

**Friday, February 17, 2023**

**WEEKLY MESSAGE OF SAINT JOSEPH, TRANSMITTED AT MARIAN CENTER OF FIGUEIRA, MINAS GERAIS, BRASIL, TO THE VISIONARY SISTER LUCÍA DE JESÚS**

Child, healing is diving within yourself and finding peace in the deep oceans of consciousness; going beyond what is in conflict within your body, in your mind, in your emotions, and above all in your spirit, and finding the internal space where you can see yourself face to face with the One who created you and dwells within you.

There in the depths of your being you will discover the roots and reasons for all suffering; you will discover where the disconnection lies and where the offer for the rescue of perfection in human consciousness begins, and in all levels of being. You will discover that everything has a reason and that, just as the nature of your body is perfect, so is your consciousness and the Laws that govern your life.

Imbalance and illness signal to you that it is time to seek spiritual life more deeply, it is time to go beyond what is superficial to find the perfection that naturally inhabits your body, mind and spirit.

Healing begins in consciousness, in the act of humbly stopping to listen to the Voice that speaks within your body.

You are a life made up of many lives: your body speaks, your mind speaks, your emotions speak, your soul speaks, and, entering into the depths of your material composition, you will find spirit, because there too, inside of you, your cells speak.

Your conscious being is like a mother, who shelters unknown states within her, in which you need to dive into so as to one day know who you truly are.

This is why healing begins with silence, not an indifferent silence, but an active silence, which gives space for life to express itself; a silence that is seeking to listen to the depths of being and find answers; a silence that speaks to the body, mind and heart, which does not want to silence the pain and imbalance, but wants to listen to them, and find the real reason for their existence.

Therefore, listen to your own consciousness; there you will begin to be healed.

Go deeper and listen to your heart.

Go deeper and listen to your spirit.

Go deeper and find God within yourself.

So you will discover, child, that within illness also lies perfection. Within chaos, inner and outer, dwells a Voice that calls humanity to return and heal.

Healing is being able to hear and follow that Voice that cries out within you. Therefore, listen to your Creator.

You have My blessing for this.

Your father and friend,

The Most Chaste Saint Joseph