



Creativity Matters Reflection: Ups and Downs of Change

This activity by Janet Salmons is adapted from the November Creativity Matters packet. See the whole Soul and Creativity Matters packets for readings, videos, journal prompts, and art projects for you and your family.

Not all change is the same! We celebrate some kinds of change and grieve others. Each calls on us in different ways: to greater commitment to make desired change happen, to being more mindful and appreciative, or to better coping skills to accept changes beyond our control. Let's think about change in three ways: *evolutionary change*, *intentional change*, and *surprising change*.

The first, evolutionary change, is inescapably woven into the human condition. Time passes. The world around us changes, and we change too. We grow and learn from our experiences. We age. We lose our grandmothers and become the elders. The second type, intentional change, involves planning and working toward a new direction or a goal. It could describe personal intentions to use our time better, study for a new vocation, overcome negative habits. Or it could describe our activism for social change, our dedication to a greater good. The third kind, surprising change, can be the most wonderful or the most horrible. Meeting our soul mate and falling in love, discovering a new opportunity, running into a long-lost friend, can be surprising life-changing experiences. Or you could receive a dire health diagnosis, learn that a family member has died, be fired from your job, or lose your home in a flood.

This month offers an opportunity to reflect on changes in our own lives. What mindful acceptance or community support will help us get through painful changes? What skills, attitudes, practices, can we develop so we can use change as an impetus for personal and spiritual growth? What sense of purpose can we ignite? What commitments do we need to make?

The Music of Change

Unitarian Universalist hymns offer insights and food for thought about these three kinds of change. Listen to some or all of these hymns with a pen, paints, colored pencils and paper or your journal close at hand. Write key words or phrases in your journal and/or draw images they bring to mind (add color if you'd like!)

Evolutionary change:

[#191 Now I Recall My Childhood](#) from a poem by Rabindranath Tagore

Hymns for the Celebration of Life (<https://youtu.be/YXkerbOSQ5k>)

[#324 Where my Free Spirit Onward Leads](#)

Hymns for the Celebration of Life <https://youtu.be/OLtvDHmqVGI>

[#73 Chant for the Seasons](#)

Singing the Living Tradition https://youtu.be/l_hiC0s010Y

Intentional change:

[#318 We would be one](#)

Singing the Living Tradition <https://youtu.be/mwKWK6gTCBw>

[#1028 The Fire of Commitment](#)

Singing the Living Tradition <https://youtu.be/2slrWwPr-gQ>

Two that are not in UU hymnals:

[UU The Vote: "We Shall be Known"](#) <https://youtu.be/ft2reFzQtOI>

David Wilcox & The Cosmic Orchestra - "[Hold It Up To The Light](#)"

https://youtu.be/ClaWLYG_Mjw

Surprising change:

[#410 Surprised by Joy](#)

Singing the Living Tradition <https://youtu.be/KaGfXuuaI0>

[#352 Find a Stillness](#)

Singing the Living Tradition https://youtu.be/Tn7PT_Z0HMU

[#184 Be Ye Lamps Unto Yourselves](#)

Hymns for the Celebration of Life <https://youtu.be/TN36kHsTQVk>

Soul Matters Playlist for November:

Ready for more music? Soul Matters offers musical playlists on [YouTube](#) or [Spotify](#) (free or paid account needed).