



Sunday, February 19 of 2023

APPARITION OF SAINT JOSEPH IN THE MARIAN CENTER OF FIGUEIRA, MINAS GERAIS, TO THE VISIONARY SISTER LUCÍA DE JESÚS

In the name of the Father, the Son and the Holy Spirit. Amen.

In your Hearts, contemplate the planet and all life that dwells upon the Earth.

In a special way, contemplate the oceans and how they try day by day to re-create life within you.

In your Hearts, contemplate the deep sea, unknown species, plants, animals, the elements, and for an instant express gratitude, because there, in the depths of the seas, there are beings that are silently in sacrifice for the balance of the planet. Beings that, in front of human ignorance, offer their lives, seemingly small and insignificant lives that no one sees, so as to balance the planet, so that life may continue to exist within each one of you.

For an instant, just for an instant, express true gratitude.

On this day, I come to bring each one of you, in consciousness, to the depths of the oceans, so that in this way you may also learn to plunge into your own inner world, to come out of all superficiality, all appearances, all deception: when you are deceived, and when you deceive yourselves.

Plunge with Me, children, into the depths of the ocean. Feel its silence. Feel its peace.

Despite the agony of the Earth, the oceans generate peace for the world and, even during great storms, even when its waters become agitated, there is peace within them.

Learn to be like the oceans. Learn to serve like the oceans: in a silent way, deeply, in a transparent, true way, without seeking anything in return.

The ocean suffers from the greed and selfishness of humanity, it silences the bombs, the machines that drill its interior. The ocean silences its own pain, which is the pain of the Earth's heart and, in exchange, it offers its life, air, purity and spiritual depths to the world.

If you want to go through the end of times, the transition between the old and the new human being, if you want to learn how to be before situations of chaos, if you want to learn how to come out of life's superficiality and know who you truly are, contemplate the oceans.

In your prayers, be grateful for the life that dwells in the oceans, feel yourselves submerging into its deep waters and, within them, where there is peace, cry out for your own peace.

Know how to endure the humiliations of the world. Know how to endure moments of solitude by contemplating the oceans.

The ocean speaks through its life. It speaks through its silence. It speaks through examples rather



than through vain words. You should learn this from the oceans, for in these times the disbelief of humanity will not be healed through words, but rather through examples. The only way to teach, guide and lead beings will be through example. It will not be by speaking about peace, it will be by being peace. Therefore, learn from the oceans.

In the face of confusion, chaos, evil, silence your own interior, plunge into the depths of consciousness, remember the oceans and then, children, be peace.

In the depths of the oceans, the song of the whales and dolphins; the song of the oceans' soul, which express themselves interiorly, are heard, where no one sees them. But those who plunge into their own depths can be healed by these vibrations.

In the same way, each one of you should express your own song, your own praise to God. Allow it to not emerge from the mouth, but from the depths of your being, and then, in these depths, allow those who listen to be healed.

May your prayer be just the same: may it emerge from the depths of your inner world, and may those who are touched by it be healed.

Does it seem impossible for you to be like the ocean?

If you are beings in likeness with God, all of Creation is mirrored within you. Do you believe that these are mere words, or are you willing to delve into this mystery and experience that which I am saying to you?

This is where humility manifests itself. Not in human efforts, but rather in the depths of consciousness.

Humility is not about thinking you are useless, that you are less than others. This is not humility, children. Humility is about plunging into the depths of your own consciousness and allowing the whole expression of your being to come from that which you truly are. And then, you can say to the world: "I am a Child, created in the likeness and image of God, as great and profound as He Is" and even so, your words may be full of humility, because God is the One who is great within you. He is the One who made you similar to His Heart, to His Consciousness, and to His Creative and Renewing Power.

Humility is to know who you truly are and to live from this truth. You are being called to this today.

Do not live on the lies of the world, on that which diminishes you and only manifests the human ego; its superficial aspects. Do not believe in the lies that resound in your own being, do not deceive yourselves. Live on the deep truth that dwells in your essences and, so that you may be capable of discovering and living this, meditate on the oceans.

Nature mirrors greatness, because it mirrors the Divine Presence and, even so, it is full of humility.

Have you ever been before a great valley, a sunset before the ocean, and felt how you are small compared to the greatness that they express?



They are Mirrors of God, just like you.

Have you ever been before a human and mortal being who expressed greatness, even in their silence and humility?

They are a Mirror of God.

Be Mirrors, be that which you were born to be.

Your professions, your skills, your chores, are mere expressions of human life, situations that are experienced on this path, on this trajectory to express God. But what you truly are does not end here.

Be servers, be excellent professionals. Do everything with the excellence of the heart and consciousness, but do not end here. Plunge more deeply, just like plunging into the oceans.

You may look at the sea and be charmed by its beauty, by the reflection of the Sun and the Moon on its waters, but within it, there is more. This is the way you are.

Just as you look at the oceans and your eyes have a limit, your vision is not able to reach the whole sea; so it is for the human consciousness. Up to today, your eyes have had a limit, they can only understand that which they can see, that which their sight can reach, but this does not mean, children, that this ends here. There is more... there is a lot more...

There is more within you, there is more within your neighbor. Do not be deceived by what others are like, do not enclose them in their personalities, if they speak loud or low, if they tidy their bed upon rising or not, because there is more...

To help the human consciousness express this depth, you must also be able to look at your neighbor and know that they do not end here, that a consciousness as infinite as the Divine Consciousness itself, that a Universe dwells within them. And a great mystery, as deep, perfect and full of life as the oceans, also dwells within you.

Help one another overcome superficiality. Do not decree the defects, miseries or peculiarities of your brothers and sisters. May your eyes gaze upon that which is spiritual, that which is Divine and must multiply, and that which must be revealed, I should add, because in these times everything already exists within you, the mysteries are there to be revealed, to be discovered by those who dare to live this. And the expression of this mystery lies in the talents and gifts that the Lord will come and seek within each one of you.

This is why, day by day, at each one of My opportunities to come to the world, I ask you to come out of life's superficialities and, even if only for an instant, contemplate the oceans. Contemplate the infinite ocean that dwells within you and, from it, children, discover who you truly are, find the likeness with God and allow Him to express Himself through your lives.



The more that this life grows within you, the more talents can be expressed, and this is how they multiply. Through a Word and a Grace that you receive, allow them to resound within you, and allow for the emergence of a little more of what you are. Then, the talents will multiply.

I know that you will leave here and meet your lives again, with your families, your difficulties, your inner miseries, your idiosyncrasies, but I only ask you to always remember My Words: even if just for a moment, think of the oceans, and remember what you truly are.

In this way, you will find keys to deal with life's situations in a different way, and thus, little by little, build a new life within life, and a new being within your being.

This is the greatest service that you can render to humanity in these times.

When you contemplate the agony of the world, wars, natural disasters, the lack of respect between hearts, the violation against the Kingdoms of Nature, children, remember that the greatest service you can render to the world is by plunging into your own inner worlds and by being who you truly are, allowing the Creator to express Himself, to see through your eyes, to think through your thoughts, to speak through your words, to act through your hands and to feel through your hearts. And in the deep ocean of your inner world, may God manifest Himself and make Himself felt on the surface of these seas, on what they can express on Earth. This is the greatest service you can render in these times.

In this way, your volunteer work will be more than just volunteer work. Your prayers will be deeper, they will reach farther places and generate more merits. Your presence on Earth will make more sense, and you will go through this world while living with plenitude, even if you have expressed this ocean for just one second.

This is what I wanted to tell you today. This is the state of consciousness toward which I would like to lead you.

Stay in it, plunge more deeply, and you will find the answers you are seeking, you will find the Graces that you are asking for, you will find healing, you will find peace, because peace is not in that which the world offers you, but rather in that which you can offer to the world.

You have My blessing for this.

In the name of the father, the Son and the Holy Spirit. Amen.