this equation is that through our suffering, we wake up to our innate truth. Our consciousness shifts and we evolve. We become aware of our own spiritual nature. We are spiritual beings having a human experience. And once we wake up to our own spirit, it makes sense that we should be able to speak to other spiritual beings, whether they are physical or not.

Among all her talents and education, Bonnie identifies foremost with being a medium. This is because being a medium is a part of an individual’s personality. It’s not something that can be changed or altered, only improved upon. It is her enlightened ability to connect with the spirit realm and receive messages and to communicate with angels and spirit guides that allows her to reach a higher level of consciousness and be able to project her inner light to her clients. Teaching us that it is important to understand death is only a change of form not a cease to exist. From physical to non-physical.

All of life is eternal and that eternal life is a part of teachings we know through different theology, mysticism, and spiritual sciences. She emphasizes that religious text shares how God gave Jesus an eternal life, but that we have eternal life, too -- the spirit is energy and a consciousness that lives on. When we pass, we are released from our physical life experience and our spirit goes into what is non-physical form, but we do not cease to exist. We simply let go of our physical body. Achieved through natural abilities, training, and meditation, she has learned the language and has elevated her consciousness to receive their messages and pass them along to the physical world. Performing this wonderful service allows Bonnie to help other mediums achieve the same enlightenment, and simultaneously provide many others with the peace, healing, and closure they so desperately seek.

“Mediumship is not linear or straightforward. It’s not black and white. There are so many layers to it, so many ways to understand it, and just when we think we do, there is something more to learn and understand. Those in spirit can show up in many ways.”

Their apparition may appear in full form, or perhaps it is just a hand, or a smile that comes through, other times a flash or ball of light. A medium may only get a sense that someone is there, feeling their presence, and not see them at all.”

Bonnie adds that not every medium is clairvoyant. Some senses may be blocked or dormant. Mediums can see, hear, feel, sense, and smell a spirit's presence. These forms of receptivity are what she refers to as 'soul senses,' the soul's natural ability to communicate with the spirit world.

In her communication with those on the other side, she has been told that heaven is beyond anything we can comprehend. That even when we understand the scope of what color is, the colors are more vibrant than what we can ever imagine. As sweet as the fragrance of a flower, it smells even sweeter. When we release our physical body, we are releasing our human experience and that means all the suffering, illness, trauma, guilt, and shame we have when we go to the other side is released too.

“We release our ego when we die. Our ego gives us our human experience, it is the very thing that makes us human.”

When we die it is the ego, the human experience that is let go. This elevated state is what many refer to as the pure spirit state and where heaven exists. Many spirits come forward with messages to reconcile the relationships they had, to offer apologies, and admit their wrongdoings because that's part of their healing on the other side. They come forward to forgive and be forgiven. To help those they left behind to find their way through the pain of grief, process the loss and move forward in their lives. More importantly, they want them to know they are loved and still with them, helping in any way they can. Reconciliation happens in both the spirit realm and the physical realm. It is a complete healing process for both the spirit and the person receiving their message.

“My loved ones on the other side showed up and offered their apologies as a part of my healing journey. They showed up as an energy of remorse and apologized for how they had hurt me. In fact, the whole reason I started talking about my childhood and sharing my story was because of the persistent encouragement from my dad on the other side. He wanted nothing more than for all of us to be happy and wanted to do whatever he could from the other side to help us achieve this in our lives. He has urged me to speak and write, giving me permission to disclose the secrets I had been hanging on to.”

Bonnie emphasizes just how closely she worked with her dad on the other side. Not only has he helped in healing her own heart, but he helped her to understand who he was, the things he was dealing with, all his own challenges and traumas. He filled in the blanks and told her things that as a child she could not have known or processed. He helped Bonnie understand herself too. That is all part of the beauty of alternative therapy through mediumship.

When we allow ourselves to be healed through energy medicine, it changes our DNA. It alters our whole genetic makeup, not the actual self, the changes take place in the micro-genetic field of energy that exists around every DNA molecule. Bonnie teaches that the cyclical nature of abuse and debilitating impact of trauma passes on from one generation to the next. She refers to this as matrilineal and ancestral wounding passed down through the bloodline.

It continues to be carried forward, from one generation to the next, until it reaches someone like her, who chooses to stop the cycle and do the healing work required to alter what can become possible for generations to come.

The healing Bonnie was doing for herself was not just for her, she did it for every generation within her bloodline because what she did was stop the cycle. She changed the energy within the molecular makeup so that everyone with whom she shares DNA will be blessed because of the deep, confronting healing she was willing to go through. Her choice to heal also healed her lineage in the spirit realm. Not only is the matrilineal line changing but also shifting the patriarchal line as well. Bonnie's father has received substantial healing because of her willingness to transform and enlighten herself, to connect with her true inner power and higher self. Bonnie feels this has been the greatest legacy to leave for her family. Generations before and generations after will benefit from the power of holistic healing and the journey that transformed her mind, body, and soul.

Bonnie Wirth's life-altering emotionally healing journey has inspired and motivated her to help others in many distinct paths:

- overcome the tragedy and trauma stemming from abandonment, abuse, loss, and co-dependency
- elite coaching programs and powerful speaking engagements
- transformational retreats
- guiding others through relationship problems, career changes, grief, anxiety or depression
- learning to resolve unimaginable traumas and discover one's life purpose
- living to our fullest potential
- living with more positivity and self-love
- becoming creators of our own destinies and not sitting idly by as victims

Her messages, compassion, and wisdom are nurturing to our very soul. Bonnie's mediumship abilities allow her to function as a conduit between the physical and the spiritual realms, and to guide us to connect with our higher consciousness so we may experience a sensational transformational spiritual awakening.

Over the last several years, Bonnie has become highly respected and world famous in her field. She is joyfully fulfilling her life's mission -- to help others find inner peace, clarity, and love. Through her mediumship training programs, she has put together her own personal team of experts, passing along all her knowledge and empowering them in their abilities. She offers her clients the benefits of her wisdom, readings, and healings -- in the form of distinct retreats, coaching, and mentoring programs.

Bonnie established her **Soul Immersion Mentoring Program**, a wondrous 8-session program to enlighten our soul, raise our vibrations, and increase our intuition by helping us develop our inner power and connect more closely with the world around us.

The **Ananda Wholeness Retreat and Wellness Program** includes a 3-month self-reflection course, a phenomenal 3-day in-person retreat, and 6-month empowerment circles. This opportunity is designed to liberate us from the past, increase self-confidence, elevate self-worth, help us to find our voice and inner power. This retreat celebrates who we are.

Bonnie's **Writer from Within Memoir Writing Retreat** helps us to express our story and find our inner voice by putting pen to paper. Sharing from her own personal writing experience and the contributing wisdom of other authors, she guides us through the steps needed to author our book, memoir, blog, or other publications, and overcome the challenges in sharing our truth. She inspires us to take control of our lives so we can express ourselves in ways we have not done before.

Sincere in her work and willingness to help others, she offers private, **Personal Intensive Retreats** to heal the deeper wounding of our trauma. Collaborating intimately with her in this way, we will be taken on a journey to free ourselves from the negative cognitive functions that hold us back and create a safe haven in our own bodies, mind and spirit and free ourselves from the very things that can overwhelm us.

The **Academy of Spirit and Soul** offers four levels of mediumship certification for those who are ready to take the next step in their psychic journey. Taught to embrace our Woo (aka Wu) and inner calling. It is a complete school, providing the tools and training we need to help elevate intuition and to safely connect and communicate with the spirit realm. It allows us to fulfill our calling and be who we were meant to be.

“Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.” – Brené Brown

Like renowned author Brown, Bonnie has written about her transformational approaches. She has co-authored books to help empower women and teach them how to create the world they want to experience through energy healing and the laws of attraction. She also uses social media tools such as Facebook, Instagram, and blogs to tirelessly teach us all about the importance of meditation, feeding the soul with each positive thought and inspiration, elevating our intuition, and how we can achieve greatness in our lives despite past negative experiences.

Evolve

Bonnie has even created her own online membership community called “Evolve” which helps women embrace the holistic path and alternative journey. Through this community, she works to help women gain confidence, be more productive, achieve true happiness at work and in relationships, and live a much more fulfilling life.

A truly remarkable woman, Bonnie Wirth teaches the world from her own traumatic experience, letting them realize that the only thing holding us back is ourselves. Each of us experiences a form of trauma in our own lives and our egos create a pattern of protection and comfort through fear. It is the same ego that is holding us back creating our negative blocks and preventing us from being uplifted, connected with our soul’s inner power, and creating a world of confidence, prosperity, love, and beauty. It is not until we confront our fears and soothe our egos that we can truly be enlightened and feel whole.

Bonnie’s courageous fight to overcome her dark past to be the renowned success she is today is proof that miracles exist, and that they are possible for all those who seek her help and choose to embark on the path less travelled, the alternative holistic journey.

“Every single one of us is worthy of being loved and accepted for who we are. I am enough, you are enough, we are enough. We are all unique expressions of the same God; made to create happy, meaningful, impactful lives for the betterment of humanity.”



Bonnie Wirth

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