

P. J. Cannon



**SPEAKER | SPIRITUAL GUIDANCE COACH | AUTHOR
BLISS CATALYST
TAPPING INTO DIVINE INNER POWER FOR BLISSFUL LIVING**

Center for Blissful Living
WORKSHOPS, WEBINARS, BOOKS, CD'S

ABOUT PJ

PJ Cannon, affectionately known as the “*Empress of Bliss*” is a compelling and engaging speaker. She brings the powerful tools and techniques that she has studied, refined and incorporated to make her an award winning **Sales Executive, Manager, Coach and Trainer**. Her mastery of visualizing as well as doing, led her to open one of the top franchises in the area.

Allow her to captivate your audience with inspirational and uplifting messages to transform their lives. They will leave feeling rejuvenated, empowered and armed with practical tools to begin achieving immediate results. PJ’s messages tackle the tough issues of taking full accountability for your life and letting go of the past to live more fully in the present. She will engage your audience as they learn how to consciously use the “**Power of Words**” to achieve desired outcomes. Her compassion, joyful spirit and finesse as a coach gives her an uncanny ability to help your audience understand, embrace, and apply spiritual principles, such as forgiving; and universal laws, such as the Law of Attraction, to their advantage to bring more bliss into every area of their lives. Her Blissful Living System, has helped hundreds nationwide discover, among other things, the mindset techniques to release unwanted pounds and end yo-yo dieting forever.

PJ Cannon messages are tailored and appropriate for conferences, corporations, colleges, non-profit organizations, churches, and spiritual centers. She is able to specifically address women or men’s groups as well as teen-agers.

Her first book, ***Forgiveness is Bliss; a real life approach to sustained happiness*** has been received with acclaim. She has recently released a second book, ***Universal Laws 101, seven powerful laws to create your heart’s desires***, which provides practical applications to consciously apply universal laws to your advantage. Her third book, ***This Amusement Park Called Life, from roller coaster to merry-go-round***, is set to be published in 2016.

PJ is a **Licensed Practitioner with Centers for Spiritual Living**, a trained **Life Coach through Success Unlimited**, and a **Reiki Master/Teacher**. She is also a life-long student and teacher of **A Course in Miracles** since 2005. In addition to her corporate training with **Ryder Truck Rental, Verizon** and **US Postal Service**, she is a graduate of the **University of New Orleans** and **Johns Hopkins Leadership Development Program**.

Her defined purpose in life is “***to magically achieve joy as we ride on the Wings of Source.***” PJ fulfills her mission by helping others take dominion over their thoughts to create a Bliss Filled Life.



Topics & Workshops



Creating a Bliss Filled Life

Uncover the mindset techniques that allow you to create the life you desire. Become a conscious creator and turn your life experiences into Creative Power.

Forgiveness is Bliss

The consequences of un-forgiveness lead to a myriad of issues, from depression to poor health and unhappy relationships. The benefits of forgiveness lead to better health, a body you love, and happier, harmonious relationships. PJ helps you to identify areas in your life that need forgiving, and the tools and techniques to forgive.

Celebrate Diversity

Discover the “pot of gold” at the end of the diversity rainbow as your team embraces differences and uncover its magical powers. In a non-threatening and

non-judgmental way, your team will begin to recognize their Unconscious Bias and remedy those which may be crippling to the organization as well as hindering their personal bliss.

Workshops:

Forgiveness is Bliss

This workshop provides compelling reasons to forgive and gently leads attendants to exercises to identify and release the past to lovingly embrace the present and create a happier future.

Define & Live Your Purpose

Leave this workshop able to clearly articulate your Life Purpose Statement, and learn HOW to use this statement to make choices which are in alignment with your purpose.

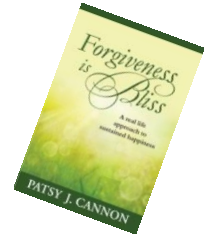
Bliss Body Workshop

Discover mindset techniques to release unwanted pounds and end yo-yo dieting forever in this seven week virtual or live workshop.

How to Manifest Your Ideal Mate

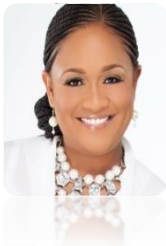
In this eight week workshop, designed for women, find out how your thoughts have created your past relationships, and how new mindset techniques will allow you to clearly define and attract your personal ideal mate.

Rave Reviews for PJ Cannon & Forgiveness is Bliss



PJ Cannon shared a very powerful presentation in helping us understand that our joy is in our very own control, and depends on our ability and willingness to release the past. Her message is transforming and inspiring, and leaves the audience with practical applications on how to live a more joyous life.

~ Carolyn White-Washington, Executive Director Sisters4Sisters



PJ Cannon is a JOYFUL speaker and writer. She masterfully weaves the “promise of better” into the “process and practice” of forgiveness. Her transparency coupled with real tools to manifest bliss is transformative. EXCELLENT work!

~ Elder Vikki Johnson, AME Church



Patsy [PJ] allows the reader to face those areas in their lives which need forgiveness. And her practical exercises and meditations allow the reader to do it lovingly and without judgment. This is the path to God. This is the path to a Blissful Life.

~ Beverly Hutchinson McNeff, founder Miracle Distribution Center



Patsy created an atmosphere of professionalism and learning that kept attendees engaged and enthusiastic about the course. She set high expectations for our group and consistently followed up to make sure we were excelling and she encouraged us along the way.

~ Anthony Burton, Comcast Spotlight



Patsy exudes an energy and light in all that she does. She is passionate about personal, professional, and spiritual growth and works to bring out the best in all individuals that she meets from the inside - out!

~LaTosha Lane Richardson, HR Baltimore Community College



PJ Cannon is a pleasure to work with. Her message is timely and her delivery as a public speaker is creative and flawless. She produced a set of videos for my company in which she spoke about forgiveness. Everyone who saw the video's had massive awakenings and I'd highly recommend her as a life coach for your company or personal matters.

~Kenya K. Stevens, President Juju Mama's Love Academy

