

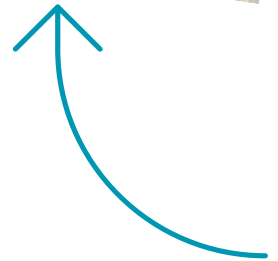
# Christina Maria Conner



"My mission is to assist people in shattering any false beliefs they hold about themselves or life, empowering them to boldly pursue their dreams!"

## BREAK THE SHACKLES THAT HOLD YOU BACK!

Christina ConnerAKA Marisa Bellami has been a spiritual seeker all her life and has a diversified background but moved to Texas in 1980 where she found her calling at Unity of Houston, one of the largest and most dynamic NewThought spiritual centers in the US. She came on staff in 1992 and became a Licensed Unity Teacher/counselor in 2001. She also trained in 2002 to become a Certified Laughter Leader and has been featured in the Houston Chronicle, in ADDitude Magazine and on Houston Channel 2. Christina is a writer and speaker, has been published in the book, Hot Chocolate for Mystical Lovers, Always Hope and published her first book, You Deserve It, under the pen name of Marisa Bellami. She offers her services through speaking, workshops, spiritual coaching and You Deserve It Retreats.



# Presentations

From Shackles to Mountains - This talk is for anyone who feels stuck because they don't believe they can attain their dreams or desires. The shackles are the false or negative beliefs that can be changed to life-affirming thoughts and visions of attaining the mountains (aspiring desires) you yearn for.

Living Lighter With Joy and Laughter - This talk reminds you of your innate joy and how expressing it will make your life happier and healthier because of the proven scientific benefits of positivity, humor and laughter. It includes an interactive laughter session as I am a trained Certified Laughter Leader.

You Deserve It - This talk is based on my book, You Deserve It, A True Story of Learning to Say No in Order to Say Yes to Big Love, under my pen name of Marisa Bellami - This talk is for women reminding them of their Divine worth and to have a Big Love for themselves!



"What a program! Wonderful! It was very well received from the comments during lunch and the requests for such a program at their organizations, myself included."

Roslyn Waehter, Program Chairman, Parkinson Foundation of Harris County

"Your workshop helps clients on a personal and professional level. Your words of encouragement are PRICELESS!"

Guadalupe Reyes - Client Services Connector, Christian Community Center

"What a delight it was to share more than a few laughs with you at our fall luncheon last week! The spirit of the message you brought to us truly lifted the spirit of all present! A sense of great fun and wellbeing was everywhere among us."

Carmen Finn  
The M.D. Anderson Cancer Center Retirees Association thanks you for that experience."



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