



Metaphorical Stories

Metaphorical stories lead listeners on a journey where they can imagine and create their paths and endings. Select one of the three scripts for your session that feels most fitting and adjust where needed. Each of these stories stimulates imagination, allowing listeners to fill the gaps and project their own interpretations and visions.



1. The Impossible Train Script

Keep your eyes closed. I have a story I'd like to tell you.

It's about a train and a group of people who live on that train and know of nothing else. This train has been moving since anyone can remember. The people on the train can't imagine a time when the train wasn't moving and when they were not on the train. Everyone works to keep the train moving. The train never stops. It never stops. It cannot stop.

People on the train live in constant churn. The work to keep the train moving is hard and inhumane. On the train, people are treated with cruelty and oppression. Some are treated worse than others. But nobody is truly living. Sometimes they get breaks, but it is hard.

One day, a fire breaks out in one of the carriages of the train. There is panic. The fire spreads throughout the whole train... Without getting off the train, everyone is going to die.

Then the impossible happens. The brakes no-one believed existed start to work. In the emergency, no-one notices how extraordinary it is that the train is stopping. They're too focused on the fire. The old rules go out the window.

For years on the train, the "worker class" of people have been dying from the awful conditions of the work they have to do on the train. They sleep in the aisles and sometimes have nowhere to sleep at all.

Suddenly, there are orders to house them and treat their ailments.

The train stops and people begin to get off. Apart from the sound of the fire, suddenly there is a great silence. The sound of the engines dies down and the people can hear all sorts of sounds they've not been able to hear. Birds are singing, the rustle of leaves.

The fire is unforgiving. The different carriages, which exist as different nations, are responding in different ways. Many people die and mostly the people who have suffered most by the rules of the train.



Without the operation of the train to worry about, there is suddenly time to consider how they have been living. Why aren't people always given places to sleep? What is the purpose of keeping the train going? Could it be different? Should we start the train again?

And suddenly, they glimpse what's ahead of the train. Not so far off, the track gives way to a cliff-edge and a deep canyon many miles deep. They have been hurtling toward a cliff-edge, unable to stop. The fire and disaster continues, but now they see a larger crisis.

People had spoken of this cliff-edge before, but it hadn't made a difference. Because the train couldn't stop, the train people would push this out of mind, unable to see a solution.

Now suddenly, some of the people got to work, ripping up the track from the ground.

Others were eager to get the train moving again. They had investments and beliefs in the train and couldn't face an alternative. A great conversation began, among the carriages. The fire continued to blaze. More and more people realised it was a life-or-death situation. Yet, the impossible has happened. We've stopped the train.

How will the story end?

What is ours to do in this time?

What is there to lose?

Who do you choose to be?

And what will we sacrifice in order to build a different future?

Take a moment to return to your regular breath. Then, gently open your eyes again.



2. The Garden of Infinite Paths Script

Keep your eyes closed. I have a story I'd like to tell you.

In the heart of an ancient, enchanted forest lies the Garden of Infinite Paths, a place where time bends, and nature weaves dreams into reality. Legend says the Earth itself shaped this sanctuary — a haven for those brave enough to explore life's boundless possibilities. Here, the garden holds answers to unasked questions and glimpses of futures not yet imagined.

As you step into the garden, the air wraps around you, heavy with the sweet scent of jasmine and honeysuckle, mingling with the earthy aroma of moss-covered stones. Sunlight filters through a canopy of ancient trees, painting the ground below with shifting patterns of light and shadow. A gentle breeze dances through the leaves, whispering secrets of the past and faint hints of the future.

With each step, you lose yourself in the magic of the garden. Its paths twist and turn, inviting you to explore whichever corners call to you most. But as you walk, your mind drifts beyond the garden to the world outside. Out there, people live in endless cycles of movement, bound to hard work and struggle. Many endure cruelty; some suffer more than others. Yet, even in moments of rest, it seems no one is truly living.

These thoughts weigh on you, but the garden's spell won't let them linger. To your left, a stream flows gently, its waters sparkling like liquid silver. Tiny fish dart beneath the surface, their quick movements like fleeting thoughts that flicker and vanish. The murmuring stream calms your spirit, a quiet reminder of life's endless ebb and flow.

You turn to your right. There stands a towering oak, its branches stretching high into the heavens, its leaves rustling like the pages of an ancient book. It feels alive with stories — those told long ago and those still waiting to be written. Standing before it, you feel grounded in the present, yet deeply connected to the past and the future, as if the tree itself holds all time within its roots.

Ahead of you, paths stretch in all directions, each one alive with its own unique energy. Some glow with luminous flowers, pulsing gently like heartbeats, hinting at stories yet to



unfold. Others are framed by ferns and towering trees, their branches arching overhead like the arms of giants.

You step forward, and the ground beneath you hums with quiet energy.

Each path calls to you, offering a different journey:

- *The Path of Reflection:*
This peaceful trail winds beside a shimmering river, its surface alive with sunlight. Along this path, the garden mirrors your innermost thoughts, inviting you to pause, reflect and gain clarity. Here, you can examine your dreams and choices, finding the inspiration to imagine the future you wish to create.
- *The Path of Compassion:*
A lush meadow stretches along this trail, dotted with wildflowers swaying gently in the breeze. Laughter rises in the distance. You follow the sound to a group of people gathered beneath a tree, sharing stories and dreams. They invite you to join them — people of all walks of life, united by empathy and understanding. Walking this path, you feel the warmth of connection and the power of community, a vision of a world built on unity and collaboration.
- *The Path of Innovation:*
This vibrant path winds through greenery shimmering with iridescent hues. Visions emerge as you walk — a world where technology and nature thrive together in harmony. Clean energy powers cities, and innovation respects the Earth's rhythms. The line between the possible and impossible dissolves, inspiring you to imagine bold solutions to the challenges of today.
- *The Path of Adventure:*
This rugged trail climbs toward distant mountains, promising untold discoveries. Along the way, you see explorers venturing fearlessly into the unknown, charting new frontiers. The air buzzes with excitement and wonder, urging you to embrace the thrill of curiosity and courage as you push beyond the limits of what you know.



Each path reflects a piece of your soul—a desire, a hope, an aspiration. The garden is a mirror, challenging you to consider how your vision of the future shapes the choices you make today.

Here, you realise that the future isn't a fixed destination but a vast landscape of possibilities.

How will this story end?

Which path will you take?

What will you do with this moment in time?

What is there to lose?

And, most importantly, who do you choose to be?

Take a moment to return to your regular breath. Then, gently open your eyes again.



3. The City of Dreams Script

Keep your eyes closed. I have a story I'd like to tell you.

High above the clouds, where the sky blazes with hues of sunrise and sunset, there exists a city like no other, the City of Dreams. This city isn't built from bricks or steel, but from the aspirations of countless dreamers who dared to imagine a world beyond reality's constraints. Though invisible to most, the City of Dreams has quietly inspired the design of many cities on Earth, its influence a testament to the boundless power of imagination. Here, the line between fantasy and possibility fades and the future unfolds as an endless canvas waiting to be painted.

As you step into the City, you feel it breathe around you. The wind carries a soft, melodic hum, as if the city is alive and singing to you. Beneath your feet, the streets shimmer in shifting mosaics of color, forming patterns that change with every step you take. Buildings and trees rise majestically on either side, their surfaces alive with movement, as though they are dreaming alongside you.

You wander through the streets, marveling at the personality woven into every corner of the city. A massive tree stands ahead, its sprawling branches cradling homes made of glass and wood. Just beyond it, waterfalls cascade like liquid jewels, sparkling in the sunlight. Bridges arch gracefully between the falls, and people move across them with ease, as if gravity bends to the city's will.

Here, time feels irrelevant — a forgotten concept in a world fueled by creativity and endless potential. The city's residents walk with purpose and peace, their faces alight with contentment. They live in harmony, free from the pressures and limitations of the world below.

Your thoughts drift to life on Earth. Down there, time rules everything. Life is a constant race against deadlines, burdened by responsibilities and the weight of survival. Dreams often fade into the background, overshadowed by the grind of daily life. People are always in motion, working hard to stay afloat. Cruelty and oppression are all too common, with some enduring far greater hardships than others. But here, in the City of Dreams, those struggles feel distant, replaced by a sense of freedom and possibility.



You continue exploring and find yourself on the Street of Whispers. The air here is alive with murmurs — soft voices carried by the breeze, sharing stories, dreams and ideas. The buildings along the street are made of books, their pages forming walls that rustle with whispered tales of the past, present, and future. One particular building catches your eye, its pages fluttering as if inviting you to step inside.

Within, you discover a library unlike any other. Ideas flow like rivers and the air buzzes with creativity. Groups of people gather around, deep in conversation, discussing the mysteries of the universe, the complexities of human nature and the possibilities of the future. Their words spark new thoughts within you, igniting a fire of inspiration.

Here, in the Street of Whispers, you realise the immense power of imagination and the importance of sharing dreams. The whispers around you are like seeds, waiting to grow into innovations and actions that will shape the world of tomorrow.

- *What whispers call to you in your own life?*

- *What stories are waiting to be explored and shared?*

Further along, you arrive at the Market of Infinite Creations, a bustling bazaar alive with color, sounds and energy. Here, artisans and inventors display their works — art and inventions that defy logic, each one a masterpiece of boundless creativity. The stalls overflow with impossible creations: sculptures that move like liquid, devices that hum with unseen energy and paintings that shift and change as you look at them.

The market pulses with life. Vibrant colors swirl around you, tantalising aromas fill the air and laughter mingles with lively conversation. Here, ideas are traded as readily as goods. The energy is infectious, a celebration of creation and collaboration.

As you explore, you feel a profound truth settle within you: every invention, every piece of art, begins as a spark in the imagination. Dreams have the power to shape the world and this market is proof of that limitless potential.



- *What creations do you see in your life?*

- *What dreams inspire you to create?*

As the day draws to a close, you find yourself at the River of Reflections, a tranquil waterway that flows through the heart of the city. The river's surface gleams like a mirror, reflecting the brilliant colors of the sunset and the dreams of those who gaze upon it. Its gentle current seems to whisper, inviting you to pause and consider your own journey.

You sit by the river, watching as the city begins to glow with the light of a million stars. The night sky unfurls above you and a deep sense of peace washes over you. The river doesn't speak with words but with an understanding — a quiet assurance that life, like the river, is a continuous flow of experiences and choices. Its surface reflects the dreams that guide you, offering glimpses of the paths you might take and the futures you could create.

- *What reflections do you see in your own life?*

- *What dreams and possibilities are mirrored in your journey?*

- *How can you use your imagination to shape the future you desire?*

As you prepare to leave the City of Dreams, you carry its lessons with you. While the real world may feel limiting, the imagination knows no bounds. The city has shown you that dreams are the seeds of reality, waiting to be nurtured into existence.

Stepping back into the real world, you feel a renewed sense of purpose. The City of Dreams lives on within you, a reminder that the future is shaped by those who dare to imagine it.



- *What dreams and possibilities will you carry with you?*

- *What futures will you create, guided by the inspiration of your journey?*

Take a moment to return to your regular breath. Then, gently open your eyes again.