

# 'I wish I could die..'

At a young age Gloria Belendez-Ramirez wished she could die, but then experienced a sudden explosion of understanding, a 'wow' moment of **total contentment, gratitude and joy** that she now shares with the world as her **life mission to world peace**

**D**uring her childhood, Gloria lived in fear and uncertainty. Her parents, a stable couple with high expectations of their children, were extremely strict, or so she thought. Her perspective of the way her parents raised her led her to believe that she was not loved and she gradually made herself sick. Her increased feelings of shame, guilt and low self-esteem left her wanting to die.

Her self-inflicted illness was her effort to try to feel better, not to end her life. A way to cope with (or find relief from) the emotional pain, anger, hurt, sadness, despair, shame, frustration and rejection she encountered from her parents.

These were feelings she could not cope with and hard situations she thought she could not change. The lack of her parents open expression their concern, support and love led to Gloria being hospitalised many times throughout in her childhood.

One day in hospital, her father came into the room with her favorite grape juice. Gloria was surprised to see that her father knew it was something she preferred. Her surprise transformed into an absolute revelation, when she saw a tear in her dad's eyes. "Oh my God," she thought. "All these years I thought I was unloved... they do love me."

That was the day Gloria chose happiness, no matter what. She decided she would die

alive and not continue to live dead, in a life of fear and self-unworthiness. It was liberation beyond belief. It took her a while to settle into her True Self and the people around her were not used to this new girl who did not have written on her forehead: 'I am worthless, I deserve your mistreatment.'

At the age of 18 her parents sent her to Switzerland to study languages. It was then that she realised how easy life could be, if you just believed and always went the extra mile. She knew that whatever the mind could conceive and believe, the mind could achieve. She set her dreams and made them come true with the help of the universe and the love and support of her family. There was always a way to self-finance her projects. She wandered the world learning languages and cultures while living passionately. Her family-oriented personality won her several sets of 'parents and relatives' in countries as varied as Korea, Japan, Germany, Cyprus, Italy, France, Egypt, China, Taiwan and Greece.

At the age of 23 she established Global Worldwide Interpreting Services in Dusseldorf, Germany. She loved her work so much that she described it as "a school where I am being paid to learn."

She moved to Barcelona, Spain, and finally to Milan, Italy, working as a freelance interpreter for companies and organisations including Sony, Dae Woo, FIFA, UEFA, Japanese TV Channel

Five, Olympic organising committees and manufacturing giants, communicating in Japanese, German, Italian, French, Spanish, English, Arabic, Chinese, Korean and Turkish.

Gloria stopped working as an interpreter when her first child was born in 1993 and started exploring the world of the soul. In doing so, she took a five day-holiday to San Miguel de Allende, Mexico, and stayed four years instead, enchanted by the mystic, marvellous, magic warmth of the charming

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colonial town. The result was the birth of Villas Xichu, a warm spiritual retreat open to all.

After four years in San Miguel de Allende, she returned to the Middle East, settling in Lebanon, to allow her children to learn Arabic, the language of their father, who she describes as "my amazing Saudi mentor and husband."

Gloria has been taught and mentored by the world's most renowned spiritual and motivational leaders, including author and speaker Jack Canfield, spiritual mentor and advisor Jeddah Mali, qigong master Chunyi Lin, Robin Sharma and others. When asked who has inspired her life the most, she answers with absolute certainty and reverence: "My grandmother Victoria and my mother Gloria."

She studies constantly, just as her parents instilled in her, and in November 2012 Gloria published her first book, *Spiritual Orgasms: Vivid Encounters in the Now*, calling it "the book that wrote me."

With her soul purpose to entice others to decide to be happy and stay happy, she has facilitated her 'Decide to be happy and stay happy no matter what' series of workshops in Mexico and the Middle East (Lebanon, Saudi Arabia and the UAE), where she is most active after having attended the Dubai Literary Festival in March. ❀

***Gloria is a Mexican writer, speaker, interpreter, mother, wife, lover and dreamer who is out of her mind, living in her heart and tra-la-la ing on the path of the now. She is the author of 'Spiritual Orgasms, Vivid Encounters in the Now' and her next book, based on her experiences in Dubai, is due to be published in autumn. Meet Gloria and attend her Be Happy, Stay Happy workshops in Dubai by booking on happiestgloria@gmail.com or visit her Mexico retreat (www.villas-xichu.com) or www.spiritualorgasms.com.***

**Gloria's next book is based on her experiences in Dubai.**

