MAX BELLANDI **PROMPTS FOR** VISUAL
STORYTELLING

INTRODUCTION

Prompts as tools of vision, creation — and meaning.

In today's world, anyone can generate an image with AI. But few can generate one that *moves*, *provokes* or *lasts*.

That's where prompts matter. A prompt isn't just a command — it's a seed of imagination. It's the bridge between your mind and the machine.

This book offers 30 carefully crafted prompts for creating emotional, symbolic and surreal visuals with AI — tailored for artists, storytellers, designers and creative thinkers.

? What is a prompt?

A **prompt** is a short piece of text — a description, idea, question or instruction — that you enter into an AI platform. It tells the AI what to generate.

Examples:

- "A surreal image of a man walking inside a clock"
- "A digital painting of solitude, using fog and geometry"
- "A medieval cathedral made of glass, under a dark sky"
- "A portrait of a woman whose hair turns into birds"

Where can you use prompts?

These visual prompts work across popular AI art generators:

Platform	Purpose
Midjourney	Artistic, cinematic, surreal illustrations
DALL·E 3	Clean, smart compositions; symbolic scenes
Leonardo.ai	Concept art, character design, branding
Fooocus (SDXL)	Local high-res generation with control

Krea / Visual Electric Motion graphics, style transfer

You don't need to master them all. Just pick one, paste a prompt — and start exploring.

What great prompts can do:

- Save hours of work skip endless tweaking and guesswork
- PLet you generate poster-worthy art without hiring a team
- 6 Help build a portfolio for stock platforms, NFTs or marketing

♦ *Important:*

You don't need to be an illustrator. You need a strong idea — and the right words.

✓ How to Use This Book

Each of the 30 prompts in this book is a visual starting point.

They're not formulas — they're fuel.

You can use them with AI tools like Midjourney, DALL E, Leonardo or Fooocus.

Feel free to:

- Expand the scene
- Change characters
- Add mood and style
- Shift the theme to fit your audience or message

Quick Start:

- Step 1. Pick a prompt that resonates or provokes a thought.
- Step 2. Paste it into your preferred AI visual platform.
- **Step 3.** Adjust output by editing the prompt or adding style modifiers:
 - "Add cinematic lighting"

- "Use dark minimalist palette"
- "Make it symbolic and moody"
- "Emulate Baroque / Vaporwave / Japanese ink style"

AI is your collaborator — not your substitute.



Example in Action:

Prompt from this book:

"An empty cathedral made of glass, reflecting stars through its walls. A small figure sits alone in the middle."

Output from Midjourney or Fooocus:



You could now rephrase or extend it:

— "Add a single lit candle"



— "Change the figure to a child with a paper crown"



This is how an idea evolves into art — through prompt + vision.

Prompts



▲ THEME 1: Sacred Season – Symbolic Christmas Visuals

Concept:

An unexpected, philosophical look at Christmas symbols: loneliness, hope, silence, inner light, memory, and the path. Without commercial elements, caricature or kitsch.

Silent Night Watcher

Prompt:

A solitary figure in a dark winter forest, standing under a single glowing star. Snow falls silently, muffling all sound. The figure wears a long red cloak. A sense of reverence, mystery, and timelessness. Cinematic lighting, volumetric fog, subtle religious undertone, symbolist composition, highly detailed.

Negative Prompt:

ugly, cartoon, christmas kitsch, commercial elements, lowres

Tags:

christmas, solitude, snow, star, symbolic, forest, silence, night, red cloak, spiritual

Recommended AI tools:

- Fooocus (v2, RealisticVision or JuggernautXL)
- InvokeAI (SDXL 1.0)
- PlaygroundAI (with custom LoRA or cinematic presets)
- NightCafe (if simplified)

Stylistic tips:

- Symbolist realism
- Cinematic / soft natural lighting
- No explicit religion, only archetypes
- Fog, snow, and silence as atmosphere tools

Candle of Memory

Prompt:

An old candle burning in an abandoned church. The warm light contrasts with the cold stone surroundings. A symbolic metaphor for hope, persistence, and lost tradition. Light rays cut through dusty air. Close-up shot, poetic and emotional atmosphere, minimalistic details, shallow depth of field.

Negative Prompt:

cheap, modern decoration, cluttered, people, mess

Tags:

candle, memory, hope, silence, tradition, christmas, church, forgotten, light, contrast

Recommended AI tools:

- Fooocus (use photorealistic preset + film grain)
- MidJourney v6 (for mood-heavy cinematic realism)
- InvokeAI (LoRA: "dim light" + "abandoned interiors")

Stylistic tips:

- Poetic solitude
- Strong chiaroscuro
- Minimalist but emotionally loaded
- Use shallow DoF and soft glow



Gift of the Invisible

Prompt:

A small mysterious package floating mid-air in an empty snowy field at twilight. No human around. The box glows faintly with inner light. Conceptual surrealism, suggesting unseen gifts, inner worth, or spiritual meaning. Soft tones, minimalistic, surreal Christmas metaphor.

Negative Prompt:

people, santa, cartoon, neon, text, toys

Tags:

gift, surreal, snow, spiritual, twilight, minimal, floating, unseen, glow, symbolic

Recommended AI tools:

- Leonardo AI (for glowing objects + negative space)
- RunDiffusion (SDXL + ethereal light LoRA)
- ComfyUI with depth-of-field node setups

Stylistic tips:

- Use pastel lighting or blue/purple ambient glow
- Maximize negative space
- Think like Magritte or De Chirico but in snow



🔽 Three Shadows of the East

Prompt:

Three distant silhouettes walking slowly across a vast desert under a cosmic night sky. Inspired

by the Three Wise Men archetype, but reimagined symbolically. Each figure carries a glowing orb. Sky full of stars and subtle aurora. Epic and mythic tone, rich contrast.

Negative Prompt:

biblical literal, camels, cliché, cartoon

Tags:

wisemen, desert, journey, christmas, stars, symbolic, myth, glow, silhouettes, spiritual

Recommended AI tools:

- MidJourney v6 (best for silhouette + epic skies)
- Fooocus (with celestial HDR settings)
- ComfyUI with SDXL fantasy LoRAs

Stylistic tips:

- Treat sky as emotional driver
- Use shadow vs glow contrast
- Suggest journey, not destination



Child of Light

Prompt:

A newborn baby glowing with golden light, lying in a woven basket placed on ancient stone floor inside a cave. No adults visible. Light radiates softly around the child. Conceptual Christmas visual representing purity, rebirth, and hope. Dramatic lighting, sacred mood, artistic realism.

Negative Prompt:

parents, cute, modern, christmas cliché, messy

Tags:

baby, light, rebirth, cave, sacred, hope, minimal, christmas, spiritual, symbolic

Recommended AI tools:

- Fooocus (JuggernautXL or RealisticVision, custom light prompt)
- MidJourney v6
- Stable Diffusion + custom LoRA: "holy glow", "stone floor"

- Light = meaning
- No nativity literalism
- Pure golden/white contrast in dark tones
- Avoid sentimental "baby shoot" aesthetics



THEME 2: Ocean Whisper – Symbolic Seascape and Beach Moments

Concept:

Philosophical, meditative portrayal of the sea and beach, focusing on solitude, vastness, memory, and transformation. Without typical vacation clichés or crowds — more about inner reflection, natural forces, and ephemeral beauty.

Lone Driftwood

Prompt:

A single piece of driftwood resting on wet sand under a cloudy, moody sky at dawn. Gentle waves wash over it softly. Atmosphere of quiet resilience and passage of time. Realistic textures, natural color palette, cinematic lighting.

Negative Prompt:

crowds, vacationers, bright sunlight, boats, footprints, commercial

Tags:

driftwood, solitude, sand, waves, dawn, calm, nature, transformation

Recommended AI tools:

- Fooocus (RealisticVision)
- MidJourney v6 (for moody seascapes)
- Stable Diffusion + custom water/texture LoRAs

Stylistic tips:

- Soft diffused light
- Emphasize textures of wood and sand
- Minimalist composition with negative space



Tides of Memory

Prompt:

A close-up of gentle waves touching a pair of old, weathered footprints on a beach. Fading footprints symbolize fleeting memories and impermanence. Warm golden hour light, natural and emotional tone.

Negative Prompt:

people, sharp colors, clutter, shells, trash

Tags:

footprints, waves, memory, sand, tide, impermanence, golden hour

Recommended AI tools:

- InvokeAI (SDXL with light grain)
- Leonardo AI (focus on water and sand textures)

Stylistic tips:

- Use warm tones and soft shadows
- Focus on texture and light reflection

Whispering Horizon

Prompt:

A distant lone sailboat at the horizon line under a vast sky with low clouds. Calm sea, soft pastel colors. Symbolizes hope, journey, and unknown future. Minimalist and poetic composition.

Negative Prompt:

crowded beaches, vivid colors, people, modern buildings

Tags:

horizon, sea, sailboat, calm, pastel, sky, journey, solitude

Recommended AI tools:

- MidJourney v6
- Fooocus (cinematic presets)

Stylistic tips:

- Minimalism, soft gradients
- Balance between sky and water

☑ Salt and Silence

Prompt:

Close-up of salt crystals formed on a jagged rock at the shoreline, glistening in early morning light. Symbolizes purity, endurance, and time's quiet passage.

Negative Prompt:

people, shells, trash, bright colors

Tags:

salt, rock, texture, morning, shore, endurance, nature

Recommended AI tools:

- Fooocus (texture macros)
- MidJourney v6

Stylistic tips:

- Crisp focus

- Natural soft light
- Minimalist background

✓ Sea Glass Dreams

Prompt:

Pieces of weathered sea glass scattered on sand, catching soft sunset light, each fragment glowing softly. Symbol of transformation and hidden beauty.

Negative Prompt:

plastic, litter, people

Tags:

sea glass, sand, sunset, transformation, beauty

Recommended AI tools:

- Leonardo AI
- Fooocus

- Warm palette
- Smooth textures
- Subtle glow



THEME 3: Human & AI – Philosophical Encounters

Concept:

Exploring the complex relationship between humans and artificial intelligence — symbiosis, tension, transformation, and transcendence. Visuals are conceptual, futuristic, and sometimes surreal, without clichés or sci-fi tropes.

Neural Reflection

Prompt:

A close-up portrait of a human face half-covered with translucent, glowing neural network patterns, merging biological and digital. Expression is calm, thoughtful. Cool blue and purple tones, high detail, artistic realism.

Negative Prompt:

robot, cartoon, sci-fi clichés, mechanical parts, wires

Tags:

human, AI, neural, digital, fusion, reflection, thoughtful

Recommended AI tools:

- MidJourney v6 (portrait + abstract blending)
- Fooocus (JuggernautXL)
- ComfyUI (custom blend LoRAs)

Stylistic tips:

- Subtle integration of digital textures
- Soft lighting, high detail on eyes and skin

Code of Emotions

Prompt:

A human hand gently touching a holographic interface with floating data and emotion symbols (heart, tear, smile). The background is dark with neon accents. Visual metaphor for AI understanding human feelings.

Negative Prompt:

cartoon, cluttered, generic futuristic city

Tags:

hand, AI, emotion, hologram, interface, connection, neon

Recommended AI tools:

- Leonardo AI
- InvokeAI (ethereal light + data visualization LoRA)

Stylistic tips:

- Emphasize contrast between warmth of hand and cold digital elements
- Use glow and reflections

✓ The Singularity Dance

Prompt:

A surreal scene of a human figure and an abstract AI entity made of light and particles, engaged in a symbolic dance. Background is dark with sparks and floating data bits. High contrast, dynamic composition.

Negative Prompt:

robot battle, violence, cartoon

Tags:

dance, human, AI, particles, light, surreal, fusion, abstract

Recommended AI tools:

- MidJourney v6
- ComfyUI with fantasy and abstract LoRAs

Stylistic tips:

- Use motion blur and glow
- Symbolic, non-literal forms

Digital Pulse

Prompt:

A human heart made of digital circuits, pulsating with glowing light pulses in a dark void. Fusion of biology and technology as a metaphor for life's evolving nature.

Negative Prompt:

cartoon, mechanical, wires, violence

Tags:

heart, circuits, digital, pulse, life, fusion

Recommended AI tools:

- MidJourney v6
- InvokeAI

Stylistic tips:

- Glow effects
- Deep shadows
- Warm and cool contrast

Echoes in the Machine

Prompt:

A human silhouette fading into streams of data and code, dissolving into abstract patterns of light and information. Symbolizes identity loss and rebirth in digital age.

Negative Prompt:

robots, weapons, crowd

Tags:

silhouette, data, code, dissolve, identity

Recommended AI tools:

- ComfyUI
- Fooocus

- Motion blur
- Abstract forms
- Cool tones

THEME 4: Textures of Existence – Abstract & Natural Surfaces

Concept:

Focus on close-up textures — organic, mineral, and synthetic — as metaphors for the complexity and richness of life and reality. Artistic abstraction with strong tactile presence.

Cracked Earth Veins

Prompt:

Extreme close-up of dry cracked earth, showing intricate fissures and soil texture. Warm natural light, earthy tones, high detail. Symbolizes resilience and fragility of life.

Negative Prompt:

plants, animals, water, people

Tags:

earth, crack, texture, dry, soil, nature, detail, resilience

Recommended AI tools:

- Fooocus (macro/texture presets)
- Leonardo AI

Stylistic tips:

- Emphasize fine detail and contrast
- Warm and neutral palette

▼ Frosted Glass Pattern

Prompt:

Close-up of frosted glass with abstract geometric patterns caused by ice crystals. Cool blue and white palette, soft lighting, abstract but detailed.

Negative Prompt:

fingerprints, smudges, people

Tags:

glass, frost, texture, ice, abstract, cold, detail

Recommended AI tools:

- MidJourney v6
- InvokeAI with abstract LoRAs

Stylistic tips:

- Use soft focus and highlight edges
- Keep minimal composition

Rusted Metal Surface

Prompt:

Macro shot of heavily rusted iron with peeling paint. Warm orange and brown tones. Rough texture, symbolizing decay and passage of time.

Negative Prompt:

machines, tools, people

Tags:

rust, metal, texture, decay, orange, brown, macro

Recommended AI tools:

- Fooocus (texture realism)
- Leonardo AI

Stylistic tips:

- Contrast rust color with shadows
- Emphasize roughness and cracks

Veins of Marble

Prompt:

Close-up of polished marble surface showing natural veins with light reflecting softly. Abstract pattern evoking the flow of time and natural beauty.

Negative Prompt:

cracks, dirt, artificial

Tags:

marble, veins, texture, polished, natural

Recommended AI tools:

- MidJourney v6
- Leonardo AI

- Soft reflections
- Neutral tones
- Smooth focus

Wood Grain Stories

Prompt:

Macro shot of intricate wood grain, highlighting natural curves and knots. Symbolizes growth, history, and strength.

Negative Prompt:

paint, man-made, damage

Tags:

wood, grain, texture, nature, growth

Recommended AI tools:

- Fooocus (macro)
- InvokeAI

- Warm natural colors
- High detail
- Soft shadows

THEME 5: Celestial Skies – Night, Stars, and Cosmic Views

Concept:

Visually rich and symbolic portrayal of the sky - from serene twilight to deep space - evoking mystery, infinity, and human longing.

✓ Starry Solitude

Prompt:

A lone figure standing on a hill under a vast star-filled sky. Milky Way visible. Cool tones with hints of purple and blue. The figure looks upwards in awe and contemplation.

Negative Prompt:

city lights, people crowds, bright moon, buildings

Tags:

stars, night, solitude, milky way, contemplation, hill, cosmic

Recommended AI tools:

- MidJourney v6
- Fooocus (night sky presets)

Stylistic tips:

- Emphasize contrast between dark sky and star brightness
- Minimal foreground detail

✓ Aurora Dreamscape

Prompt:

Northern lights dancing over a frozen lake. Reflection in the water, snowy trees framing the scene. Vibrant greens and blues. Magical, surreal atmosphere.

Negative Prompt:

people, cabins, fires, clutter

Tags:

aurora, northern lights, snow, lake, reflection, night, magic

Recommended AI tools:

- Leonardo AI
- MidJourney v6 (fantasy settings)

Stylistic tips:

- Use vibrant colors with smooth gradients
- Emphasize reflection symmetry

Cosmic Tide

Prompt:

An ocean beach under a starry sky, where waves glow softly with bioluminescence. Surreal colors: blue, teal, and violet. Symbol of nature's mystery and cosmic connection.

Negative Prompt:

people, bright city lights, boats

Tags:

ocean, stars, bioluminescence, night, surreal, waves, cosmic

Recommended AI tools:

- InvokeAI with ethereal glow LoRA
- MidJourney v6

Stylistic tips:

- Soft glow and light effects
- Blend natural and cosmic elements

Moonlit Reverie

Prompt:

A quiet lake reflecting a bright full moon surrounded by faint mist. Soft blue and silver tones dominate the scene. A visual symbol of peace, mystery, and silent introspection. Still water, gentle haze, and night air carry an emotional calm.

Negative Prompt:

people, buildings, bright city lights, harsh contrast

Tags:

moon, lake, reflection, mist, night, peaceful, silver, quiet, symbolic

Recommended AI tools:

- MidJourney v6 (for tonal harmony and natural atmosphere)
- Leonardo AI (great for mist + water surface)

- Use cool palette: silvers, blues, greys
- Emphasize silence and reflection

- Slight blur or diffusion around light sources
- Avoid clutter and artificial light sources

☑ Galaxy Veins

Prompt:

Abstract visualization of colorful galactic clouds and nebulae shaped like flowing veins of light. A surreal image symbolizing cosmic energy, connection, and the invisible lifelines of the universe.

Negative Prompt:

stars as dots, cartoon, black void, scientific realism

Tags:

galaxy, nebula, cosmic, abstract, energy, flow, surreal, space, symbolic

Recommended AI tools:

- InvokeAI (abstract cosmic renders with SDXL LoRA)
- MidJourney v6 (vivid color gradients and surreal shapes)

- Think in color motion: purples, blues, magentas
- Organic, vein-like shapes
- No realistic planets or hard-edged stars
- Suggest flow, not structure



THEME 6: Faces of Humanity – Individual and Collective

Concept:

Emotional, intimate, and symbolic portraits and groups reflecting diversity, unity, identity, and shared human experience.

Silent Connection

Prompt:

Two hands reaching for each other against a neutral blurred background. Focus on texture and emotion in skin tones. Soft, warm lighting. Symbolizes empathy and human connection.

Negative Prompt:

cartoon, gloves, jewelry, clutter

Tags:

hands, connection, empathy, skin, warmth, touch

Recommended AI tools:

- Fooocus (portrait + macro)
- MidJourney v6

Stylistic tips:

- Use shallow depth of field
- Emphasize skin texture and lighting

Eyes of the World

Prompt:

Close-up of diverse human eyes arranged in a mosaic. Each eye reflects different emotions and stories. Neutral background, high detail, symbolic of global unity and diversity.

Negative Prompt:

cartoon, animals, blurred

Tags:

eyes, diversity, portrait, mosaic, emotion, unity

Recommended AI tools:

- MidJourney v6
- Leonardo AI

Stylistic tips:

- High resolution and sharp focus on eyes
- Neutral and harmonious color palette

☑ Gathering Shadows

Prompt:

Silhouettes of a diverse group standing on a hill at sunset. Warm backlight creates dramatic shadows. Symbolizes community, strength, and togetherness.

Negative Prompt:

crowds, details, faces visible

Tags:

silhouettes, group, community, sunset, shadows, unity

Recommended AI tools:

- MidJourney v6
- Fooocus (silhouette presets)

Stylistic tips:

- Use strong backlighting
- Focus on shapes and posture

Shared Breath

Prompt:

Close-up of diverse human faces exhaling visible breath into the cold air. Their expressions are calm, introspective, and subtly connected. The shared breath forms delicate clouds, merging lightly between them. A metaphor for fragility, unity, and the living present.

Negative Prompt:

crowd, chaos, bright colors, smiling portraits

Tags:

breath, faces, cold, unity, diversity, winter, calm, symbolic, fog

Recommended AI tools:

- MidJourney v6 (for subtle face detail and vapor effects)
- Fooocus (use realistic preset with portrait diffusion)

- Use muted or cool color palette
- Soft lighting with shallow DoF

- Capture emotion in stillness
- Keep background neutral and minimal

✓ Unified Threads

Prompt:

Hands of different ages and ethnicities gently intertwined, each holding colored threads that weave into a unified pattern. A symbol of interconnectedness, shared fate, and human diversity forming something beautiful.

Negative Prompt:

gloves, jewelry, cartoon, abstract hands

Tags:

hands, threads, unity, diversity, human, connection, symbolic, tapestry

Recommended AI tools:

- Leonardo AI (for skin realism + textile detail)
- InvokeAI (focus on symbolic realism and natural skin tones)

- Warm natural tones (beige, earth, red, gold)
- Emphasize textures of skin and threads
- Arrange hands organically, not posed
- Use negative space to shape the composition

Acknowledgment & Connections

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