META PETS · WORLD HAPPINESS ACADEMY



LIGHT CIRCLE FACILITATOR GUIDE

Hosting a Light Circle

Unlocking Your Light Within: one chapter, one card and an honest conversation

A WORLD HAPPINESS FOUNDATION PRODUCTION

WELCOME, FACILITATOR

You are not here to fix anyone

Thank you for opening a circle. A Light Circle is one of the simplest and most generous things a person can offer: an hour in which a few people watch a chapter of the film together, meet one Meta Pet, and listen to each other without trying to change anyone.

This guide gives you the frame for the twelve chapters of the film: how to prepare the space, the 60-minute format, the practice of each chapter, what may arise and how to hold it, and how to care for yourself before and after.

Your presence matters more than your words. If you are calm, the circle will find its calm. If you can listen, the circle will learn to listen.

THE APPRECIATIVE STANCE

- We look first for what is alive, strong and beautiful in each person.
- Every shadow has a gift inside it: we stay curious, never judging.
- We accompany; we do not fix, advise or interpret.
- Everyone may pass. Silence is a full answer.
- We thank every share in the same way, big or small.



THE CIRCLE

What a Light Circle is

About sixty minutes: watch one chapter, do a short card practice, share in a circle. It is not a class and not therapy: everyone leaves with one question and one gesture.

TYPE	LED BY	CHAPTERS	PRACTICE
Open circle	Any Friend of the film or Explorer	Chapter 1 only	Draw a card and name it; no shadow work
Light Circle	Certified Meta Pets Facilitator (Level 2) or above	Chapters 1 to 12	The full practice of each chapter

Best with 6 to 20 people. Above 20, share in smaller groups of five or six.

Screening in circles is free and non-commercial. Entry is free or by donation to the World Happiness Foundation. If you charge for your time as a facilitator, keep that clearly separate from the film.

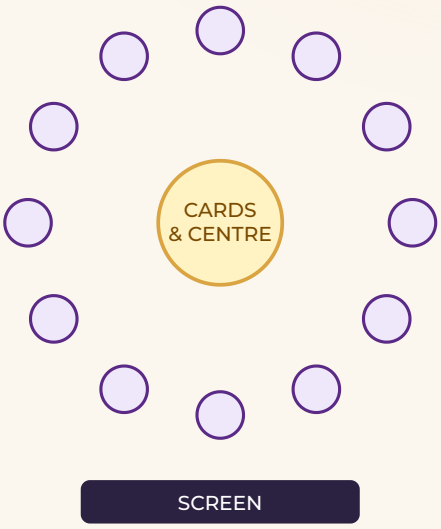


BEFORE THE CIRCLE

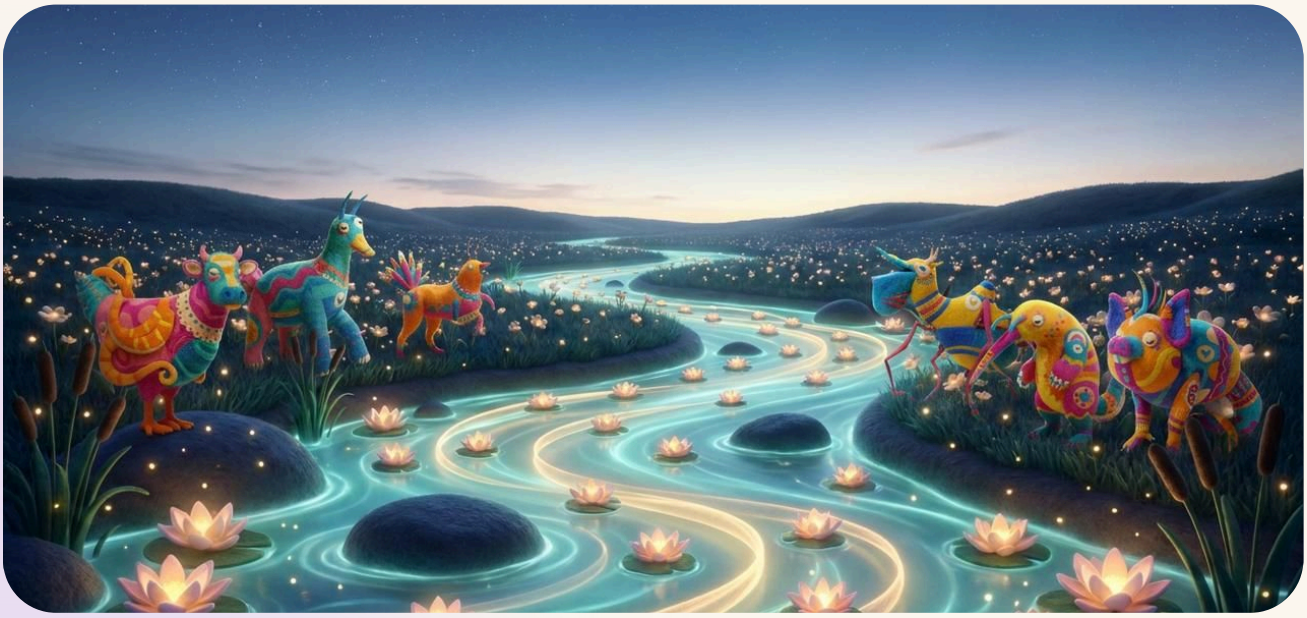
Preparing the space

Arrive thirty minutes early. Test the video with sound and subtitles. Then make the room beautiful in a simple way.

- [ ] Screen and sound; the chapter in your course or at metapetsworld.org/film, subtitles on.
- [ ] One deck of 64 cards per 8 people, or the app on phones.
- [ ] Paper, pens and coloured pencils for everyone; the Workbook & Artbook if you have printed it.
- [ ] Chapter 4: small stones and a bowl of water.
- [ ] Chapter 5: strips of paper. Never real fire indoors.
- [ ] Chapter 6: paper to draw a door.
- [ ] Something beautiful for the centre: a cloth, flowers, an LED candle.
- [ ] Tissues and water, within reach.
- [ ] The QR codes at the end of this guide, printed or on screen.



Chairs in a circle, the screen outside it: first everyone looks out, then in.



THE 60-MINUTE FORMAT

The same frame for every chapter

5'	**1. Arrival** Welcome, names and one word: “How are you arriving today?”
3'	**2. Agreements** What is said here stays here. No advice. Anyone can pass.
2'	**3. Breath** Three slow breaths, eyes closed or lowered.
2'	**4. Opening question** Read the chapter's question aloud before watching.
5'	**5. Watch** The chapter in silence, with subtitles (3 to 8 minutes).
1'	**6. Silence** One minute. No comments yet.
15'	**7. Card practice** The chapter's practice, each on their own paper.
20'	**8. Sharing circle** Each person speaks once, uninterrupted. The facilitator only thanks.
5'	**9. Close** The closing line and one gesture for the week.
2'	**10. Invitations** The study course, the next circle, the Explorer Pack, a donation.

Times are a guide, not a rule. If the circle needs more silence, give it more silence.



THE LANGUAGE OF A CIRCLE

Words that open, words that close

Small phrases change the temperature of a room. Choose the ones that leave people free.

PHRASES THAT OPEN

- *Thank you.*
- *Take all the time you need.*
- *You are welcome to pass.*
- *What is alive in you right now?*
- *Let's breathe together for a moment.*

GENTLY AVOID

- Advice: “You should…”
- Interpretation: “That means that you…”
- Comparison: “The same happened to me, but…”
- Rescuing: hugging or touching without asking first.
- Rushing silence.

When someone shares something painful, the most powerful answer is often the simplest: a breath, eye contact and “thank you for trusting the circle with this”.



CARE AND SAFETY

Holding people well

A Light Circle is a practice of self-knowledge, not therapy. Your first responsibility is that everyone leaves at least as safe as they arrived.

Not therapy. If someone is overwhelmed, pause the practice, stay calmly with them and afterwards suggest they speak with a professional they trust. Have a local helpline number ready.

Passing is always fine. No one has to read, tell or show what they wrote.

No advice. In the sharing circle we only listen and thank.

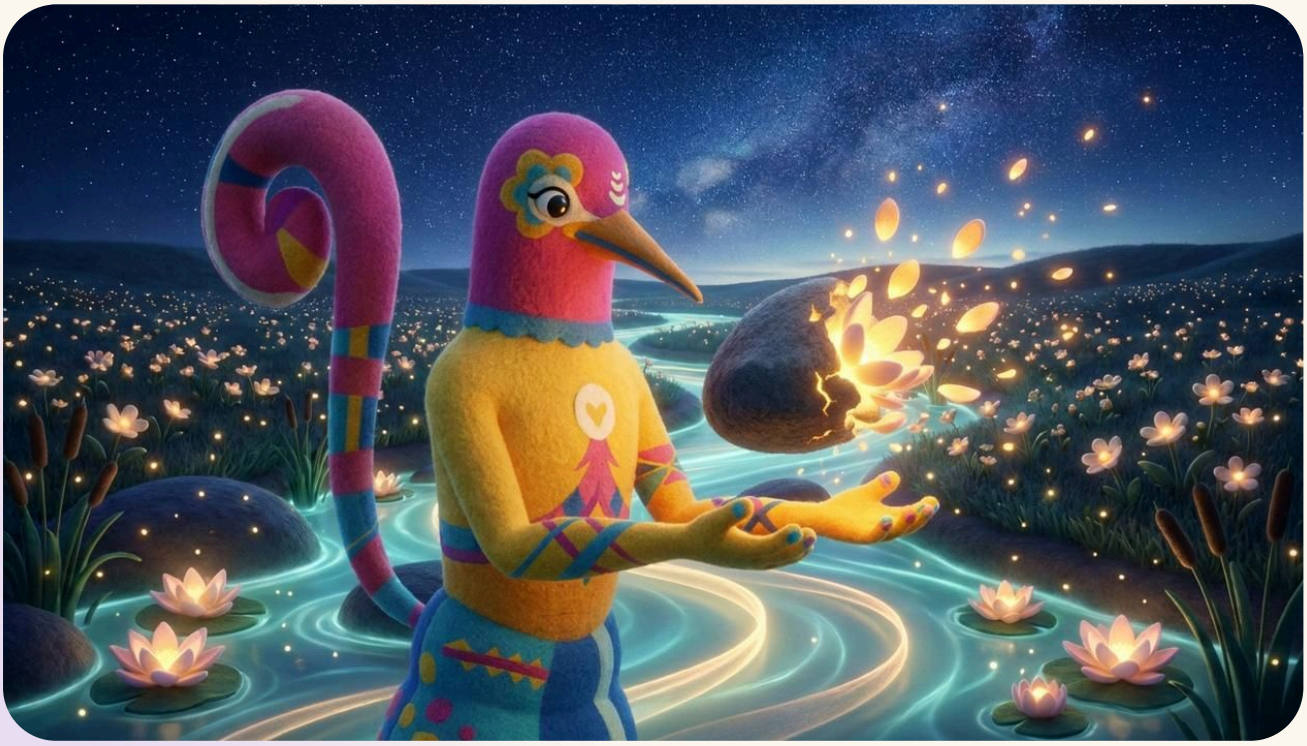
Children and young people. The chapters are for all ages. With children, a parent or guardian is always present. Swap writing for drawing, use only the Gift levels of the cards, and leave out the shadow practices of chapters 3 and 4.

Safeguarding. If someone discloses harm or danger, follow your local safeguarding duty. Do not investigate in the circle.

Photos and data. Photograph only those who agree. No photos or data of children without explicit permission from their parents or guardians.

Fire. Chapter 5 uses paper, never real fire indoors.

Online circles. Cameras optional, chat closed during sharing, one person speaks at a time.





CHAPTER 1 · 4:05

Roots of the Earth · Felicia and the 64 Meta Pets

OPEN CIRCLE OR LIGHT CIRCLE

Before Lia finds the door, before anyone asks the question, the earth is already singing. The great tree wakes Felicia, the Earth-Mother, and one by one the Meta Pets wake among its golden roots.

Card: Card 65 · Felicia · The Light Whisper

OPENING QUESTION

What is growing in you underground, where no one sees it yet?

THE PRACTICE · 15 MIN

1. Invite three slow breaths, feet on the floor.
2. Each person draws a card at random: “the Meta Pet waking for you today”.
3. Read its name and affirmation silently, then once aloud for yourself.
4. Write one sentence: “Today, waking in me is…”

SHARING CIRCLE

Your Meta Pet's name and your sentence. Nothing more is needed.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Shyness or giggles: welcome them. This chapter is about arriving, not performing.
- Someone draws a card they “don't like”: invite curiosity. Every card has a gift inside it.
- Silence: let it be. A silent circle is still a circle.

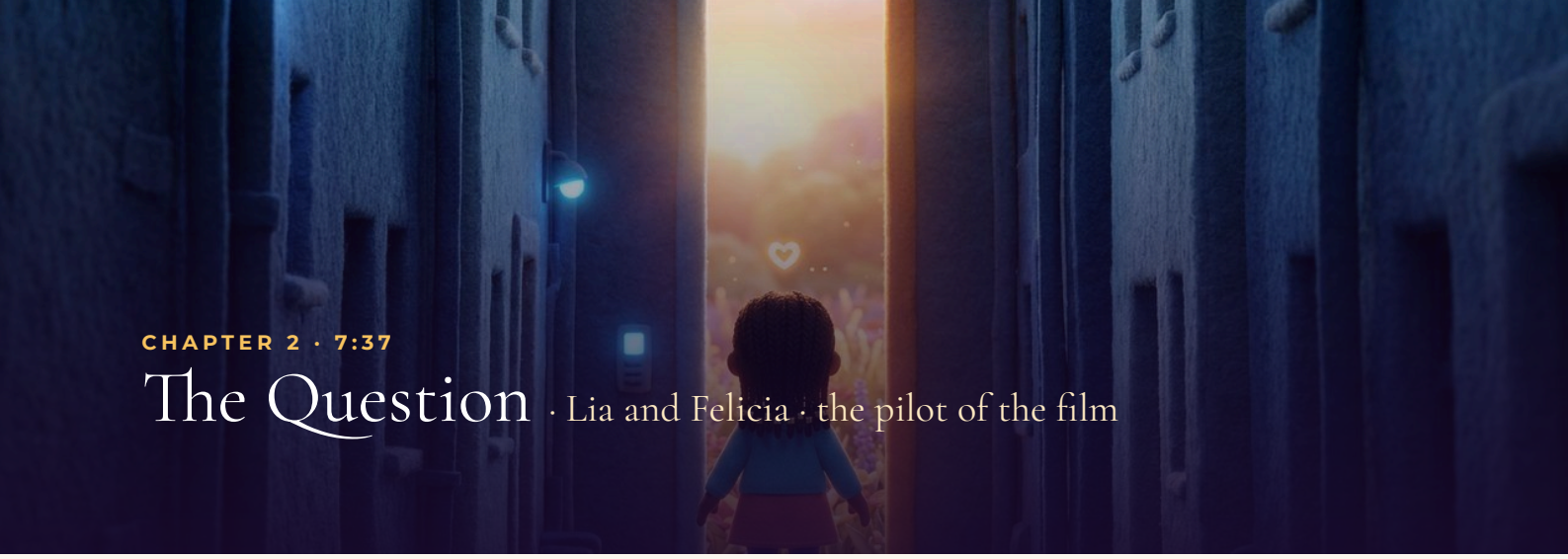
CLOSING LINE

“Everything begins underground, in the quiet.”

GESTURE FOR THE WEEK

Ten minutes of silence a day this week.

Fit for any group, including families and first-time circles.



CHAPTER 2 · 7:37

The Question · Lia and Felicia · the pilot of the film

LIGHT CIRCLE · CERTIFIED FACILITATOR

Lia is eight and has kept her question alive longer than most. One rainy evening she finds a door between two worlds and, behind it, Felicia. She sings the question the grown-ups forgot: if everyone is light, why is everyone so dark?

Card: Any card: the koan of each person's card of the day

OPENING QUESTION

What is the question you stopped asking?

THE PRACTICE · 15 MIN

1. Invite each person to write the question they stopped asking, without editing it.
2. Each draws a card and reads its koan as an answer that is also a question.
3. Five minutes of writing on what the koan opens.
4. Whoever wishes reads their question aloud once.

SHARING CIRCLE

Your question, only if you want to say it aloud. Thank each person; do not answer.

WHAT MAY ARISE, AND HOW TO HOLD IT

- The urge to answer someone else's question: gently remind the circle that here we only listen.
- Big questions about meaning or faith: honour them, they are welcome as questions.
- Note: voices and sound in this chapter are still provisional.

CLOSING LINE

"There is no need to answer today. It is enough to ask again."

GESTURE FOR THE WEEK

Ask your question once a day, out loud, to the sky.



CHAPTER 3 · 3:19

The Shadow Speaks · Felicia, Lia and The Severance

LIGHT CIRCLE · CERTIFIED FACILITATOR

"There is something here that has been waiting for you. And it is going to speak first." The Severance steps out of the mist. Felicia does not fight him: she listens, and opens the door. Inside the dark figure, a small child of golden light is sleeping.

Card: Entropy (Meta Pet 1) · Intolerance (Meta Pet 4) · Turbulence (Meta Pet 36) · Obscurity (Meta Pet 11)

OPENING QUESTION

What part of you do you keep in the dark, and what is it trying to protect?

THE PRACTICE · 15 MIN

1. Each person draws a card and reads only its Shadow level.
2. Write three lines as that shadow: "I protect you from..."
3. In pairs, whoever wishes reads aloud while the other only listens, fixing nothing.
4. Each writes one line from the card's Gift back to the Shadow.

SHARING CIRCLE

How it felt to listen to your shadow instead of fighting it.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Strong emotion: slow down, breathe together, offer the option to pass. Stay calm and present.
- Analysis or advice in pairs: remind that the listener only listens.
- If someone is overwhelmed, pause the practice and stay with them; afterwards suggest a professional they trust.

CLOSING LINE

"What is heard stops shouting."

GESTURE FOR THE WEEK

Once a day, greet one feeling by its name.

For circles led by a certified Facilitator. With children, use only the Gift levels.



CHAPTER 4 · 4:14

River of Forgiveness · The Universal Panacea · Meta Pet 4

LIGHT CIRCLE · CERTIFIED FACILITATOR

"He's still here. Are we going to fight him?" "No. We are going to walk with him." At a river of light, the Universal Panacea rises from the water and shows Lia that the river does not ask the rocks to move. Lia kneels and lays her grey stone on the water.

Card: Meta Pet 4 · A Universal Panacea — Shadow: Intolerance · Gift: Understanding · Essence: Forgiveness. Koan: "The panacea heals all, yet the wound remains. Why?"

OPENING QUESTION

What stone are you still carrying in your pocket?

THE PRACTICE · 15 MIN

1. Give each person a small stone. Place a bowl of water in the centre.
2. Each silently names a grievance. No one says what it is.
3. Read the card's Shadow, Gift and Essence aloud for the group.
4. When ready, and only then, each lays the stone in the bowl. Keeping it is also a valid choice.

SHARING CIRCLE

How it felt to let the stone go, or not yet.

WHAT MAY ARISE, AND HOW TO HOLD IT

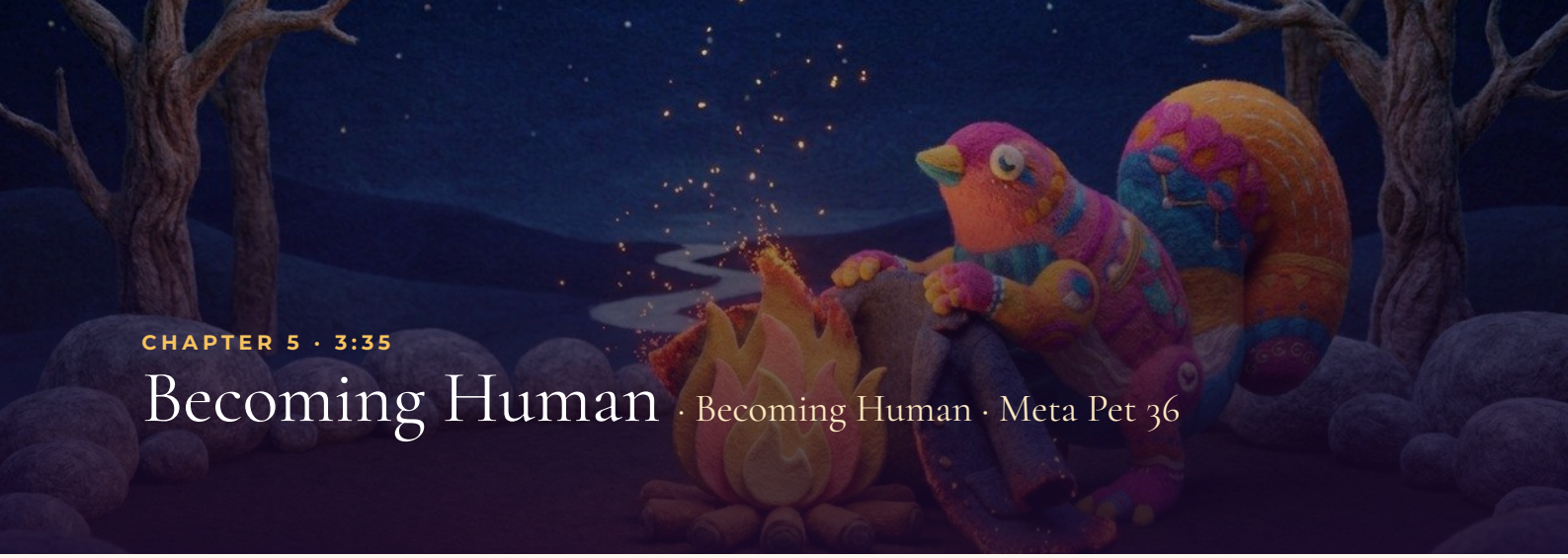
- Pressure to forgive: forgiveness is never an obligation. "Not yet" is honoured.
- Old wounds or abuse: do not explore details in the circle; offer care and referral.
- Relief or tears: let the water hold it. Thank, do not comment.

CLOSING LINE

"The river does not ask the rocks to move."

GESTURE FOR THE WEEK

Keep the stone, or the empty space where it was, where you can see it.



CHAPTER 5 · 3:35

Becoming Human · Becoming Human · Meta Pet 36

LIGHT CIRCLE · CERTIFIED FACILITATOR

"We are halfway down. There is fire ahead." By a fire in the night, Becoming Human holds up the heavy grey coat he has worn as a costume, lays it on the flames and watches it turn into golden sparks. At dawn he offers Lia a small flame.

Card: Meta Pet 36 · Becoming Human — Shadow: Turbulence · Gift: Humanity · Essence: Compassion. Koan: "Compassion for all. Who has compassion for compassion?"

OPENING QUESTION

What costume do you wear to feel safe?

THE PRACTICE · 15 MIN

1. Each person writes their "coat" on a strip of paper.
2. Read the Shadow, Gift and Essence of card 36 aloud.
3. Each folds the paper and lays it in the centre of the circle. Never real fire indoors.
4. Say the card's affirmation together, three times.

SHARING CIRCLE

What a day without that coat would be like.

WHAT MAY ARISE, AND HOW TO HOLD IT

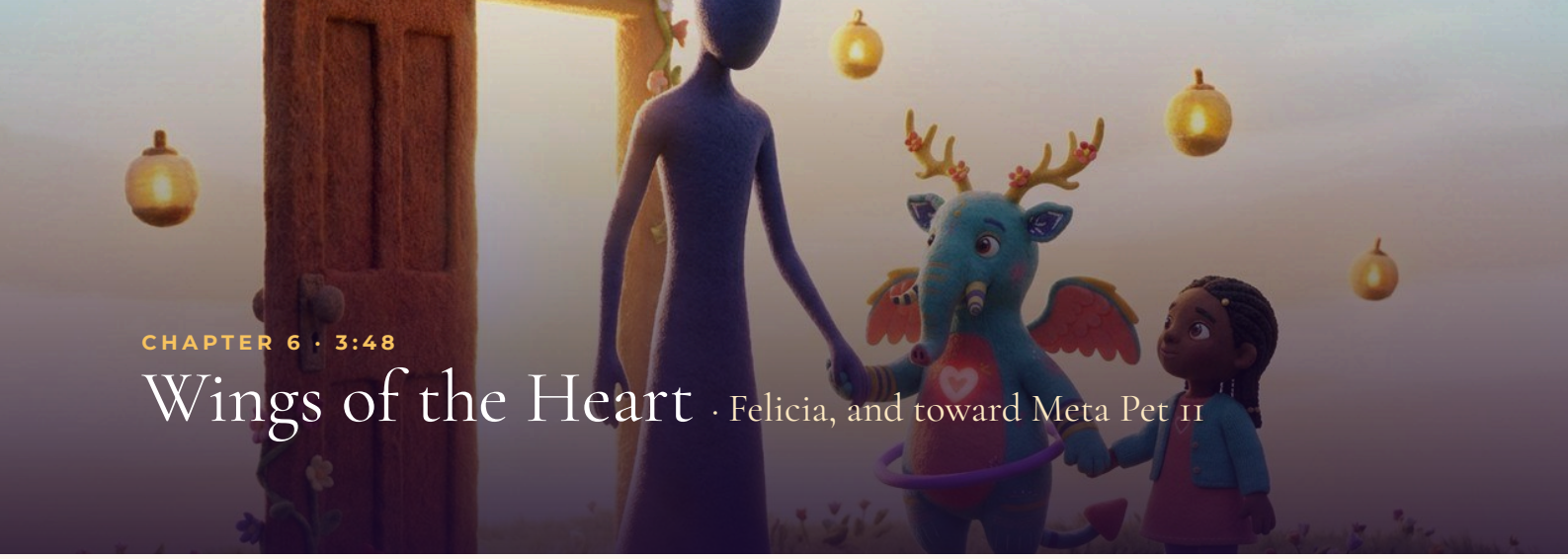
- Men or anyone taught not to cry may feel exposed: protect the option to pass, and thank every share equally.
- Humour as armour: welcome it, and leave a soft silence afterwards.
- If someone names violence or danger, follow your safeguarding duty and local guidance.

CLOSING LINE

"Compassion flows from my heart effortlessly."

GESTURE FOR THE WEEK

Once this week, let someone see one small tremble.



CHAPTER 6 · 3:48

Wings of the Heart · Felicia, and toward Meta Pet 11

LIGHT CIRCLE · CERTIFIED FACILITATOR

"We have walked through the dark, the river and the fire. Now we are at the heart." On a hilltop of coloured doors, Felicia opens her wings and, one by one, the doors of the heart open too, even the rusted one. The shadow is welcomed into the sunlight, and on the next hill Light of Eden is waiting.

Card: Card 65 · Felicia · The Light Whisper → The next card: Meta Pet 11 · The Light of Eden — Shadow: Obscurity · Gift: Idealism · Essence: Light

OPENING QUESTION

Which door of your heart has rusted?

THE PRACTICE · 15 MIN

1. Each person draws the door of their heart that has rusted.
2. Next to it, one small gesture to open it this week.
3. Optional: four lines "I love you still" to mother, father, inner child and hidden part. Private.
4. Hand on the chest, three breaths together.

SHARING CIRCLE

Your door and your gesture. The four lines stay private.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Grief for parents, alive or not: allow it without stories. Silence is a form of holding.
- Family conflict: no one is asked to forgive or to contact anyone.
- If someone feels unsafe, pause and stay with them; refer to a professional afterwards.

CLOSING LINE

"Welcome to this side."

GESTURE FOR THE WEEK

Do the small gesture you wrote, once.



CHAPTER 7 · 3:44

Light of Eden · The Light of Eden · Meta Pet 11, and a choir of twelve

LIGHT CIRCLE · CERTIFIED FACILITATOR

In a hilltop garden of blossom and golden bells, Light of Eden sings with a choir of twelve Meta Pets. When Lia's voice will not come, Light of Eden kneels beside her: sing it small, sing it scared. Lia's light joins hers, and as the song ends the light turns cold blue: The Severance has stepped into it.

Card: Meta Pet 11 · The Light of Eden — Shadow: Obscurity · Gift: Idealism · Essence: Light. Koan: "Eden was never lost. Where have you been looking?"

OPENING QUESTION

What would you sing if it did not have to be good?

THE PRACTICE · 15 MIN

1. Read the Shadow, Gift and Essence of card 11 aloud.
2. Each writes one sentence they have never said aloud.
3. Whoever wishes stands and says, hums or sings it, as small as it comes. The group only receives.
4. Each writes how it felt in the body.

SHARING CIRCLE

How it felt to let your voice out, even a little.

WHAT MAY ARISE, AND HOW TO HOLD IT

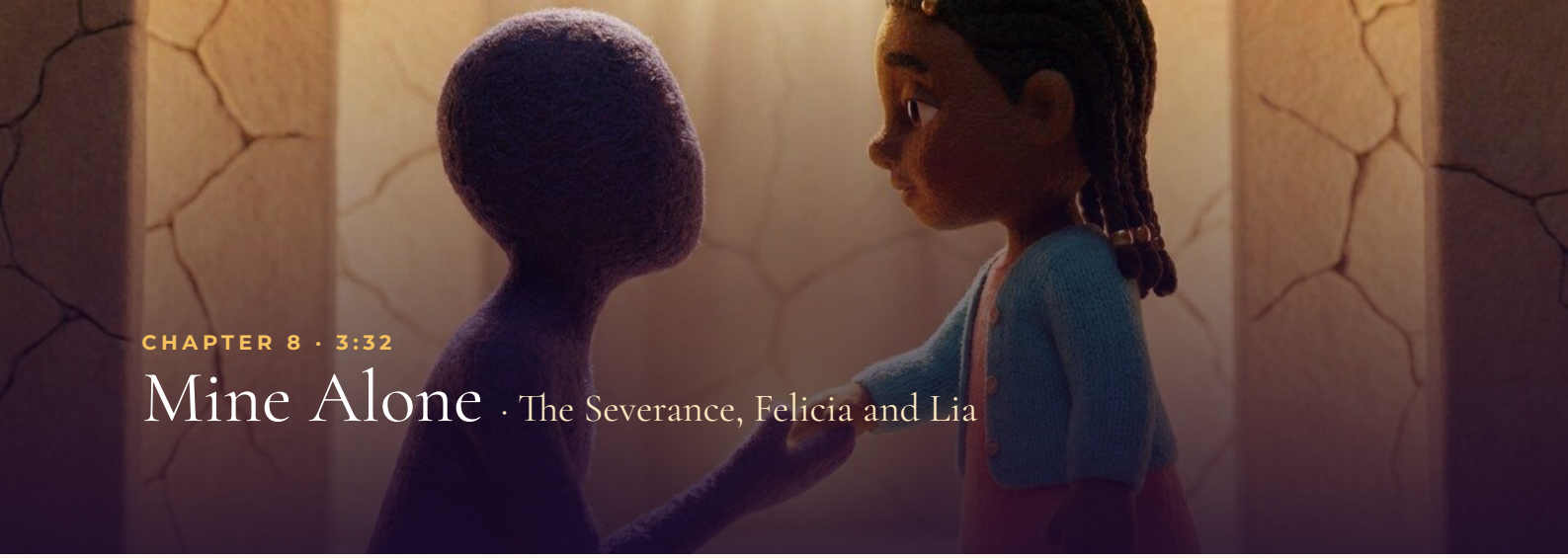
- Performance anxiety: lower the bar. A whisper counts. Passing counts.
- Laughter: it is often relief. Let it pass, then return to stillness.
- The ending turns blue: name it gently. The shadow returns, and we keep walking.

CLOSING LINE

"The cloud is not the sky."

GESTURE FOR THE WEEK

Sing one line, alone or with someone, every day this week.



CHAPTER 8 · 3:32

Mine Alone · The Severance, Felicia and Lia

LIGHT CIRCLE · CERTIFIED FACILITATOR

"Hello, child. Did you forget me?" The Severance shows Lia his world: a cabaret of felt walls and blue neon, every Meta Pet alone behind its own wall. When Lia tells him to stop, Felicia takes her hand: he is not the enemy, he is the wound. The walls crack, the four guides circle him, and Lia says: "I'm sorry I forgot you."

Card: Card 65 · Felicia · The Light Whisper

OPENING QUESTION

What does the voice that keeps you "safe" say to you?

THE PRACTICE · 15 MIN

1. Each person writes three sentences the protective voice says to them.
2. Next to each, what it was trying to protect them from.
3. Hand on the chest, each says silently to that voice: "I see you. You kept me safe. You are not alone any more."
4. Each draws a card and reads its Gift: what the wall was guarding.

SHARING CIRCLE

One sentence of your protective voice, and what it was guarding. Only if you wish.

WHAT MAY ARISE, AND HOW TO HOLD IT

- The song speaks to the audience: someone may feel caught. Normalise it: everyone has this voice.
- Loneliness or abandonment can surface. Slow down, breathe together, never press.
- If someone describes isolation that worries you, stay with them after the circle and suggest a professional they trust.

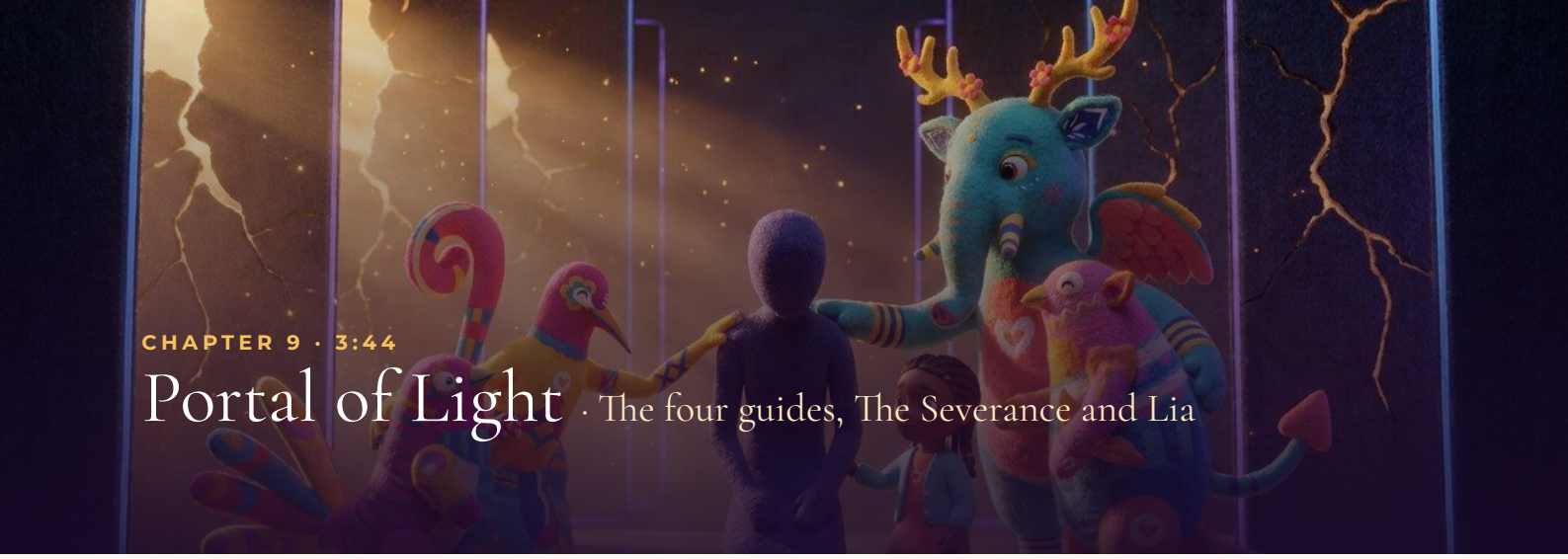
CLOSING LINE

"It is not the enemy. It is the wound."

GESTURE FOR THE WEEK

Once a day, answer the voice: "I see you. You are not alone any more."

For circles led by a certified Facilitator. Watch chapter 3 again before this one.



CHAPTER 9 · 3:44

Portal of Light · The four guides, The Severance and Lia

LIGHT CIRCLE · CERTIFIED FACILITATOR

Kneeling before a portal of light, The Severance confesses: “I am the lie of separateness.” He asks to be taken back, and the four guides answer as one: we see you, we name you, we take you back. The door that looks like the sky opens, not with effort but with stillness, and Lia meets her older self on the other side.

Card: The four guides: Felicia · The Light Whisper (Card 65) · A Universal Panacea (Meta Pet 4, Essence: Forgiveness) · Becoming Human (Meta Pet 36, Essence: Compassion) · The Light of Eden (Meta Pet 11, Essence: Light)

OPENING QUESTION

What part of you has been waiting to be taken back?

THE PRACTICE · 15 MIN

1. Lay the four guide cards in a circle in the centre (Felicia, 4, 36, 11).
2. Each writes privately the name of the part of them that has felt alone.
3. Together, slowly, three times: “We see you. We name you. We take you back.”
4. Three minutes of silence, eyes closed, without trying to open anything.

SHARING CIRCLE

One sentence about your ordinary life, seen from the other side of the door.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Relief or tears: this is the chapter of homecoming. Let them be.
- Someone may feel that nothing happened: stillness is the practice. Thank them equally.
- Spiritual or religious readings: welcome them without debate. Each person names the door in their own words.

CLOSING LINE

“We see you. We name you. We take you back.”

GESTURE FOR THE WEEK

Three minutes of stillness each day this week, with no aim.

For circles led by a certified Facilitator. Best after chapter 8.



CHAPTER 10 · 4:16

Infinite Sky · Lia, the four guides and the Meta Pets

OPEN CIRCLE OR LIGHT CIRCLE

Under the Milky Way Lia sings to the storm: you are not the storm, you are the sky. The guides, the Meta Pets and the integrated Severance shine together. Eight seconds of silence, and then the voice of Lia grown old remembers a whole life, imperfect and enough.

Card: Your card of the day: its Essence is the sky · Any card: the koan of each person's card of the day

OPENING QUESTION

What storm are you mistaking for the sky?

THE PRACTICE · 15 MIN

1. Each person names silently one storm in them today.
2. Together, inwardly: "I am not this storm. I am the sky it moves through."
3. Three rounds of eight seconds of complete silence.
4. Each draws a card and reads only its Essence, twice.

SHARING CIRCLE

Three lines that begin "I lived, and…", remembered from very far away.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Silence can feel long or awkward at first. Keep it anyway: it is the practice.
- Older participants may be moved by the voice of Lia grown old. Give the sharing time.
- If someone feels nothing, thank them equally: the sky does not need to be felt to be there.

CLOSING LINE

"You are not the storm. You are the sky."

GESTURE FOR THE WEEK

Eight seconds of silence before each meal this week.

Fit for an open circle, with any group.



CHAPTER 11 · 3:40

Happytalism · Lia grown old, the whole city and the whole company

OPEN CIRCLE OR LIGHT CIRCLE

"And we built it. Slowly and badly at first, and together." The whole city sings Happytalism: the old world of never enough crumbles, the long table is laid in the street, coins turn into flowers and ten billion souls light up the Earth.

Card: All 64 Meta Pets, together · Any card: the koan of each person's card of the day

OPENING QUESTION

Where do you still live in the old world of never enough?

THE PRACTICE · 15 MIN

1. Each writes one thing in their life that still runs on "never enough".
2. Each draws a card and reads its Gift.
3. Each chooses one concrete act of "enough" for this week.
4. All stand. Each says aloud: "From this moment, in my street, I will…".

SHARING CIRCLE

Your promise, in one sentence.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Political readings may appear. Bring the circle back to the personal act: one awakened cell.
- Cynicism ("it is utopia"). Welcome it, and read the line: "Not utopia, just what is possible when we choose."
- Energy rises: end standing, and let the group sing or clap if it wishes.

CLOSING LINE

"We are the light."

GESTURE FOR THE WEEK

One act of "enough" this week, offered with your Gift.

Fit for an open circle, with any group. Ideal for teams and schools.



CHAPTER 12 · 4:26

The Path of Light · Lia young and old, Felicia, the guides and the whole company

OPEN CIRCLE OR LIGHT CIRCLE

A child's voice sings alone: we carry the light from the womb to the world, from the world to the stars, and back. The four guides give their last teachings, all sing together, “we were never separate”, and Lia grown old speaks the last words of the film: you are home.

Card: Card 65 · Felicia · The Light Whisper

OPENING QUESTION

What has changed in you between the first chapter and the last?

THE PRACTICE · 15 MIN

1. Lay the cards of the chapters you have shared in a circle.
2. All stand. Read the seven stations slowly: roots in the earth … crown of the stars.
3. At each, touch the place in the body it names.
4. Each says the one step of the path they will walk tomorrow, and with whom.

SHARING CIRCLE

The chapter that was most yours, in one sentence.

WHAT MAY ARISE, AND HOW TO HOLD IT

- Endings bring grief as well as joy: name both.
- Some will want to keep meeting. Offer the next step: the Meta Pets Explorer and the Facilitator path.
- Close slowly. Do not rush the last whisper.

CLOSING LINE

“You are home.”

GESTURE FOR THE WEEK

Walk one step of the path every day, with someone.

Fit for an open circle, and the natural close of a full series of Light Circles.

YOUR OWN PRACTICE

Caring for the one who holds

You cannot give a circle more calm than you have. These small rituals keep your own light steady.

BEFORE THE CIRCLE

1. Ten minutes of silence, or the 7-minute meditation of the chapter's card.
2. Draw a card for yourself and read its affirmation.
3. Set one intention: “May everyone leave a little lighter.”

AFTER THE CIRCLE

1. Wash your hands, drink water, take three slow breaths.
2. Write one thing that moved you and one thing you will do differently.
3. Let the stories go. They belong to the people who shared them.

The facilitator is also a participant: receive what the circle gives you.



AFTER THE CIRCLE

Invitations and community

Invite in this order, without pressure. An invitation is a gift, not a sale.

1. The free study course: every chapter, the cards and practices in four languages (QR code at the end).
2. The next circle, with the next chapter.
3. The Meta Pets Method: the Explorer Pack with the 64 cards, the online course and the app.
4. Give a seat: a donation so a child or a school can see the film.

TELL US HOW IT WENT

Write to lgallardo@worldhappiness.foundation with the date, city (or “online”), chapter, number of people and one moment you would like to share. With the speaker's permission, we may use it on the film page. On social media, tag @metapetsworld and use #LightCircle.

FIVE WAYS INTO THE STORY

Watcher → Friend of the film → Explorer → Facilitator → Guide. Each step asks a little more and gives a bigger part to play. Facilitators who host circles regularly can train as Guides and prepare new Facilitators.



PRINT AND PLACE AT THE CENTRE

Our agreements

What is said here stays here.

We listen without fixing.

Anyone may pass.

We speak from our own experience.

We thank every voice.

Unlocking Your Light Within · Light Circle

KEEP WALKING

Your next steps

THE STUDY COURSE

Every chapter, with video, meaning, cards and practice, in English, Spanish, Portuguese and Hindi. Free.

THE APP

Your card of the day, each card's practice and a 7-minute meditation for each Meta Pet.

A LIGHT CIRCLE

Watch one chapter with others and share in a circle. Ask a Meta Pets Facilitator near you, or become one.

THE METHOD

Explorer (Level 1): the 64 cards, the online course and the app. Facilitator (Level 2): learn to hold circles for others.

Study course (free)

Meta Pets World app

The film

Deck & Explorer Pack

Unlocking Your Light Within is an animated musical film produced by the World Happiness Foundation, based on the stage musical by Luis Miguel Gallardo. Music from the album Unlocking Your Light Within. Stills from the first cuts of chapters 1 to 12. Meta Pets artwork from the official deck.

The Meta Pets Method honours, with gratitude, our long collaboration with and study of the Gene Keys of Richard Rudd and Rosy Aronson and the Dream Arc.

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