

## Me and My Shadow – the inner dialogue

Whispering I hear

As my 'consciousness' walks hand in hand with my 'shadow'

"Is it my shadow? Or Is it yours?" Asks consciousness from shadow

"I stand with you", says consciousness "Do you stand with me, shadow"?

"Look who's talking" says shadow, "You or me?"

You keep saying, I only cast your gloom

And, now you ask whether I stand with you?"



Arguing with shadow  
Laughing with shadow

Running away from shadow  
Catching up with shadow

Avoiding shadow  
Seeking shadow

Stepping out with shadow  
In-tune with shadow

Engaging with shadow  
Embracing shadow

Trying to feel superior to shadow  
Feeling inferior to shadow

Touching shadow  
Shrugging off shadow

Supporting shadow  
Rejecting shadow

Liberating from shadow  
Returning to shadow

Being kind to shadow  
Being angry at shadow

Forgiving shadow  
Reflecting with shadow

Respecting shadow  
Empowering shadow

A step closer to being synchronous with shadow?  
A step closer for inner life 'consciousness' and outer life 'shadow',  
to be in vibrational harmony?  
Resonating as one?

Whispering stops  
All is still  
Well, well  
Is this indeed a step closer to be in sync with my 'whole' self?

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