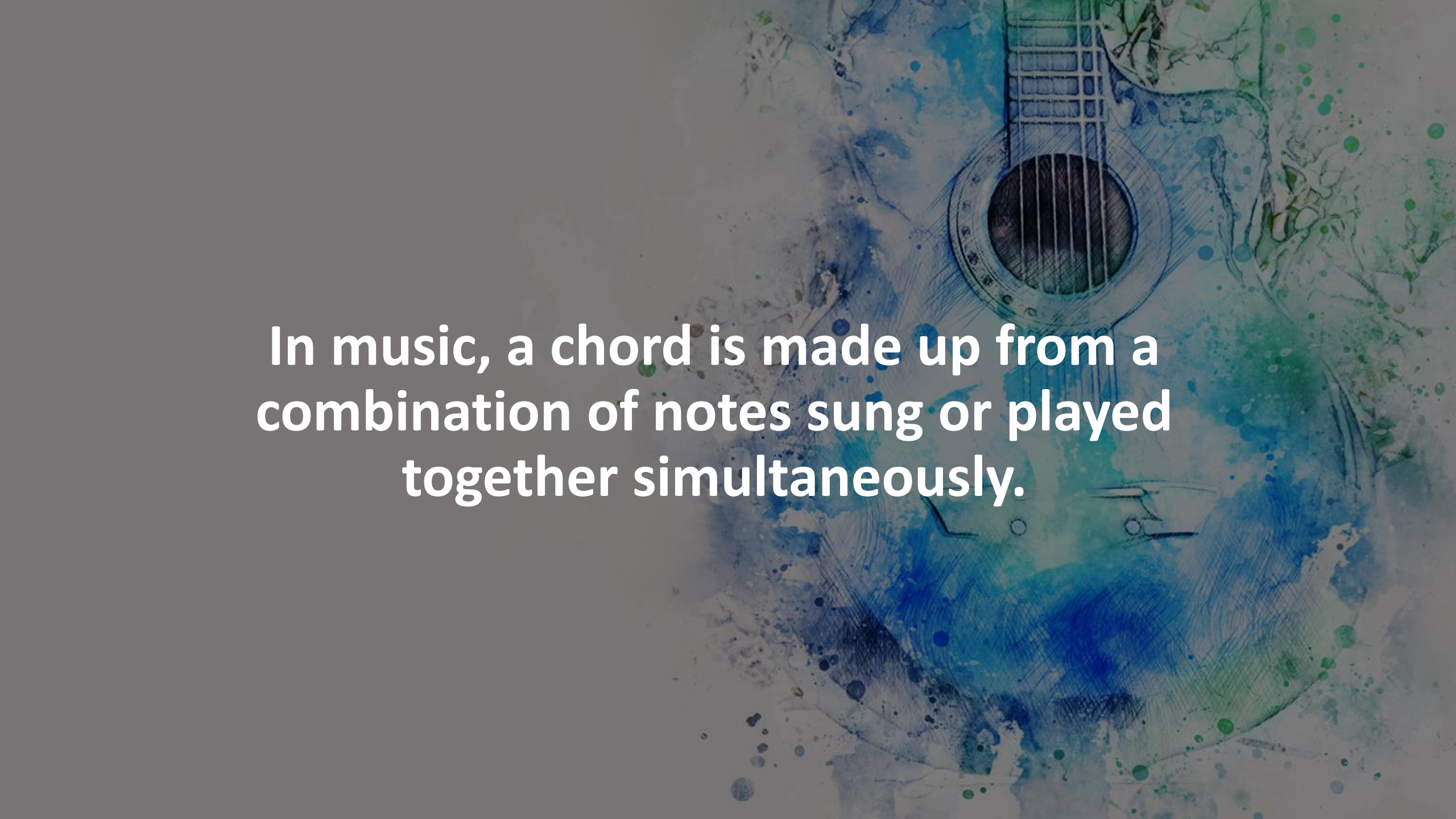


Reflections

8: Strike a Chord

A watercolor illustration of a guitar, rendered in shades of blue, green, and grey. The guitar is positioned vertically, with the body on the right and the neck extending towards the top. The background is a textured, abstract wash of colors, with splatters and brushstrokes in various tones of blue and green. The overall style is artistic and painterly.

In music, a chord is made up from a combination of notes sung or played together simultaneously.



Consonant chord

This type of chord is considered pleasing to listen to:
E.g. C, E and G.



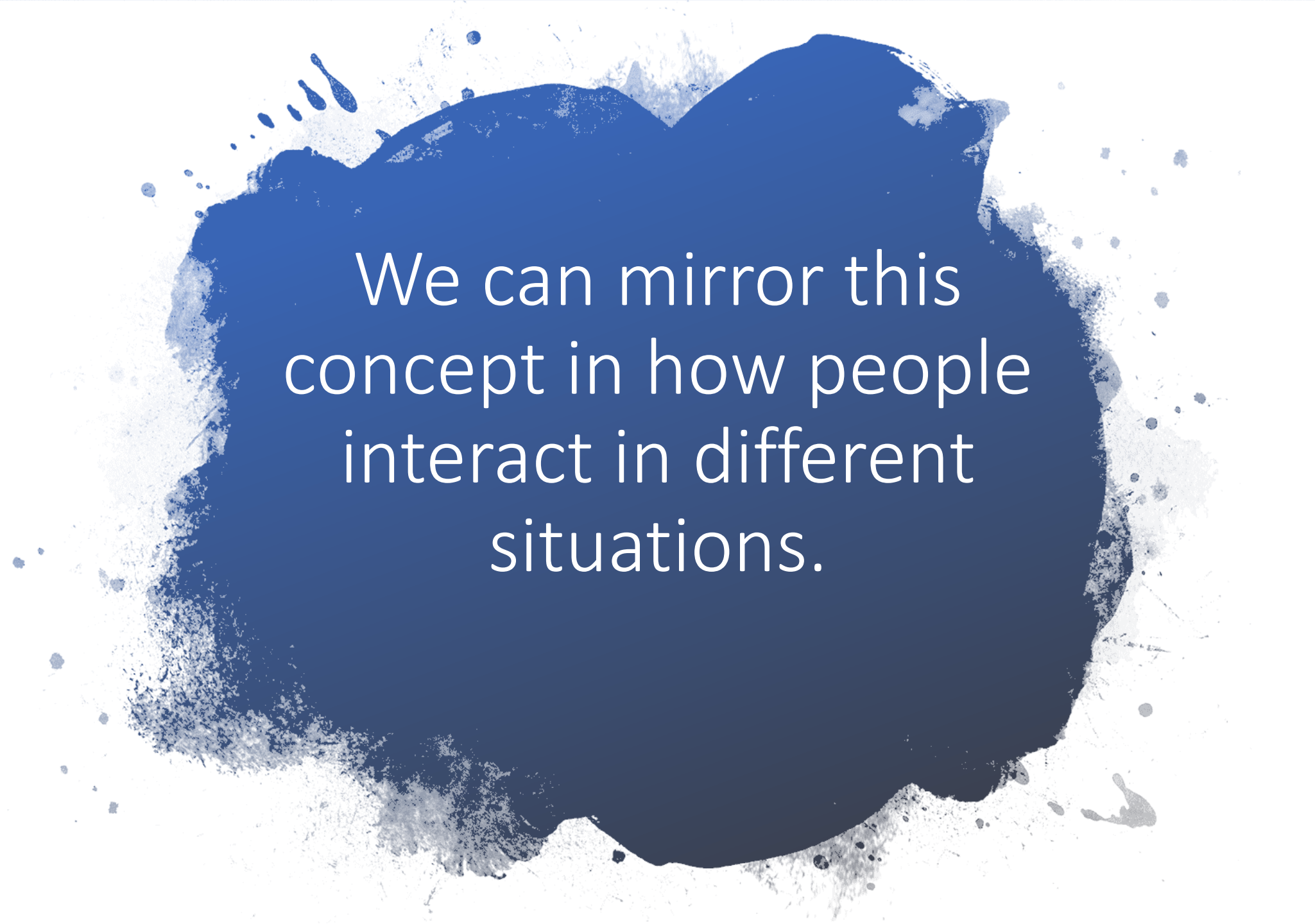


Dissonant chord

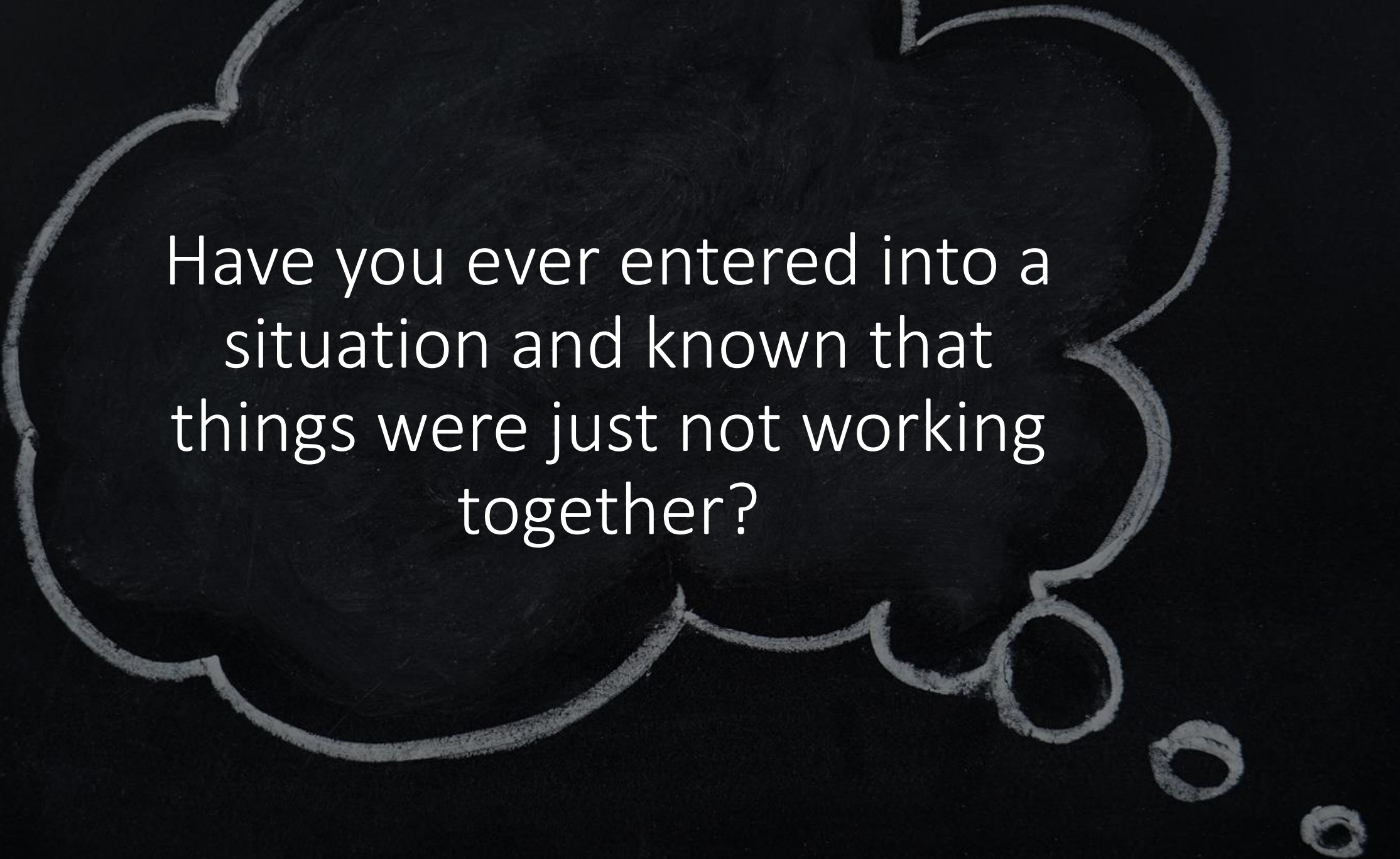
This type of chord is considered unpleasant to listen to:

E.g. E, F, Ab, Bb




A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, ink-like edge with some smaller splatters around it.

We can mirror this
concept in how people
interact in different
situations.

A hand-drawn thought bubble with a scalloped edge, filled with a dark grey color. The bubble is set against a solid black background. Inside the bubble, the text "Have you ever entered into a situation and known that things were just not working together?" is written in a white, sans-serif font. The bubble has several smaller, circular bubbles trailing off to the right, suggesting a stream of thought.

Have you ever entered into a situation and known that things were just not working together?

A photograph of a group of young women outdoors. In the foreground, a woman on the left is seen in profile, wearing a white and teal shirt. To her right, another woman stands with her arms crossed, wearing a black jacket and looking away with a serious expression. In the background, another woman with a red backpack is visible, holding a green water bottle. The scene is set in a park-like area with trees and a path.

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.

A low-angle, close-up shot of a person's lower legs and feet. They are wearing blue denim jeans with the cuffs rolled up and white sneakers with white laces. The person is standing on a dark asphalt surface. In the background, there are several large, white, stylized arrows painted on the pavement, all pointing towards the left. The lighting is soft and slightly desaturated, giving the image a calm, contemplative feel.

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?