



Wednesday, November 7 of 2018

DAILY MESSAGE OF SAINT JOSEPH, TRANSMITTED IN THE MARIAN CENTER OF FIGUEIRA, MINAS GERAIS, BRAZIL, TO THE VISIONARY SISTER LUCÍA DE JESÚS

Meditate on the essence of life. Close your eyes and, with deep breaths, enter into the depth of your being, within your heart. Imagine your physical body, your cells and atoms, the systems that, with perfection, give you life.

Enter into what you are, starting with the expression of your soul in the matter of your body. Begin to penetrate more deeply into your heart and discover that, beyond matter, there is life.

Find within you the door to your own soul, to your spirit, to your essence. Contemplate, in the deepest level of your heart, a bright and pure light, a divine essence, and remain silent before it. Feel its purity and its crystalline light, which shines independently of what is around it.

Enter into this light inside of you and see how it is formed by many other small and similar lights, but of an unknown purity. Its brightness does not have a color that you can distinguish because there is nothing in nature or in the imagination of men that resembles it.

Enter more deeply into this light, made of little lights, and see your consciousness submerged in it, as if you were immersed into a deep light that dazzles your eyes, but fills your heart.

Enter this endless light and perceive that the little lights which form it gradually become large when compared to your consciousness. See that between them a space of a deep blue color, like the sky at night, gradually opens. The little lights that form your essence begin to spread throughout this infinity. Contemplate the suns, galaxies, and planets that appear before your interior.

See, child, this is what you are: a principle of an infinite Creation. Within your interior is kept the door to the Cosmos. You dwell in God, and He dwells in you. And if you find this truth, you will feel no more emptiness or loneliness, because nothing will be separate.

Life is within you and you are within life.

Your Father and Friend,

The Most Chaste Saint Joseph