

Murmurations:  
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## Shadowplays

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The world insists on two:

Light or shadow,

Mind or body,

Us or them.

Yet I find myself here,

Not in the yes, nor the no,

But in the trembling pause between;

A thin place where contraries meet,

And the ground hums with the sacred.

### Citation Link

Blake's angels whisper:

"Without contraries, there is no progression."

Their wings brush the edges of the falling tower,

As schisms crumble into fertile soil.

From the wreckage rises something whole;

Not unity as sameness,

But a weaving of strands once estranged.

Look closely at the rivers' edge,

Where water and earth dissolve into each other.

Mud blooms into life: reeds tremble,

Dragonflies stitch the air with fragile-strong wings,

And minnows flash between the shadows.

Here is the truth:

Not either, nor or,

But always both,

Kin.

## About the author

**Hugh Palmer**, PhD, is a systemic psychotherapist, writer, and academic whose work explores systemic and relational thinking, power and ecological responsibility. Hugh researches how fourfold vision can deepen understanding of human relationships, therapy and our wider living world. He integrates Gregory Bateson's cybernetic epistemology with systemic therapy to challenge dualistic thinking and the myth of power.

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