Select all emails from Russia
Note the columnname from is a 'reserved word' in SQL. You can still use from by placing brackets around from ([from])

Select all emails from March 2020

Select all emails sent or received to and from Amazon
to is not a 'reserve word' in SQL but it didn't harm when put brackets around it: [to]

Select all emails about bubble
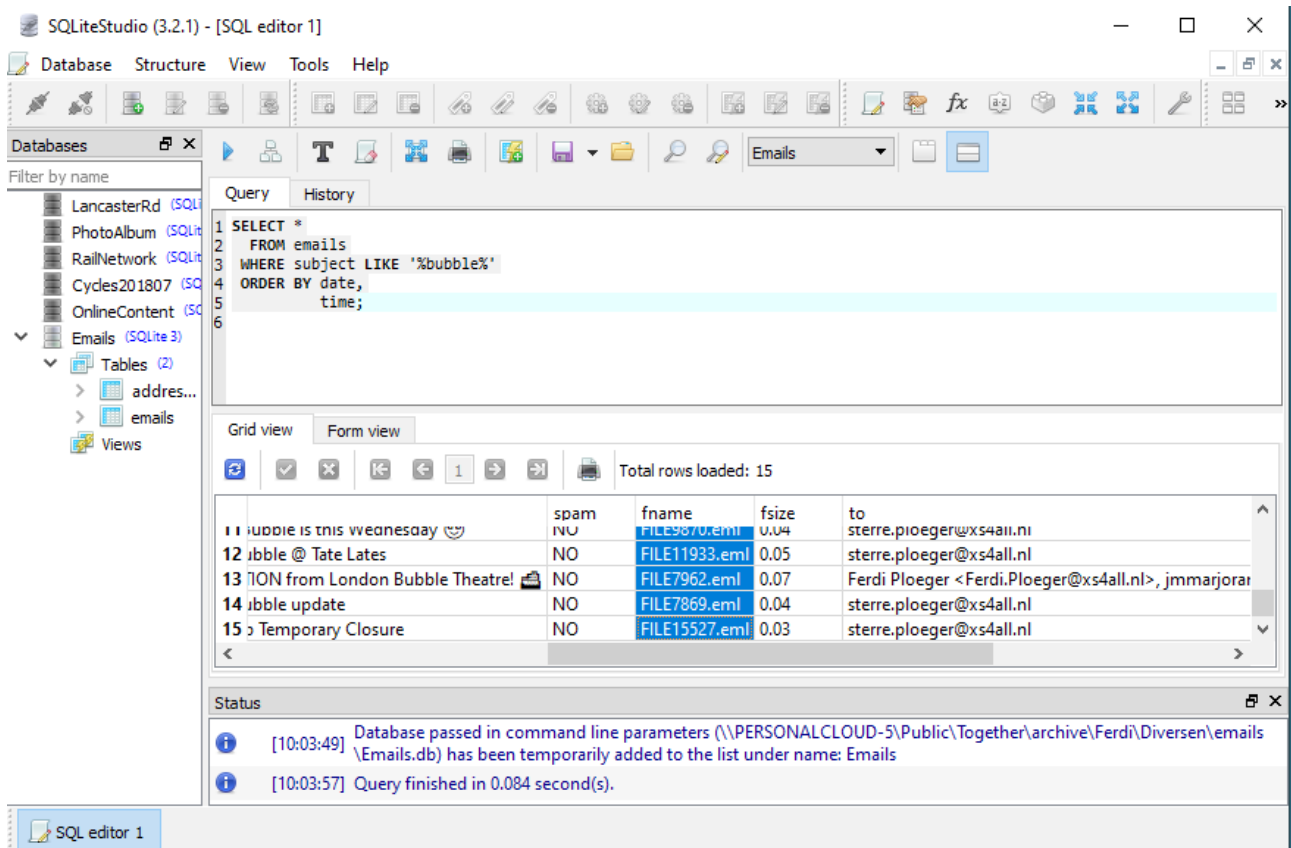
easy way:
copy and paste filenames from SQLite Studio into Example.txt
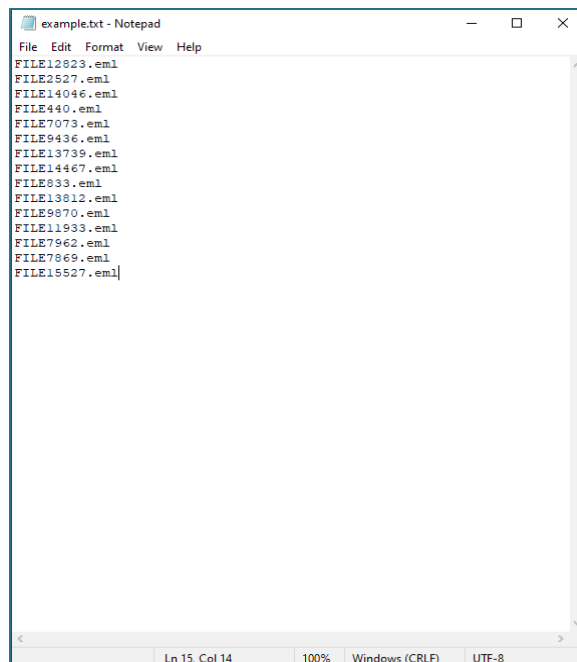
but it can be done manually

easy way
Copy and paste SQL-statement in SQLite Studio into Example.sql

but it can be done manually.
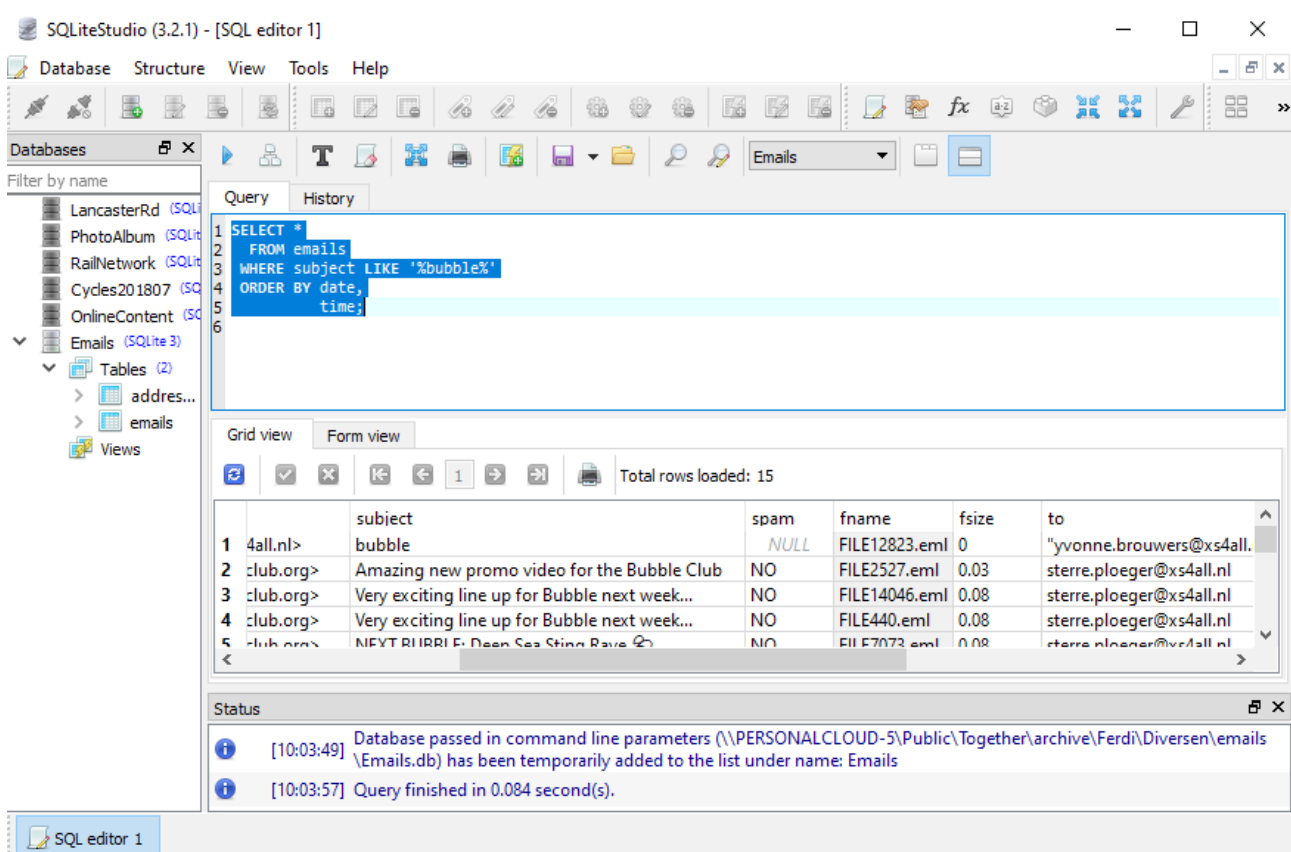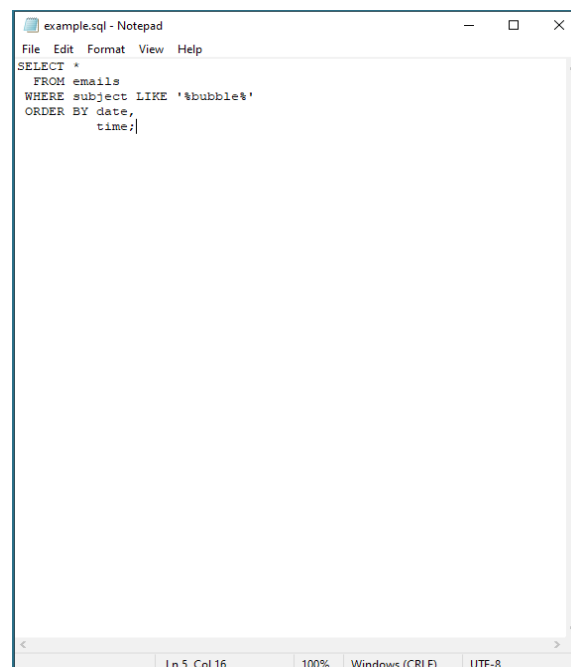Beware! some column names might be 'reserved words' in SQL: put brackets around them ([from], [to], ...)