

**Friday, August 16, 2019**

**DAILY MESSAGE OF SAINT JOSEPH, TRANSMITTED IN THE MARIAN CENTER OF AURORA, PAYSANDU, URUGUAY, TO THE VISIONARY SISTER LUCÍA DE JESÚS**

Everything you search for is within you. The Universe is revealed in the human essence. Happy are those who believe in this and do not search outside of themselves for the answers to their questions, but use the Word of the Hierarchy as a path to enter their own heart.

Happy are those who know how to welcome the ancient wisdom that God handed to humanity throughout the centuries, but who do not hold their minds and hearts in what is written in the books but rather make of knowledge the motor for their liberation and discover that the narrow Door is in their own heart.

The science of life is self-knowledge.

Happy are those who know how to drink from My words and from all the impulses that I have handed to the world. And still happier are those who know how to make of My silence a cycle to experience all that I have said to humanity.

I speak to the essence of hearts. I speak to the truth within each being, because there you can understand all in which I tell you. Therefore, listen to Me with your heart, feel My words and meditate upon them as a prayer, more than as a study. Pray the divine instructions, and they will be life.

Your Father and Friend,

The Most Chaste Saint Joseph