

MARUJA CÁNDANO

a luminous candle lighted by God



On August 1, 2017, Maruja Cándano passed away. The following day, I reflected on how important she was to me. I would like to share my conclusions with you in this tribute.

My family and I met Maruja and Gerardo Cándano almost 46 years ago. Our friendship began during our children's catechism classes. They then became our daughter Isabel's godparents when she made her First Communion.

Gerardo and Maruja were brilliant law students at the UNAM, both graduating with honors. In addition, Maruja pursued her post-graduate studies at the Universidad Complutense de Madrid.

Gerardo was a dear friend and Marhnos' attorney for many years. His personal life was deeply affected by an extremely aggressive form of cancer that considerably weakened him physically but strengthened him spiritually. A decade or so later, Maruja underwent the same experience.

With Maruja's help, Gerardo wrote a book entitled *Mi Cáncer. Un regalo con envoltura extravagante* (My Cancer Gift wrapped in Flamboyance) where he expressed how our thoughts and feelings have a great impact on our health.

In 1988, they founded CECURA Centro de Curación de Actitudes, (Attitude Healing Center) a support group that Maruja supervised for many years. Throughout her life, Maruja's admirable mission focused on the inner self, which also greatly benefited me, as I will describe below.

Early in this century, I attended a course in Washington's Shalem Institute on "The Soul of the Executive." They recommended me to take the following actions:



1. In the first place, join a study and prayer group with whom I could discuss different aspects of spiritual development. To this end, Mari Carmen and I started our own prayer group, with several married couples, all friends of ours. We meet once a month selected our reading matter and discussed what we had read.
2. In second place, they recommended meditation, giving myself time to reflect. To tell the truth, because I am quite restless, meditating in silence is difficult for me. However, I decided to attend mass fairly often, during the week, as a form of contemplation.
3. The third assignment was to create an area on the company's premises where staff members were encouraged to speak on a subject they felt passionate about or else listen to an expert who induced them to reflection. This marked the beginning of the "Soul of the Executive" courses held at Marhnos for almost 14 years.
4. The fourth recommendation was to find a spiritual advisor, someone to confide in and report on the progress in my personal challenges, someone who also believed in the same values and lived up to them. My wife and I felt that Maruja, who shared our faith, was the ideal choice. I met with her for approximately 10 years, a period where I learned a great deal from her.
 - She preached and also led her life according to the Gospel.
 - She taught us forgiveness and practiced it herself, helping us to appreciate its benefits.
 - She always reminded me how important it was to feel at peace with myself.
 - She helped me to peacefully close several of my life cycles by honoring the past but looking to the future.
 - She stressed the importance of hope and of remaining positive.

Maruja, your life was a living example of service and growth.

I am filled with feelings of peace and gratitude.

We were very fortunate to have been a part of your path.

