



## Shadow Poems

*The poems that follow explore the idea that the shadow we cast is an important aspect of the people we are. The concept is borrowed from the psychologist Carl Jung. As I understand him, our shadow is part of ourselves, yet is also in some way cut off, following us wherever we go, seeking reconciliation. By definition, it is the dark part of our identity, that part that lies behind the face we present, perhaps outside our own awareness. Feared emotion might lie there, or forgotten experience. Our far past, too, belongs in our shadow, our heritage, our inheritance, trailing behind us.*

*Our shadow dogs our path. The daemon. The desolate god.*

(i)

## Sightings

I can say this with real pride :  
no one but I  
throws my shadow.

I call it my under-self, my field  
of operation. I cannot  
call it home.

I glimpse it sometimes, usually at night,  
leaping the wet rocks  
as the tall seas break and pursue ;

or poised for a moment on a bare tree-stump  
calm after that stoop for eternity  
out of the wind, the clutch of the mist ;

or sidling with gleeful expertise  
through the ranks of the juggernauts -  
that whole brutal caravan.

There is no holding it  
no shaping nor naming of it ;  
it is my best hope

the one element  
that cannot be harmed  
cannot be reduced.

All risk is survivable  
and all manner of disaster  
so long as my shadow plays.

It holds my true life  
and will outlive me.  
It will live forever.

(ii)

## Bedside

My shadow leaps on me  
each time I sleep -  
to devour me.  
Yet still my mornings  
find me whole  
and at each waking  
there my shadow hangs  
like empty sacking  
against my wall -  
wholly at my disposal.

*Rogan Wolf*  
*April 1994*

(iii)

## Shadow owning

It is not just you  
I meet  
as I enter -  
that face you've fixed  
for the world's alarms  
those tools you deploy  
for the day's display -  
it's not only  
your smile  
that greets me  
at the door -  
your shadow  
like an unrolling carpet  
rushes across the floor  
and flings itself into my arms.

These days your shadow  
hits me like an unguided brick  
while you in the distance  
treading your private boards  
shimmer like a child's fantasy  
a mere coloration.  
To which should I go  
to seek redress ?  
Which emptiness ?

How can I rendezvous  
with this shadow you've disowned ?  
How can I make love  
to a shimmer, a mist ?

(iv)

## Duel

My shadow dogs me.  
It furthers me  
like a falcon's stoop  
like a fly fisherman's cast  
like moonlight across calm water.

My shadow seethes with strange life.  
When I walk it dwarfs me.  
When I sleep it engulfs me.

How have I allowed  
my shadow to grow so tall?  
It rises from my lamp  
like a vast giggling genie.  
"Your wish is my command,  
O Master," my genie roars.  
And I quail.

It winks at me  
each evening  
and for that moment  
I see nothing  
anywhere in the world.

I threw my shadow  
all over town.  
It leaned across at me  
from each echoing underpass  
from each foul lift-shaft  
from each despairing alley-way.

I scattered my shadow like seed  
across the fields  
and the seed bounded from the earth  
like a mob of heroes  
who chased me and harried me  
and reduced me before the whole world.

I caught my shadow by the throat  
and flung it into a pit  
and packed the pit with sand  
boulders and rich cement  
and when all had set  
hard as rock

I turned to escape, shrieking with relief...  
A hand formed of new rock  
siezed my heel.  
I stood there above my pit  
locked in my shadow.

What dances we might have performed.

(v)

## Shadow lost

If ever I wake one morning  
and find my shadow gone away  
I'll know the world has ended.

For my shadow is even more  
earth-bound than I am.  
Having nowhere to fall,

to stretch out, to conjure,  
it would simply lose heart  
and fade from the picture.

Like an artist whose canvasses  
have all been stolen  
it would have nothing left

upon which to busy itself.  
But really, so little would change.  
I'd hover as usual

in the midst  
of things, avoiding sharp edges  
where possible.

Except for this difference :  
across the Universe no trace of my shadow -  
which knows the Earth so much better than I.

*Rogan Wolf*  
3rd June 1994

## Number One

I have this enemy  
my “inveterate foe”  
my enemy Number One.

Whenever we meet, my enemy  
wastes me. I become zero.  
All meaning drains from me.

I become a flatness on the road  
a vague ugliness in the air  
an abortion. And I have nothing

I can call on, no wild cards  
no reserve forces, no hidden energies  
to throw into the field.

I call my enemy “Number One.”  
I don’t know what it looks like  
for it borrows any form

it chooses. And is it “He ?” or “She ?”  
It is random and boundless.  
It is All. All is “It”.

And I never have warning  
of an encounter. No clouds  
of dust on the horizon,

no slow rumble of feet, no tensing  
of greased muscle, no pause in sound.  
Simply my shadow deserts me.

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And suddenly I lose my footing.  
My ground just goes, my hold on space.  
I look about me. I'm not here.

I reach for anything I have,  
anything that makes me,  
anything that marks and shapes me.

I reach for my history  
my unique possession -  
it's gone it's an empty lift-shaft.

I reach for my voice  
my shaping words my answer my shriek  
and the words give in the wind

and all my forming my bite on the air  
collapses like a slack sail  
like a shower of teeth.

I reach for my rage my saving grace  
and find nothing but a gasping franticness  
an incapacity, a self-immolation

and all that comes of my rage  
for survival is a rush to give ground  
and yield all to the poised advance of my destroyer.

I writhe in the air like a foreign element  
marooned here above ground  
hanging like a fish by the tail

held in triumph one Summer's evening.  
I am a transparency held to the sunlight  
open to any examination.

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And I cry to my shadow  
“Why *now* ? Why desert me  
*now* ? Each breath of my life

I have sought to escape you  
to fly weightless  
to exist in pure mind

to secure utter distinctness  
to achieve eternity.  
Must *now* be the time I at last succeed

*now* when I need earth ?  
For my infidelity  
you desert me to our ruin.”

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And Number One, deep in its steel case,  
lashing at forests, at continents, at cities,  
befouling ocean, air-wave, blood-stream

raising hordes  
of zealots to slaughter their fellows  
in the name of a phantasm

breeding the will to deceive  
tending the urge to piracy and plunder  
nurturing despair, aiding inertia

working deep in, working slowly  
to the very core, paring,  
particularising, severing, numbering,

Number One turns from its vast enterprise  
hissing in glee  
at my distress

and whispers :  
“From whence do you consider  
stem my victories ?”

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So, there it is.  
Number One, my dread enemy  
waxes with *my* power. It wastes me

with a force that *I* bestow upon it.  
It is hate. It is fear.  
It feeds on hate. It feeds on fear.

So the fearless weakens it. The joyful wastes it.  
It exists because we want it to.  
We can *choose* to dispel it.

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So now  
I know you,  
Number One,

lurking there in fat steel  
waxing and waning  
as the world turns,

waxing and waning as terrors  
rise and settle, as the guard changes,  
as the wild dog slavers outside the walls -

I shall not pit  
myself against you tonight.  
Steel is not my strong-point.

I shall not feed you tonight.  
(I know plenty who will).  
I shall turn to my love

and we shall reduce you  
with the force of our delight  
with the rich play of our lightness.

So come now,  
my Shadow,  
my rose,

my fierce jewel,  
my spiralling eagle  
of the silent heights,

let us dance together,  
let us rise  
together.

*Rogan Wolf*  
*June 8th 1994*

## Shadow meditation

My shadow is what happens when, by getting to my feet, I place myself between the Sun and the Earth. It is the consequence upon the Earth of my standing here under the Sun.

The length of my shadow is determined both by my position relative to the Sun and by the Sun's position relative to the Earth. Thus the length of my shadow is not wholly my responsibility. But much it is.

In getting to my feet and walking upon the Earth I am bound to create a shadow there. My shadow is the inescapable consequence of me being me, of Earth being Earth and of me being alive upon the Earth.

If there is anything in my shadow that feeds me, it feeds me not through my mouth, my eyes, my ears, my nose ; it feeds me through no organ placed in my head or associated with my brain ; it feeds me through my feet. I am joined to my shadow and to the Earth by my lowly, delicate feet. It is my feet which earth me and which complete the circuit made up of Sun, Earth and Self.

My shadow carries my shape and moves with my movements. But it has no features and it never speaks ; and all sorts of strange forms or colours could be hidden in its darkness. Its shape keeps shifting and often it simply disappears. But then it returns. When I am happy I dance and with me my shadow dances. We dance together. When I am ill at ease, I labour and constantly I look back in dread and see my shadow pursuing me, threatening me.

Sometimes, then, my shadow seems to be my loyal and faithful friend, at others my implacable and inescapable enemy. To befriend my shadow would appear to be essential if I am to live successfully here on Earth.

If someone or something overshadows me, I receive immediate protection from the Sun and am relieved of the immense responsibility of my own shadow. On the other hand I am weakened, deprived of my energy and autonomy. It is as if my shadow has been stolen from me, eaten up by a stronger force.

And this in turn implies that my shadow is an important energy source and that I should retain that energy by insisting on my personal independence. Accordingly, I must allow nothing and no one to overshadow me. For the Earth is sick and any creative source of energy which can retain wholeness must now devote itself to restoring the Earth.

So long as I stand upon the Earth, I shall cast a shadow there which will remain a perpetual mystery integral to my being. When, through dying, I cease to stand upon the Earth, my shadow will be all that remains of me. All creatures who have lived on the Earth have left their shadows behind them. All moments that have ever been experienced upon the Earth have cast an eternal shadow there. The Earth in its brilliant lightness is thickly carpeted in shadow.

*Rogan Wolf June 1994*