

Shadows Have No Labels

By Prison Officer, Residential Custodial Manger, Pete Green

“you are a shadow of yourself”

People say.

As if, somehow a shadow has no meaning.

Or does not matter.

But take a moment to think about why your shadow exists.

The Sun, all powerful, all mighty

Bringing light and life to the world.

For 8 minutes 20 seconds this vast energy travels

150 million kilometres

Unopposed, unstoppable.

And then, just before it strikes the earth

It touches you, and your shadow is born.

Your shadow exists because you matter

At that moment you are more powerful even

Than a Universal light.

And our shadows have no labels.

They exist without judgement, prejudice or bias.

A shadow has no gender or cares how you identify yourself

Gay or straight, it does not matter who you fall in love with.

It heals your scars and covers your tattoos.

It hides your smile but also hides your pain.

Rich or poor, good or bad,

Our shadows are all the same.

They have no race, your religion is your own

In our shadows we are all as one.

And if the most powerful force in all that we know

Does not judge, they why should we?

You are your shadow,

And you exist because you matter.



Drawing Connections ...at the edges