

ENOCH on Time and 2008

Enoch often provides a visual at the beginning of a channeling that is a symbol or metaphor for the channeled message.

Susan: "And Enoch is showing me a visual, and the visual is a clock and it's going really, really fast."

And Enoch says:

"One of the things that many humans have had in common this year of 2007 is the sensation that time is speeding up. Time is flexible. Time is not speeding up other than in your minds. You have the ability to speed time up or slow time down. Some of you have experienced this and others it is just a concept. The thing that speeds time up or makes humans think that time is speeding up is not being present. Not being in the now. Having your energy other places. Your thoughts other places. Not being in your body. Not being in the present moment.

If you were to be in your body and live and love each moment by moment, appreciating and experiencing each moment by moment, being present, being in the now, you would not have this sensation that time is speeding up, that time is flying by, that time is passing you by. It is when you are not living in the present moment that it seems time is speeding up and passing you by. It is because you are forgetting, as part of your conditioning, as so much input that you receive keeps your mind so busy and often so distracted that you are not present in the moment, observing the present moment, enjoying the present moment.

So you have choice how time goes for you. Whether it goes slower or whether it goes faster. So if you desire to have time seem to slow down for you, be in the present moment. Enjoy each moment by moment. This will be important in this New Year, especially for more reasons than one. First of all as we have mentioned, it will appear to slow time down, at least to how it used to seem to you. Second it is a year of creating. It is a year of abundant creating and growth. Wouldn't it be wonderful for you to experience this growth and enjoy this creating and growth rather to be at this time next year and say as you are now "Wow, where did the year go?"

For some of you might choose to write down some notes each day of what you've created, what you experienced, how you grew, how you evolved, to have a benchmark to look at each week or each month so that you can see how much you have created - see how far you have come; have an opportunity to be in gratitude and appreciation for what you have done rather than always having your eyes and your thoughts on the future. This will bring you much joy and much gratitude and much peace, as well as much enthusiasm for additional creating and growth and joy.

This is part of why your time seems to speed up and go so fast as well. Because your thoughts are in the future rather than appreciating what you have done, how far you have come, all that you have created. So part of this New Year is to be more fully conscious, be in the now - experiencing, enjoying, creating and acknowledging being fully you and acknowledging fully you, and you will find that your time will be much more enjoyable. And take the time to write these notes each day or each week and have checkpoints, times when you read back through them and remember with gratitude what you have done, what you have created, how far you have come and this will help you be more in joy and gratitude.

Creating, creating, learning, evolving - this is what the New Year is about.

Enjoy it to its fullest."

Enoch