

**Analysis of the poem “My Shadow” by Thanassis Frontistis,
according to the method of literature analysis
with which we work at Omilos Eksipiretiton**

MY SHADOW

See how my shadow grows longer
As the sun rises
And I look tall

And how it disappears
When it is at its apex,
But also how it grows long again
At the sunset
And I look tall again

Oh sun, oh light!
You distinguish
The truth from the shadows
And the illusions...
I am happy that you exist,
Sun, Light,
Because you illuminate
The other side as well
And because you show
All the opposites
And the sizes, the correct ones.

As the sun rises and the day begins, a new beginning for the human being, a new birth for them inside the light. Along with the form, its long shadow, which, as the sun climbs higher, it becomes smaller, and **vanishes** when the sun is **at its apex**.

When the sun is exactly above the human being, their shadow vanishes, and when it moves once more towards the west, the shadow **grows longer**, and the human being **looks tall**...

The entire path from existence to non-existence inside the light!

And because of the light, the shadows are created so that one can **distinguish** the **truth** from the **illusions**, the entity from its reflections.

So that all the **sides** of the human's multi-sided nature are illuminated and take their place within the brilliant firmament of their Spirit, which likewise nestles in its bosom the **contrasts** of its projection and all the **sizes** in the scale of its expression, until the perfection of its formation!

Oh sun, oh light, the poet exclaims, praising and celebrating creation!

The one that is repeated every day as the light emerges dissolving the darkness and everything is born again with the light.

Every birth brings with it its dark aspects as well, which are expressed with the yearnings, the fears and the desires of the young age, up until the creative period of the human who, because of their full time occupation with and dedication to their work, the shadows are lost and they themselves become a source of light, completely giving to what they have undertaken.

And then, as they make their way to their sunset, again the shadows appear as anguish, quests and other fears of the unknown. And the shadows of the human grow taller, seeking the spiritual height within the Self which will accept them and illuminate them with the wisdom and the expression of complete love!

It is about the Entity that the poet is speaking!

Which by its own will is born within every being, every form, from the infinite of creation. And it is projected in the life of the intelligent human being, as their double, full of opposites field, so as to apprentice within himself, herself. To unify through the Higher Mind and the heart the opposites, and to become conscious of the endless game of the shades, as projections of the One Entity, for the evolution of the beings!

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