Reflections

8: Strike a Chord
In music, a chord is made up from a combination of notes sung or played together simultaneously.
This type of chord is considered pleasing to listen to: E.g. C, E and G.
Dissonant chord

This type of chord is considered unpleasant to listen to:
E.g. E, F, Ab, Bb
We can mirror this concept in how people interact in different situations.
Have you ever entered into a situation and known that things were just not working together?
Maybe you’ve met a group of friends and there is an argument happening. This could be compared to a dissonant chord. Each person being a note and each of those notes clashing with each other, making a harsh and unpleasant sound.
You have two choices here...

Join in with another clashing note, which will only make the sound worse.

or

Start a new chord with a new note, upon which a consonant chord could be built.
Choosing to react positively is not always easy or the thing we want to do most...
In this present situation, it may feel that the easiest thing to do is to join in with any existing negativity.
But...

...what if we step away from the negativity and try to focus on a more positive outlook?
What if we become that note that creates a pleasing sound?

Encouraging others to join in too?
On the 26th March 2020, thousands of people in the UK decided to join in with an organised clap and cheer from their homes for all of the frontline NHS workers who are putting themselves at risk every day to help the people of this country.

https://twitter.com/i/status/1243267294765232128
A beautiful sound.
So, which chord are you going to choose today?