

## **Shades of Changes**

Changes are the integral part of our life. Every change has its own shade, colour, and energy that affects our perception of the world. Some changes can be pleasant and enrich our experience. Others can be painful and cause fear or anxiety.

But every change is an opportunity to get to know yourself better, develop new abilities, go through challenges, and grow as a person. Life is constantly moving forward and changing, and we must be ready for these changes. It is the shades of changes that add colour to our life.

Moreover, a shade is about uniqueness, spectrum, something one-of-a-kind, and personal. The shade of the sky, your favourite clothes, the house in your yard will look different for you and for your friends. Perhaps it is you that will be able to see and reflect something elusive in your work?

Today, changes in our lives are not only about moving to the next grade, changing habits, daily rituals, or views; sometimes it is a sudden change of scenery outside the window of an evacuation train, or a change of walls that will never become a real home. In such conditions, it is extremely important to trace every shade of the taste of our reality, even if it is bitter. To express any experience gained in wartime.

Like a mosaic of pieces of glass in different shades, the story of life in times of changes consists of unique moments seen through the eyes of hundreds of people. From these descriptions, the future generations will little by little collect the general picture of how we lived and what we felt.