

The Continuum ...

Understand the continuum, the endless wave that resonates on all frequencies at all times. We are all part of it. There is no one point to the beginning as there is also no end. Like a sphere, any one point is at the exact middle of the whole. Each one of us is at the center of the whole. Our experience matters. To experience life at its fullest is to accept all things as being just. Ahh, the breath of life. How sweet the air. Feel its presence and bring to it peace. Allow life to live. Play your part to the fullest. Work. Play. Laugh. Cry. Hold hands. Smile for the opportunity, sing for the voice, and dance for the legs, but above all, love. Love with every cell in your body. Love all. Honor all. Taste all the flavors and find your favorite, and if you become lucky enough to find true bliss, share it!

- Michael A. Scimeca, D.C.