

BRENDA

THEME OF THE FORTNIGHT: SHADOW

“People are afraid of shadows. People are even more afraid of being in the shadow. But without a shadow, life will be two dimensional.”

– **Yoko Ono**

Shadows follow us everywhere. Cast by the sun in the day, and by the moon at night; they exist all around us. When the moon casts shadows in our room, the darkness can feel ominous, frightening. Sometimes you can't make out the shape of a shadow, what it is, or where it is coming from. Shadows are captivating, haunting.

Our shadows can represent the other side of ourselves: the side we perhaps do not share with others; the secrets we might not reveal. Our shadow self is sometimes part of us that hides in the darkness, we don't often bring it to light. Yet we can't live in the light all the time. Our shadows exist because each of us live in twin states: we all have a light and dark side to our personalities. Nobody can be happy all of the time. There is always light and darkness, but there cannot be one without the other. We have to embrace our shadows, the darkness that lives within us.

Knowing that the light will come even if we feel swallowed up by the darkness, that is what can keep us going. We must remember that shadows are always cast by light.