

You are travelling with colleague/friend/partner ... on a train.

Seating is such that you are sitting across the aisle from each other and each have a window view.

As the train starts to move, you are entranced by the beauty of the landscape. You can see the beautiful view of the ocean and a wonderful boardwalk that seems to go on for miles. Slowly the train picks up speed and the beach grasses begin to flash by with hints of a variety of colorful flowers pushing their way up through the sandy terrain. You can feel yourself taking deeper breaths and relaxing into the gentle rocking of the train.

Jot down a few thoughts about how you are feeling as you experience this ride.

- What do you find yourself thinking about?
- How are you feeling?
- How would you describe the experience of this journey?

You are travelling with colleague/friend/partner ... on a train.

Seating is such that you are sitting across the aisle from each other and each have a window view.

As the train starts to move, you see that you are moving through an old mining town that appears to be abandoned. There are hints of an old small town that used to be busy and home to a number of families but it is evident that time and change in the use of coal has taken its toll on the area and the people living here.

The school is closed and windows have been broken out, graffiti mars the walls of the school and up and down the streets. As you move further along, it is evident that there are folks who have constructed dwellings to protect themselves from the elements. The drug store and the only grocery store are closed and boarded up. People are sitting on the ground as if waiting for something and children are playing in the empty fields filled with garbage, oil barrels and cars that have long since been abandoned.

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