



**Friday, July 26 of 2024**

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

Keep your heart in ascension and do not allow yourself to be overcome by the world, by the chaos, by the pain, by the incomprehension, or by the purification of these times.

Keep your heart in ascension, giving priority to your dialogue with God, to the moments of prayer, of service, of surrender, and of humility.

Keep your heart in ascension, recalling the Words of the Hierarchy each day, Words that are alive and will bring you keys, the keys you need whenever you look for them.

Keep your heart, child, in ascension. Do not allow yourself to be overcome by inertia, by fear, by despair, or by the lack of peace and of love on Earth, within and outside of beings.

Keep your heart in ascension. Maintain yourself each day in what uplifts your consciousness, rather than in what causes it to fall into the deep abysses of human ignorance.

Each day make the right choice. In each instant, make the correct decision. Decide to keep your consciousness in ascension and in service so you may move through the end of the end of times as an instrument in the Hands of God, as an aid for souls.

You have My blessing for this.

Your father and friend,

The Most Chaste Saint Joseph