



## Shadow Walking

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Today, I saw the shadow of an ant  
walking along the shadow of a leaf of grass.

Because the sun was in my eyes,  
I couldn't see either the ant or the leaf,  
only their shadows.

The question that arises for me is,  
which was casting which?

Were the "real ant" and the "real leaf"  
casting the shadow ant and the shadow leaf?

Or, were the two-dimensional shadows  
creating the three-dimensional objects?

There is a theory in physics which claims that  
our three-dimensional cosmos  
is the projection of a two-dimensional blueprint.

## II

So, who's imitating whom?

Which came first?

Since everything in the physical universe  
is the result of energy pouring through a morphogenic field,  
perhaps the shadow ant and the shadow leaf  
are the etheric archetypes  
that predate the three-dimensional versions?

Was I seeing backwards in time?

or behind the façade of physicality?

## III

If all matter is condensed light,  
then, perhaps, less light means subtler forms of matter.  
Maybe shadows per se are subtler more pristine life forms.

Then it's creation by subtraction  
as the astrophysicist Bernard Haisch claims.  
Maybe full light gives three-dimensional physical forms,  
less light gives the etheric forms  
and less light still gives the astral forms.

## IV

By this logic  
the pristine darkness,  
the Void,  
might be the womb of all possible forms,  
the creative capacity of Source.

## V

It's interesting that the sun gave life to both;  
it gave life to the real leaf through photosynthesis  
and it gave life to the real ant through eating the fruit of photosynthesis.  
And the sun gave manifestation to the shadow ant and the shadow leaf  
by letting them occlude its light.

## VI

It seems that we co-create  
all the way up  
and all the way down.

May God continue to hold you tenderly in the hollow of Her hand.

Namasté,

A handwritten signature in cursive script, appearing to read "Seán".

Tír na nÓg  
August 2011