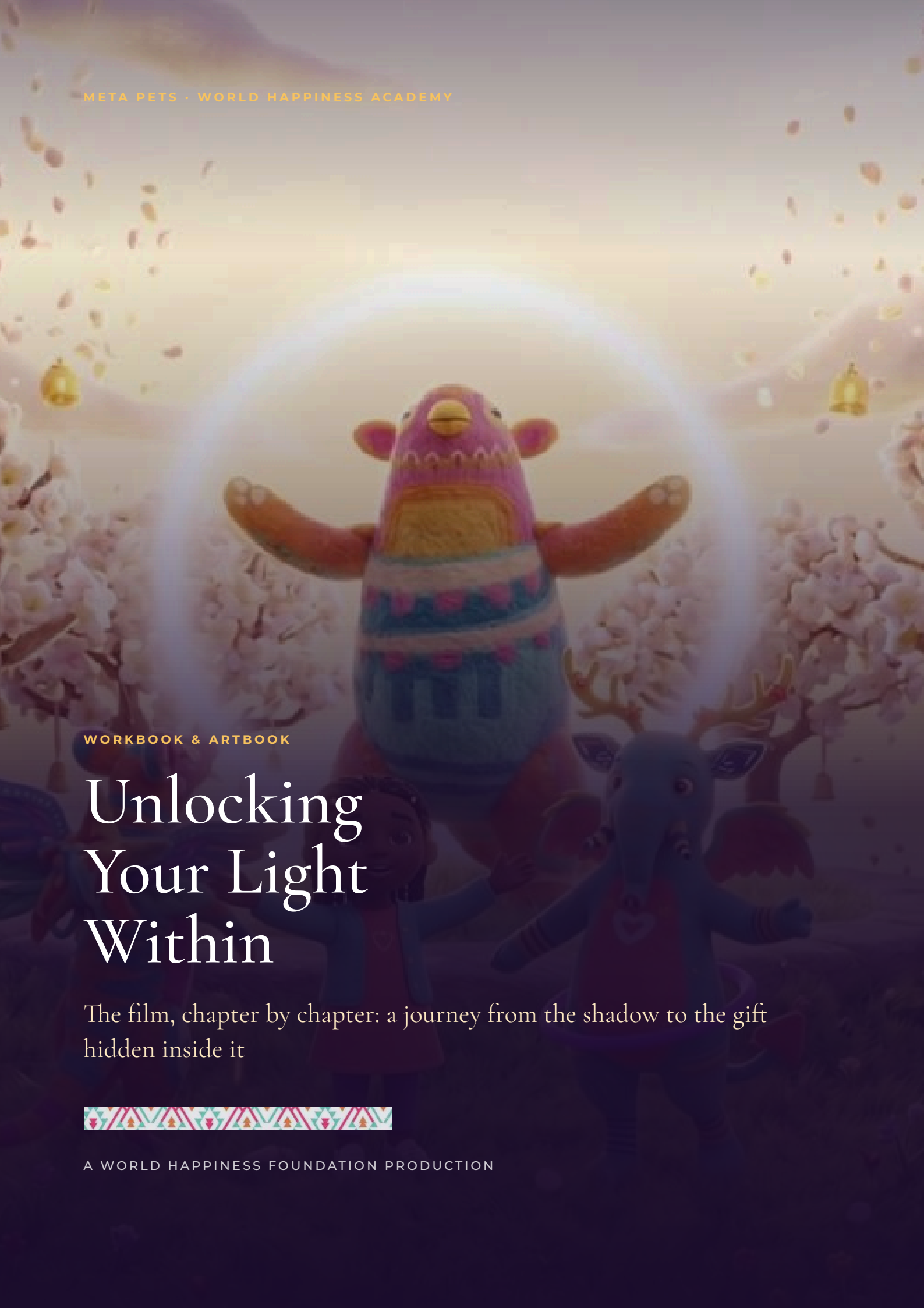
META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK

Unlocking Your Light Within

The film, chapter by chapter: a journey from the shadow to the gift hidden inside it

A WORLD HAPPINESS FOUNDATION PRODUCTION

WELCOME

This book is yours

Before there was a name for you, before there was a mirror, the earth was already learning your shape. This workbook begins there: with belonging, not with what is wrong with you.

Unlocking Your Light Within is the animated musical film of the 64 Meta Pets. Twelve chapters, twelve songs, one journey that goes down before it goes up: from the question we stopped asking, through the shadow we kept in the dark, to the gift that was waiting inside it all along.

These pages walk with the twelve chapters of the film. For each one you will find what happens, what it means, the Meta Pet who carries it, a practice of about fifteen minutes, three questions to write on and a page to colour or draw. Nothing here needs to be done well. Everything here can be done slowly.

Write in pencil or in ink, in the margins, across the lines. Colour outside the shapes. Skip a page and come back to it in a month. A workbook is not a test. It is a place where you are allowed to be exactly as you are.

With gratitude, from all of us at the World Happiness Foundation



HOW TO USE THIS BOOK

One chapter at a time



Give each chapter about forty minutes, once a week. Let it settle before you move on.

WATCH

The chapter in your course, on the film page or in a Light Circle, with subtitles in your language.

UNDERSTAND

Read what happens and what it means. Underline whatever touches you.

MEET THE CARD

Shadow, Gift and Essence of the Meta Pet who guides the chapter, its koan and its affirmation.

PRACTISE

About fifteen minutes with the cards or the app, a pen and your breath.

WRITE

Three questions. Answer one, or all three, or none: write whatever comes.

COLOUR OR DRAW

A Meta Pet from the deck to colour, or a frame for your own drawing. Slowly, with your breath.

WHAT YOU NEED

- The free Meta Pets World app (iPhone, Android and web) or the deck of 64 cards.
- Coloured pencils, a pen and a quiet half hour.
- Headphones, and the film: your course, metapetsworld.org/film or a Light Circle near you.

This is a practice of self-knowledge, not therapy. You can always pause or skip a practice. If something stirs strongly, stop, breathe, and talk with someone you trust or with a professional.

THE MAP

Down before up

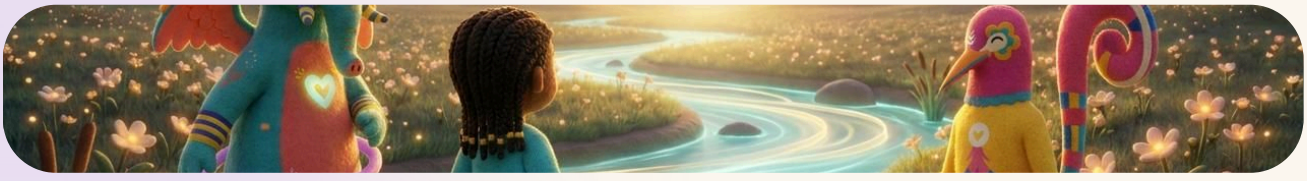
Felicia says it in chapter 2: “To climb, we must first descend. The light is not above. The light is on the other side of the dark.”



Part I, the descent (chapters 1 to 5): come home to the ground, dare to ask, listen to the shadow, let go of the stone, lay down the armour.

The heart (chapter 6): “We have walked through the dark, the river and the fire. Now we are at the heart. From here, we begin to climb.”

Part II, the climb (chapters 7 to 12): find your voice, meet the wound behind the walls (Mine Alone), take the shadow back and step through the door (Portal of Light), remember you are the sky (Infinite Sky), build the new world together (Happytalism) and come home (The Path of Light). Twelve chapters, twelve golden dots: the whole path.



THE WHOLE SYSTEM

Shadow → Gift → Essence



The film is the way in. The Meta Pets Method is what stays with you.

SHADOW

The pattern that contracts us. Not an enemy: the part of us that waited while the rest of us learned to imitate.

GIFT

The quality that appears when the shadow is met with awareness instead of fear.

ESSENCE

The highest expression the card invites, beyond effort.

Each of the 64 Meta Pets is a fusion of three animals that carry its Essence, its Gift and its Shadow: 192 animals in all. Each card holds a name, a Shadow, a Gift, an Essence, a koan and an affirmation.

A koan is a question that cannot be solved with the thinking mind, only lived. An affirmation is a sentence you can say aloud until your body begins to believe it.

WITH GRATITUDE

The Meta Pets Method grows from our long collaboration with, and study of, the Gene Keys of Richard Rudd and Rosy Aronson and the Dream Arc. We honour them with deep gratitude. The shadows named in the film, such as Entropy, Intolerance, Turbulence and Obscurity, come from that lineage.

BEFORE YOU BEGIN

My intention



Take three slow breaths. Then write, without editing, whatever wants to be written.

What brings me to this journey now?

What would I like to understand, or to let go of?

Who will I be walking with, and who could I invite?



CHAPTER 1 · 4:05 · THE DESCENT

Roots of the Earth

Felicia and the 64 Meta Pets

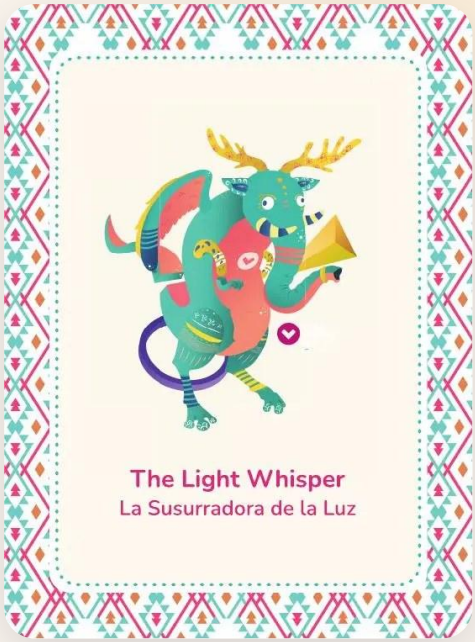
“Come down, come down where the seed still sings: you are the tree, and the tree is everything.”

What it means

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.

The Method does not begin with what is wrong with you. It begins with belonging. Shadow work is only safe when we feel held, so the film starts underground, at the roots, where breath begins and the running ends.

The Meta Pets wake together. None of them wakes alone. That is the first teaching: we were never separate from the ground, and never separate from each other.



CARD 65

Felicia · The Light Whisper

Felicia is the guide who does not answer the question but walks it with you. In this chapter she is the earth that remembers your worth before you do.



CHAPTER 1 · PRACTICE · 15 MIN

The Meta Pet waking for you



1. Sit with both feet on the floor. Take three slow breaths and feel the weight of your body resting on the ground.
2. Draw one card at random, from the deck or as your card of the day in the app.
3. Read its name and its affirmation aloud, slowly, twice.
4. Write one sentence: “Today, waking in me is…”
5. Gesture for the week: ten minutes of silence a day, like the seed underground.

JOURNAL

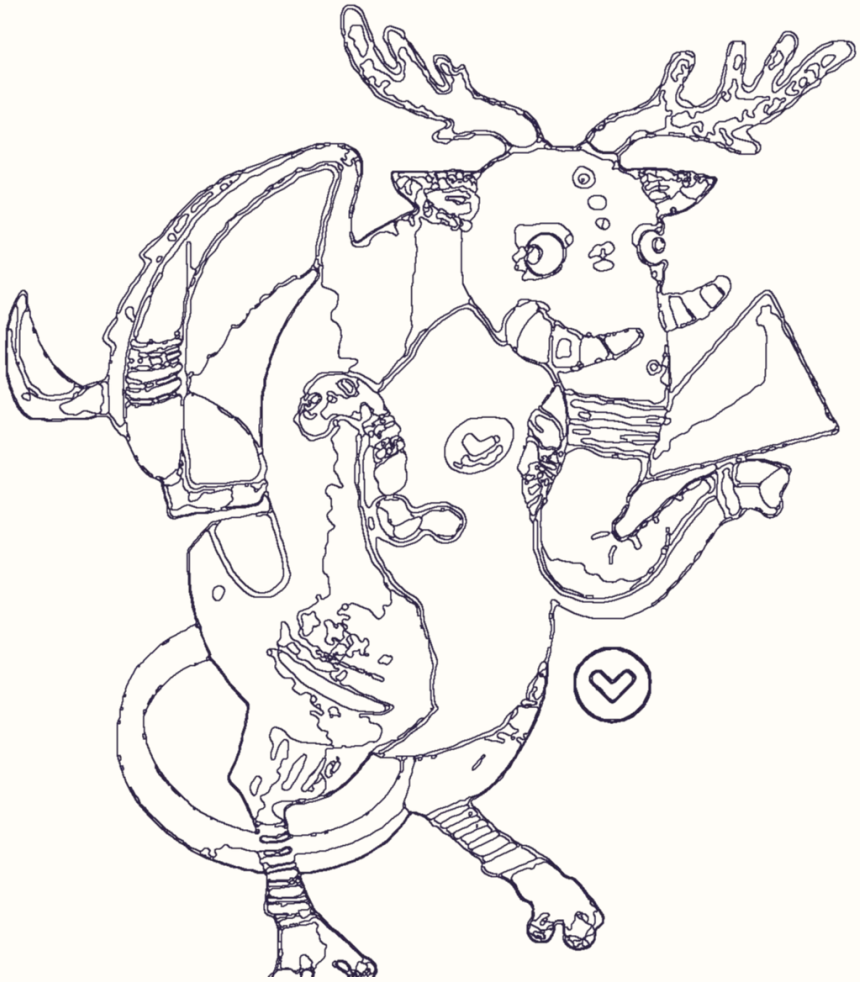
What is growing in me underground, where no one sees it yet?

Where, and with whom, do I feel at home in my body?

Who and what are my roots?

Colour Felicia

Colour the Earth-Mother slowly, one breath for each shape. There is no right colour: choose the colours of the places where you feel at home.





CHAPTER 2 · 7:37 · THE DESCENT

The Question

Lia and Felicia · the pilot of the film

"There is no question you are not allowed to ask."

What it means

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?

Lia has been taught to be quiet, yet everywhere she looks people are aching behind smiling masks. Her question is not a complaint. It is the first act of courage in the film.

Felicia does not answer. “The answer can only be walked.” This is the stance of the Method and of every Facilitator: we do not fix, we accompany.

KOAN

Every Meta Pets card carries a koan: a question that cannot be solved, only lived. Three of the koans that walk with the film:

“The panacea heals all, yet the wound remains. Why?”

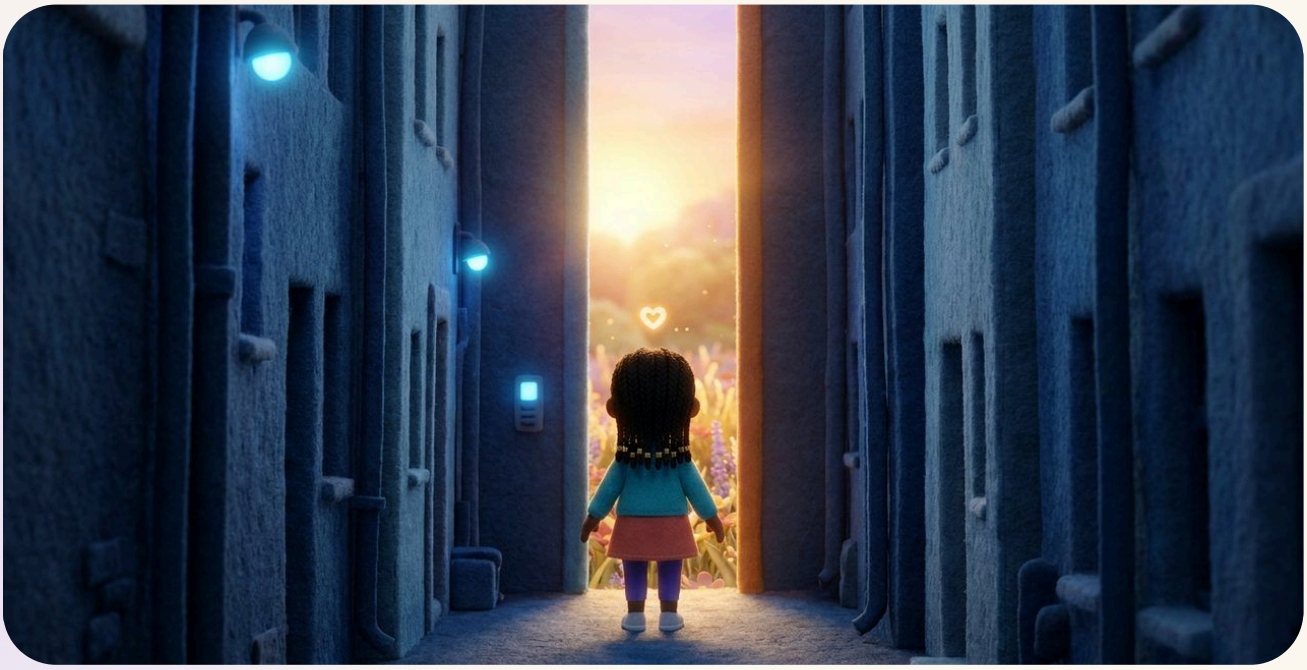
Meta Pet 4

“Compassion for all. Who has compassion for compassion?”

Meta Pet 36

“Eden was never lost. Where have you been looking?”

Meta Pet 11



CHAPTER 2 · PRACTICE · 15 MIN

The question you stopped asking



1. Write the question you stopped asking. Do not edit it.
2. Draw a card and read its koan as if it answered your question with another question.
3. Write for five minutes about what that koan opens in you.
4. Read your question aloud once, to yourself. Nothing more is needed today.

JOURNAL

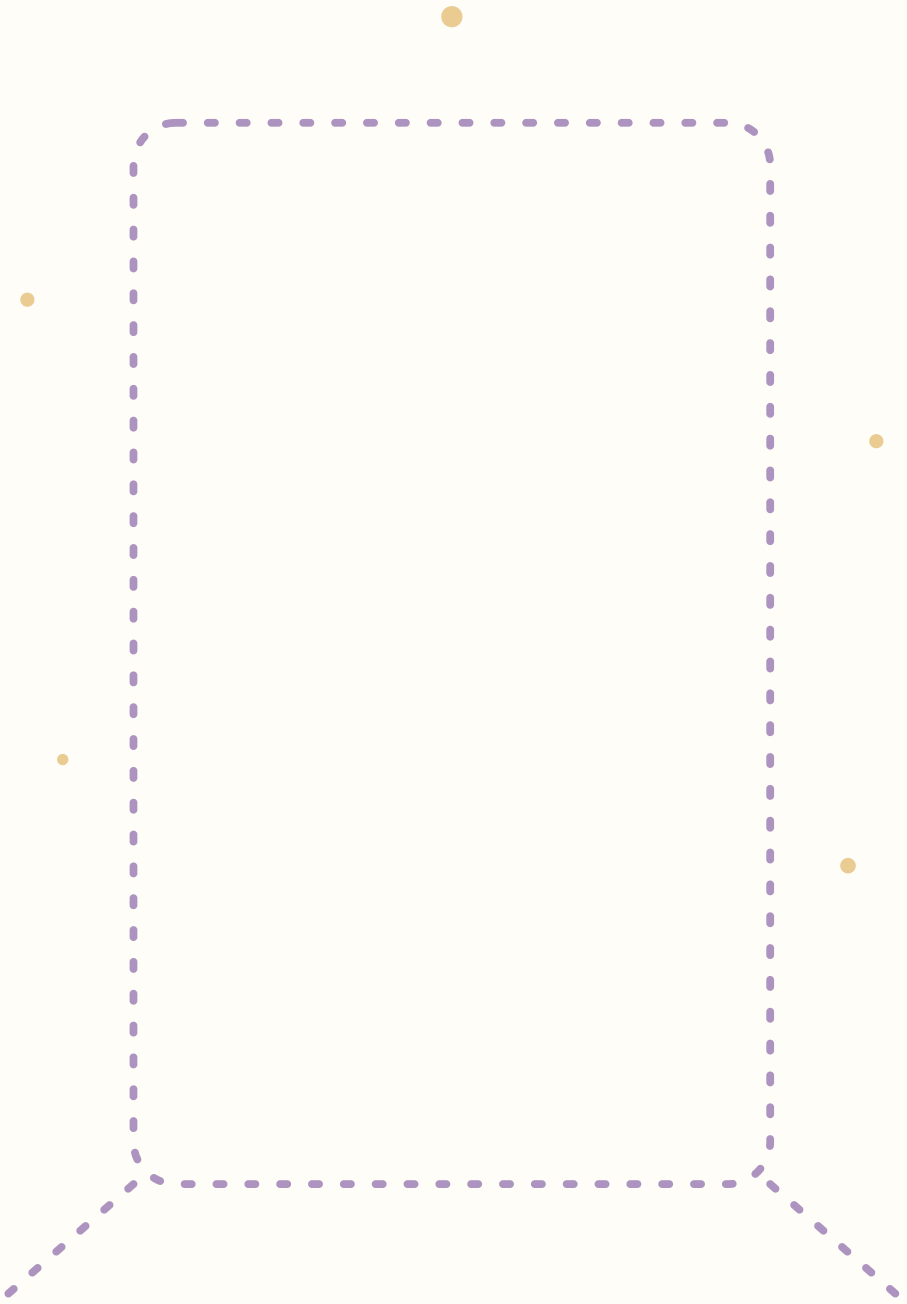
When was I told not to ask?

Where do I see masks around me, and where do I wear one?

What would it mean to walk my question instead of solving it?

Draw the door

Inside this frame, draw the door between your two worlds, or write your question in the most beautiful letters you have. Decorate it as if it deserved to be asked.





CHAPTER 3 · 3:19 · THE DESCENT

The Shadow Speaks

Felicia, Lia and The Severance

"What you do not greet will not let you sleep. What you do not name will name you."

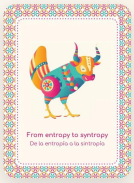
What it means

"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.

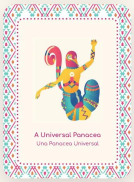
The Severance is the lie of "I am alone". He sings the inner life of every shadow: a room we have not entered in years, with a whole city built on top of its closed door.

The shadow is not the enemy at the gate. It is the part of you that waited while the rest of you learned to imitate. The song names four shadows, each one a Meta Pet you will meet again.

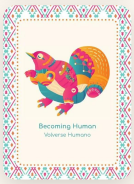
THE FOUR SHADOWS OF THE SONG



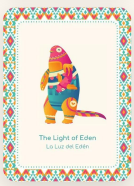
Entropy "nothing matters"
Meta Pet 1 · From Entropy to Syntropy · Gift: Freshness · Essence: Beauty



Intolerance "stay closed"
Meta Pet 4 · A Universal Panacea · Gift: Understanding · Essence: Forgiveness



Turbulence "storm and shatter"
Meta Pet 36 · Becoming Human · Gift: Humanity · Essence: Compassion



Obscurity "stay alone"
Meta Pet 11 · The Light of Eden · Gift: Idealism · Essence: Light



CHAPTER 3 · PRACTICE · 15 MIN

Listening to a shadow



1. Draw a card and read only its Shadow level.
2. Write three lines in the first person, as that shadow speaking to you: “I protect you from…”
3. Read them aloud, slowly. Listen without fixing anything.
4. Read the Gift of the same card. Write one line from the Gift back to the Shadow.

JOURNAL

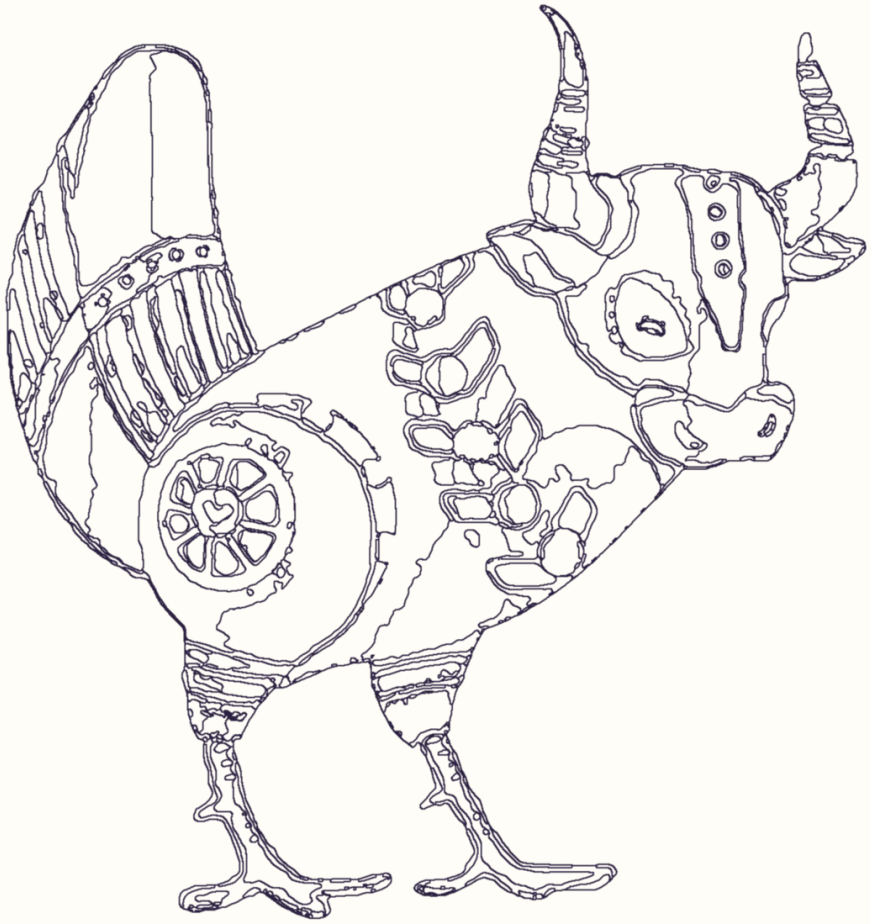
What part of me do I keep in the dark, and what is it trying to protect?

Which of the four voices do I hear most?

What city have I built on top of a closed door?

Colour the first shadow

Meta Pet 1, From Entropy to Syntropy, carries the shadow “nothing matters”. Colour it with the warmest colours you have, as if you were giving it back its life.





CHAPTER 4 · 4:14 · THE DESCENT

River of Forgiveness

The Universal Panacea · Meta Pet 4

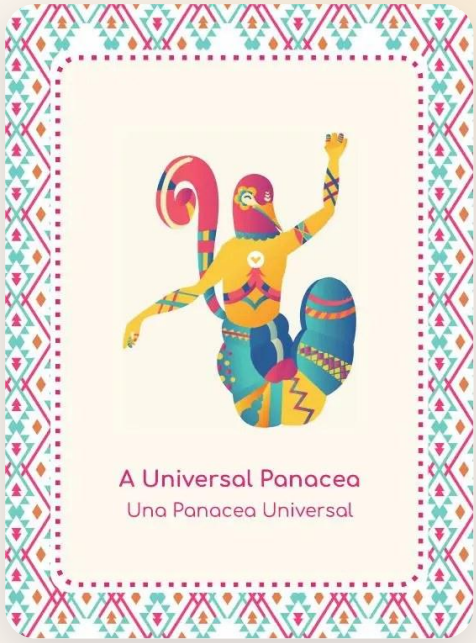
"The river forgives the stone without asking it to change its shape."

What it means

"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.

Lia has been carrying a stone: her judgment, heavy in a heavy hand. Letting go of it feels dangerous, because it has become something to stand on. Forgiveness is not a moment but a tide. It remembers everything, and still sings.

Notice that The Severance is still there. The film does not banish the shadow. It walks with it.



META PET 4

A Universal Panacea

SHADOW
Intolerance

GIFT
Understanding

ESSENCE
Forgiveness

KOAN

The panacea heals all, yet the wound remains. Why?

AFFIRMATION

I am a vessel of universal healing.



CHAPTER 4 · PRACTICE · 15 MIN

Laying down the stone



1. Take a small stone and a bowl of water.
2. Hold the stone. Silently name a grievance you still carry. You do not have to write it.
3. Read the card's Shadow, Gift and Essence slowly.
4. When you are ready, and only then, lay the stone in the water. If you are not ready, keep it in your pocket this week and notice its weight.
5. Close with the 7-minute meditation of card 4 in the app.

JOURNAL

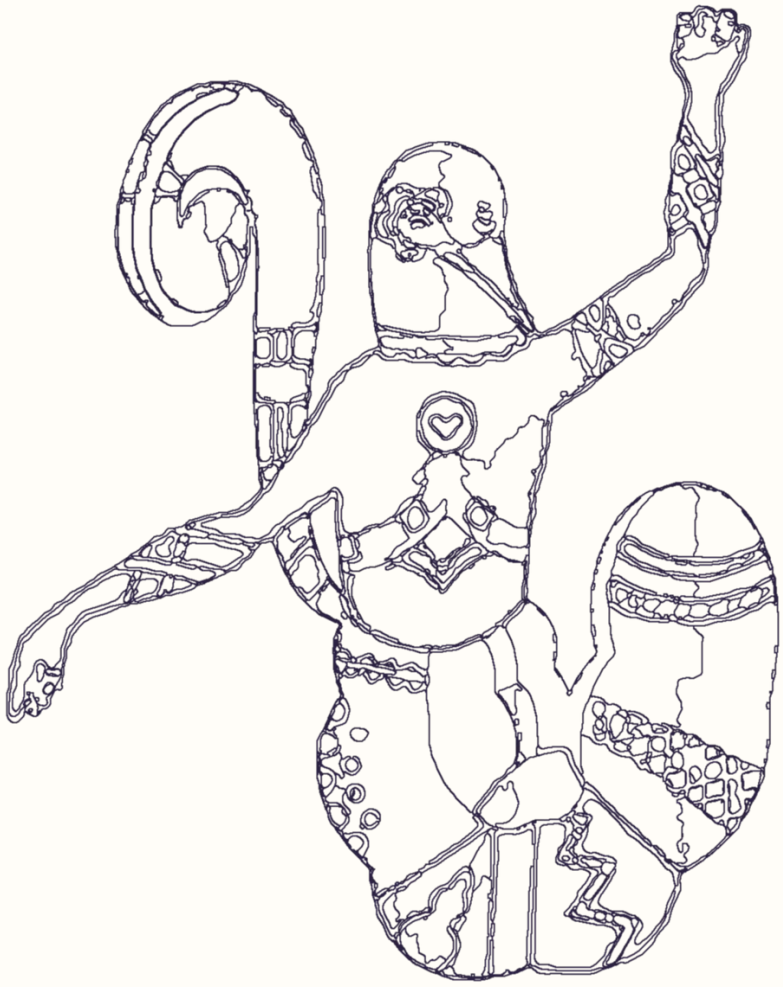
What stone am I still carrying in my pocket?

What do I fear I would have left to stand on if I let it go?

Where could I flow around a rock instead of asking it to move?

Colour the Universal Panacea

Colour Meta Pet 4 slowly. With each shape, breathe out a little of what you no longer need to carry.





CHAPTER 5 · 3:35 · THE DESCENT

Becoming Human

Becoming Human · Meta Pet 36

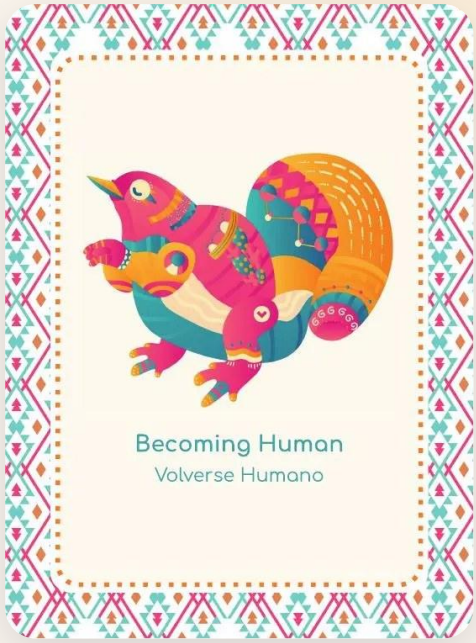
"The fire I feared was the fire I am. And the fire is kind."

What it means

"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.

"I have been a storm wearing the costume of a man. I have been a fist that forgot it was a hand." He called his wall strength and his thunder power. The chapter turns that around: the strongest ones are those who let it show.

Compassion is not weakness. It is what remains when what is not true has burned.



META PET 36

Becoming Human

SHADOW
Turbulence

GIFT
Humanity

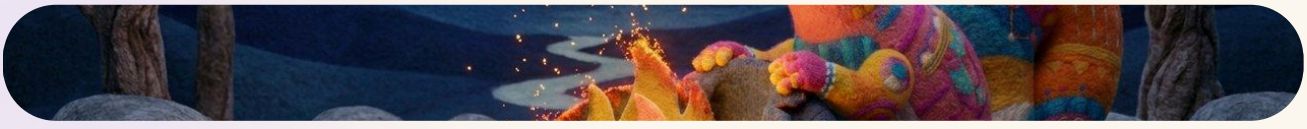
ESSENCE
Compassion

KOAN

Compassion for all. Who has compassion for compassion?

AFFIRMATION

Compassion flows from my heart effortlessly.



CHAPTER 5 · PRACTICE · 15 MIN

The coat you can take off



1. Write your “coat” on a strip of paper: the costume you wear to feel safe (always busy, always strong, always fine).
2. Read the Shadow, Gift and Essence of card 36.
3. Fold the paper and put it somewhere you can see it. Never use real fire indoors: the fire in this practice is your attention.
4. Say the affirmation aloud three times.
5. Close with the 7-minute meditation of card 36 in the app.

JOURNAL

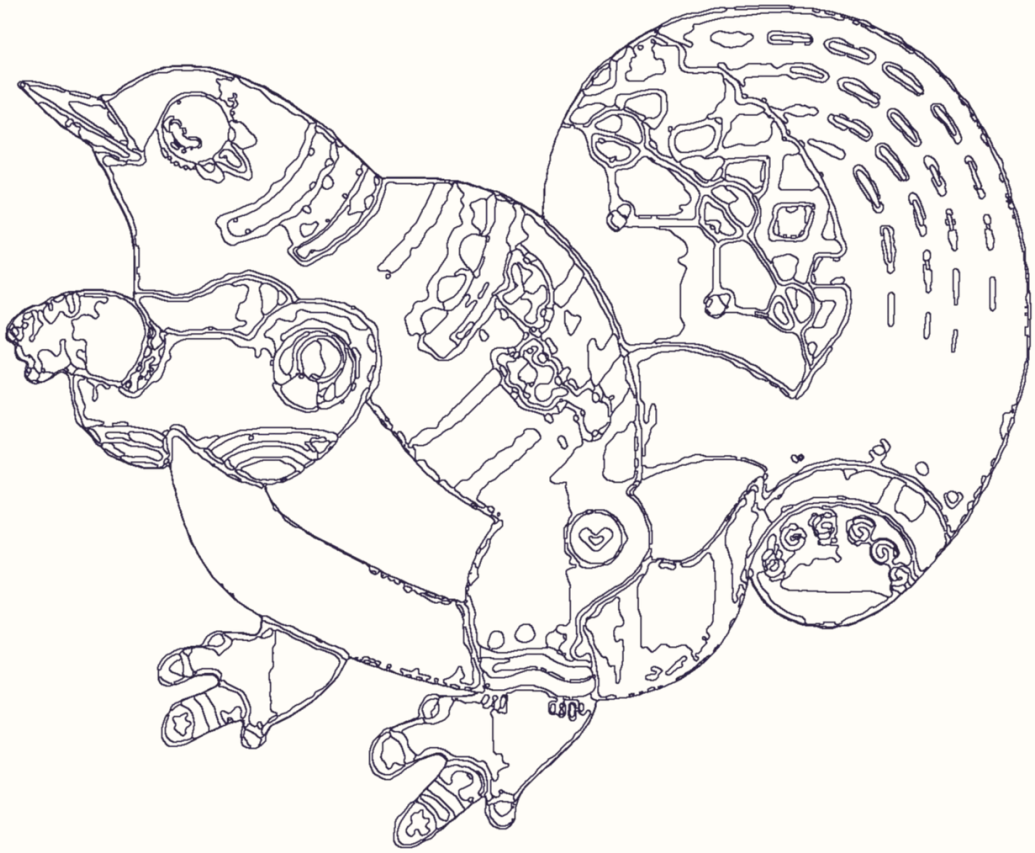
What costume do I wear to feel safe?

What would a day without that coat be like?

Whom do I admire for letting their trembling show?

Colour Becoming Human

Colour Meta Pet 36 with the colours of a kind fire: gold, amber, rose. Let each colour be a little softer than the last.





CHAPTER 6 · 3:48 · THE HEART

Wings of the Heart

Felicia, and toward Meta Pet 11

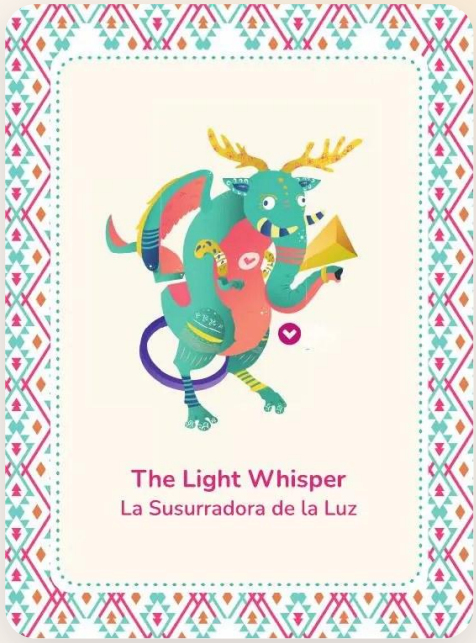
“Love is the air you have been breathing while you forgot what it was.”

What it means

"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.

This is the turning point of the film: the bottom of the descent and the beginning of the climb. After the shadow has been heard, the stone laid down and the coat burned, what is left is the heart, and it was never far away.

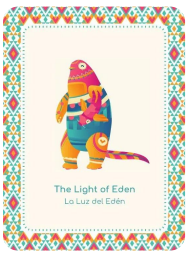
The song is a litany of the unloved: the mother, the father, the child inside, and last the part of us we have hidden. Each one hears the same words: I love you still. The shadow is not defeated. It is welcomed.



CARD 65

Felicia · The Light Whisper

Felicia carries this chapter on open wings: love is what is already here before the asking came.



THE NEXT CARD · META PET 11

The Light of Eden

Shadow: Obscurity · Gift: Idealism · Essence: Light

"Eden was never lost. Where have you been looking?"



CHAPTER 6 · PRACTICE · 15 MIN

The rusted door



1. Draw a door: the door of your heart that has rusted.
2. Next to it, write one small gesture to open it this week. Small is enough.
3. If you wish, write four short lines: to your mother, your father, the child inside you and the part of you that you have hidden. Begin each with “I love you still”, or with whatever is true today.
4. Place your hand on your chest and take three breaths before you close.

This practice can touch tender places. Go gently, and stop whenever you need to.

JOURNAL

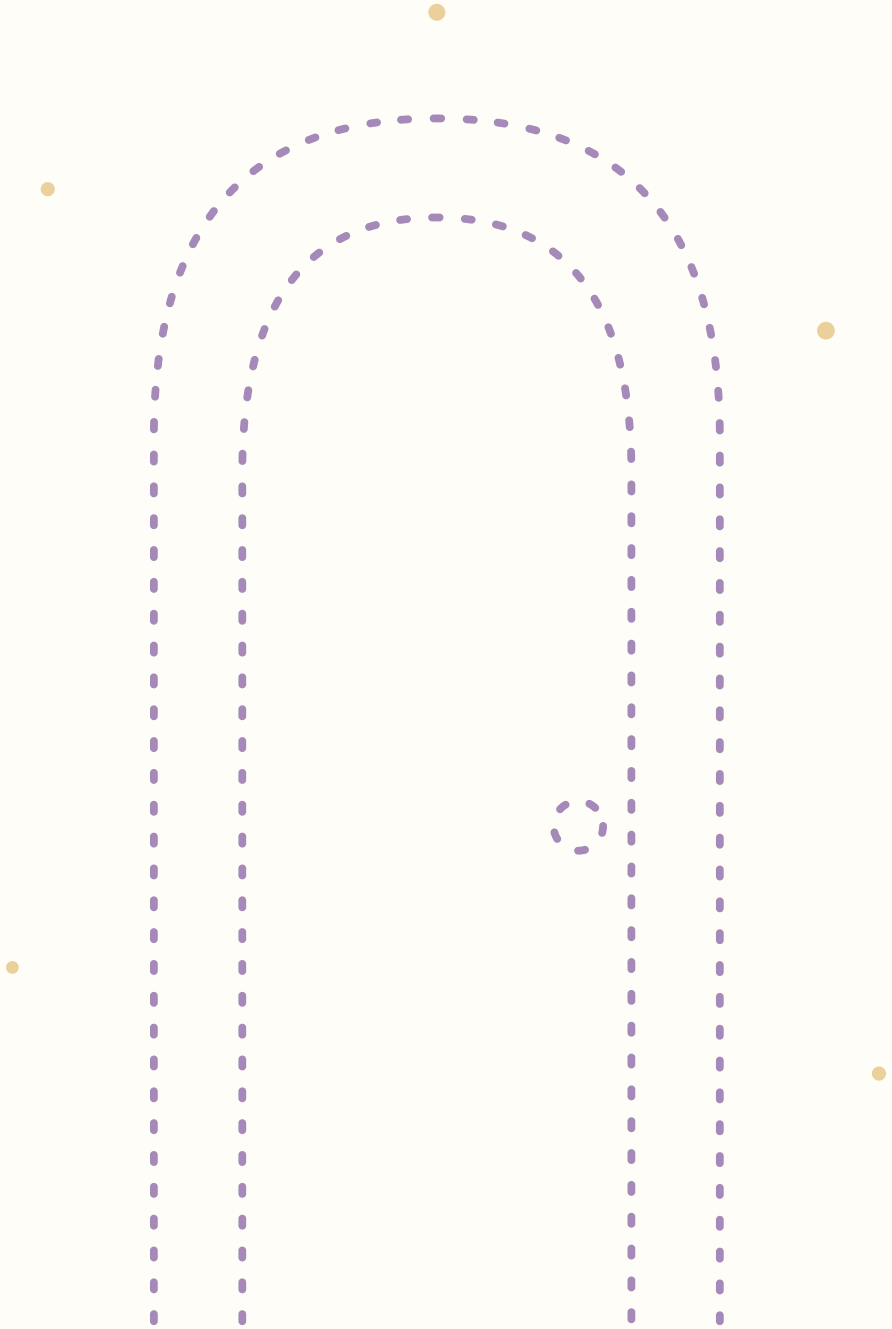
Which door of my heart has rusted?

What part of me is still waiting to be welcomed?

What is already here, before the asking?

Draw your door

Draw the rusted door, then its key. Colour the light you imagine behind it.





CHAPTER 7 · 3:44 · THE CLIMB

Light of Eden

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

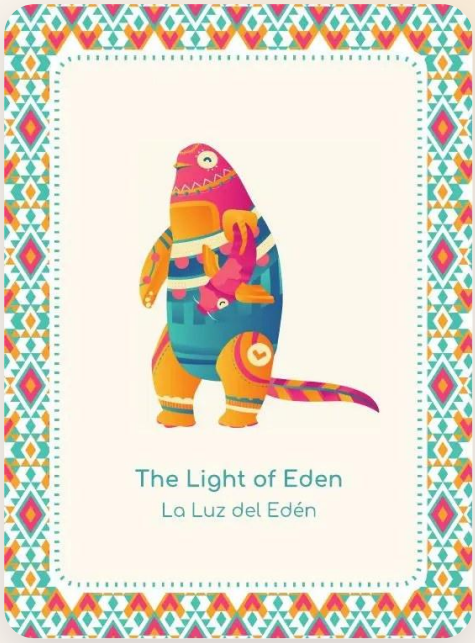
“Sing it small. Sing it scared. Sing it however you can.”

What it means

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.

This is the chapter of the voice. Light of Eden has whispered for years, “obscured by other people's weather”, and she forgives those who silenced her: they were only children when they did. Her discovery is simple and enormous: the cloud is not the sky.

You do not have to sing well. You have to sing. And when the light is strongest, the shadow returns: the climb is not a straight line.



META PET 11

The Light of Eden

SHADOW
Obscurity

GIFT
Idealism

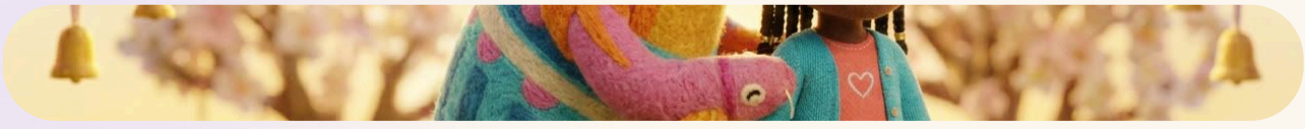
ESSENCE
Light

KOAN

Eden was never lost. Where have you been looking?

AFFIRMATION

I carry the light of Eden within me.



CHAPTER 7 · PRACTICE · 15 MIN

The song you keep in custody



1. Read the Shadow, Gift and Essence of card 11.
2. Write one sentence you have never said aloud.
3. Stand up. Say it, hum it or sing it, as small and as scared as it comes. Once is enough.
4. Write how it felt in your body.
5. Close with the 7-minute meditation of card 11 in the app.

JOURNAL

Whose weather has obscured my light?

Who told me to stay quiet, and were they only children when they did?

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

Colour the Light of Eden

Colour Meta Pet 11 as if the sun were coming out from behind a cloud. Leave one small space white: the light that was always there.





CHAPTER 8 · 3:32 · THE CLIMB

Mine Alone

The Severance, Felicia and Lia

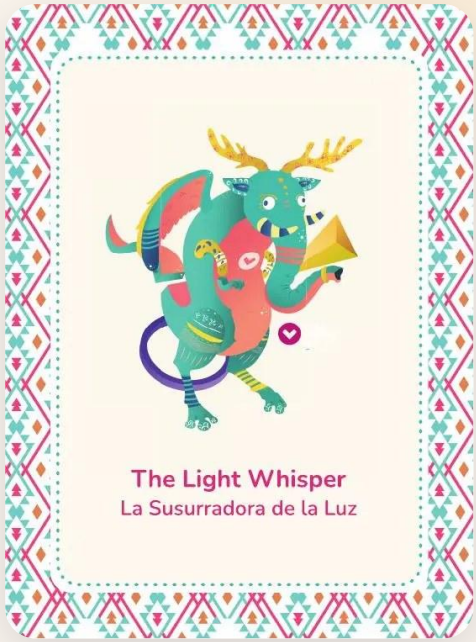
“He's not the enemy. He's the wound.”

What it means

"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."

The shadow's own song does not shout. It sounds like protection: trust no one, stay safe, stay small but strong. Every wall it built once kept a child safe, and that is why it is so hard to take down.

Felicia's answer is the heart of the Method: do not fight it, sit with it. As the walls fall we discover who had really been alone all this time. "Was anyone ever mine?"



CARD 65

Felicia · The Light Whisper

Felicia does not defend Lia from the shadow. She sits beside it: what we push away builds walls, what we keep company with softens.



CHAPTER 8 · PRACTICE · 15 MIN

The voice that says “mine alone”



1. Write three sentences the protective voice says to you. For example: trust no one, it's too hard, it didn't matter.
2. Next to each one, write what it was trying to protect you from.
3. Read them aloud, slowly. Then place a hand on your chest and say to that voice: “I see you. You kept me safe. You are not alone any more.”
4. Draw your card of the day and read its Gift: it is what the wall was guarding.
5. Close with three slow breaths with Felicia's card in front of you.

JOURNAL

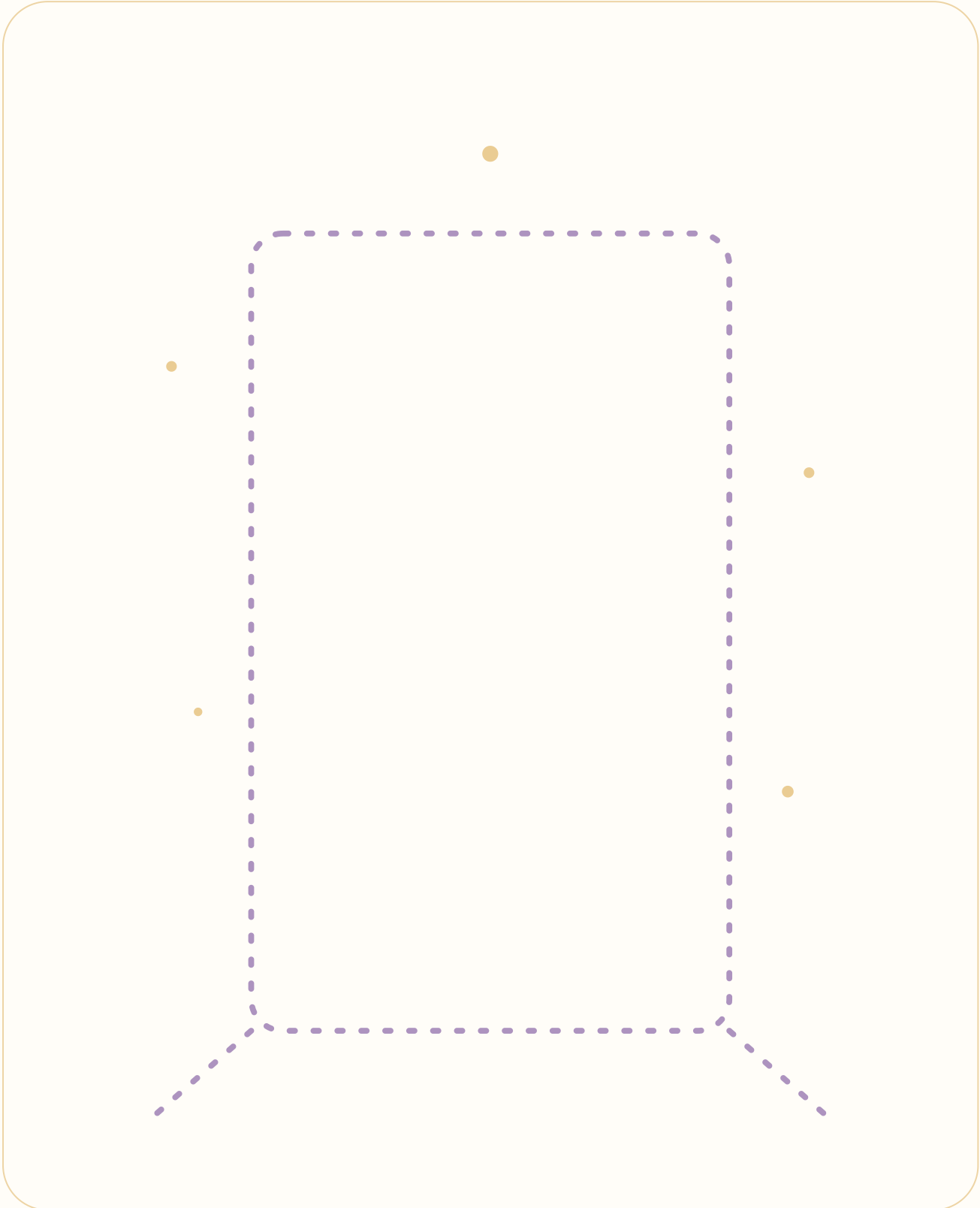
Which of The Severance's voices do I know best?

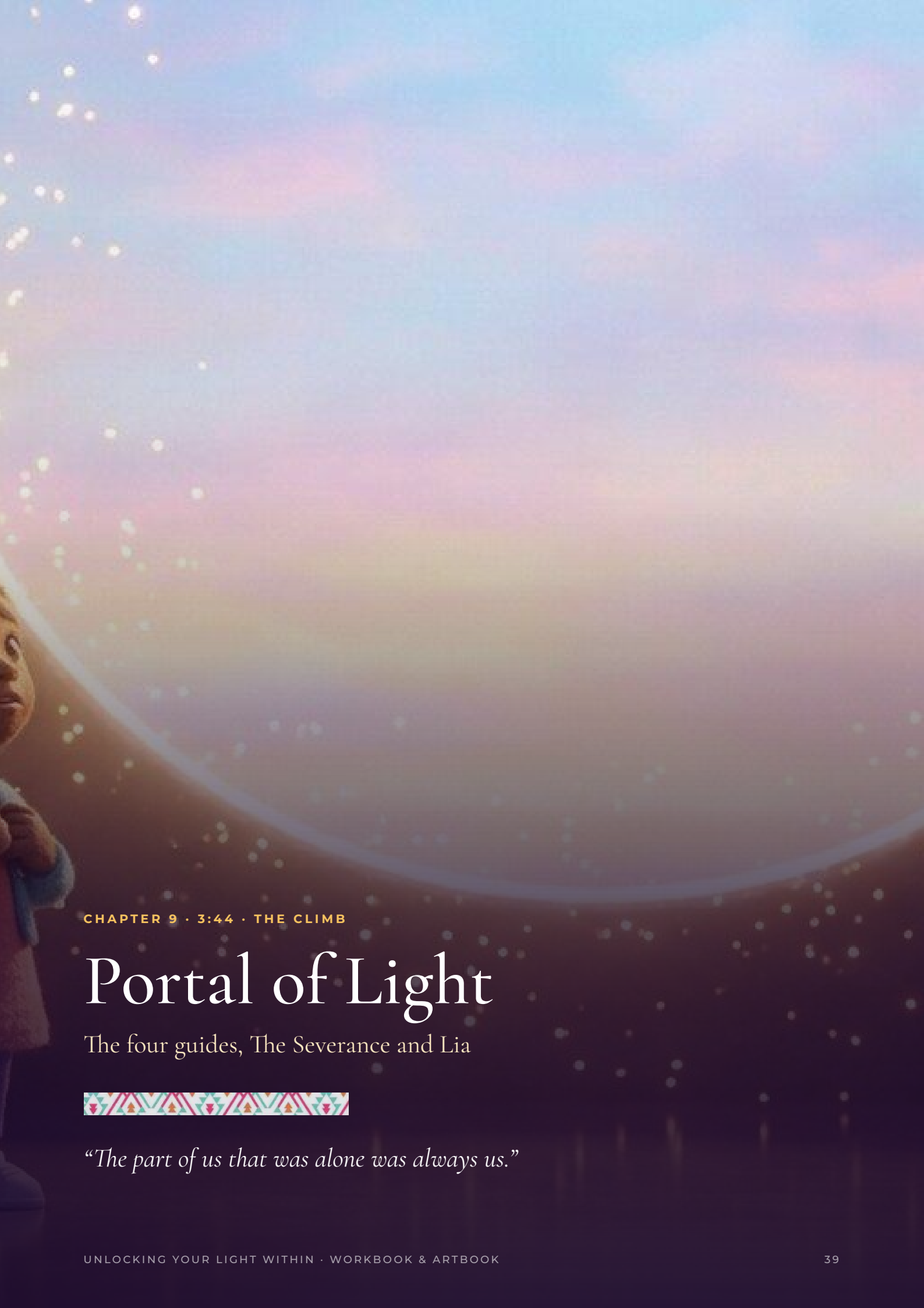
What wall did I build that once kept me safe, and what does it keep out now?

Whom, or what part of me, have I forgotten, and what would I say to them today?

Draw the wall, and the crack

Inside this frame, draw one of your walls. Then draw the first crack where the light comes in, and colour it gold.





CHAPTER 9 · 3:44 · THE CLIMB

Portal of Light

The four guides, The Severance and Lia

“The part of us that was alone was always us.”

What it means

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.

The shadow is not defeated: it is taken back. Separation was the lie; belonging was the truth all along, the same truth the earth sang in chapter 1.

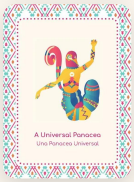
The door does not open with effort or with will, but when everything inside is still. And there is no other side: only the world we left, now luminous. Integration lets us see where we already are.

THE FOUR GUIDES



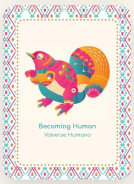
Felicia · The Light Whisper

Card 65



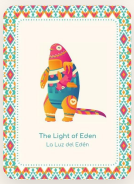
A Universal Panacea

Meta Pet 4 · Intolerance → Understanding → **Forgiveness**



Becoming Human

Meta Pet 36 · Turbulence → Humanity → **Compassion**



The Light of Eden

Meta Pet 11 · Obscurity → Idealism → **Light**

Every shadow you have met in the film comes home in this circle.



CHAPTER 9 · PRACTICE · 15 MIN

Taking back the part that was alone



1. Lay the four guide cards in a circle (Felicia, 4, 36 and 11), or open them in the app. If you do not have them, write their names on four pieces of paper.
2. In the centre, write the name you give to the part of you that has felt alone: a word, a nickname, an age.
3. Slowly, once for each guide, say: “I see you. I name you. I take you back.”
4. Sit still for three minutes with your eyes closed. Do not try to open anything.
5. Write one sentence about your ordinary life, seen from the other side of the door.

JOURNAL

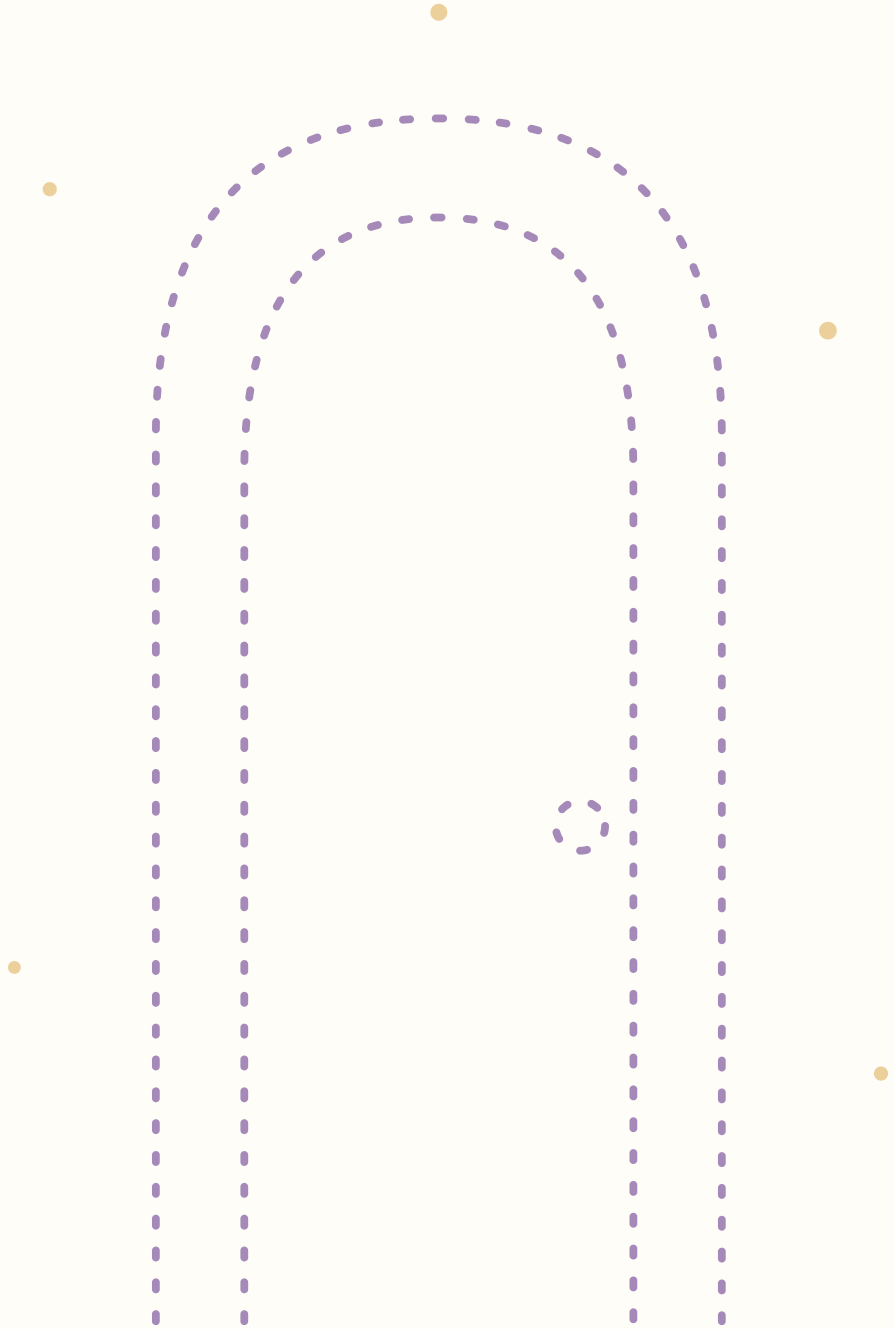
What part of me has been waiting to be taken back?

Where am I still trying to open a door with effort?

If there is no other side, what in my ordinary life is already luminous?

Draw the door that looks like the sky

Draw your door, and colour it with the sky you would most like to walk into. Then draw yourself on both sides of it, bowing.





CHAPTER 10 · 4:16 · THE HOMECOMING

Infinite Sky

Lia, the four guides and the Meta Pets

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

What it means

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.

Everything the film has walked through, fear, shadow, walls, is weather. You are the sky in which it happens: “You are not the body, you are what sees.”

The silence is part of the film. And after it comes not a triumph but an ordinary life, remembered with tenderness. Freedom does not make a life perfect. It makes it enough.



YOUR CARD OF THE DAY: ITS ESSENCE IS THE SKY

No single Meta Pet: the space in which all of them appear. Draw your card of the day and read its Essence as the sky behind the storm.



CHAPTER 10 · PRACTICE · 15 MIN

Eight seconds of sky



1. Sit comfortably. Name, silently, one storm in you today: a worry, a feeling, a thought.
2. Say inwardly: “I am not this storm. I am the sky it moves through.”
3. Keep eight seconds of complete silence. Then another eight. Then another.
4. Draw your card of the day and read only its Essence, slowly, twice.
5. Write three lines that begin “I lived, and…”, as if you were remembering your life from very far away, with tenderness.

JOURNAL

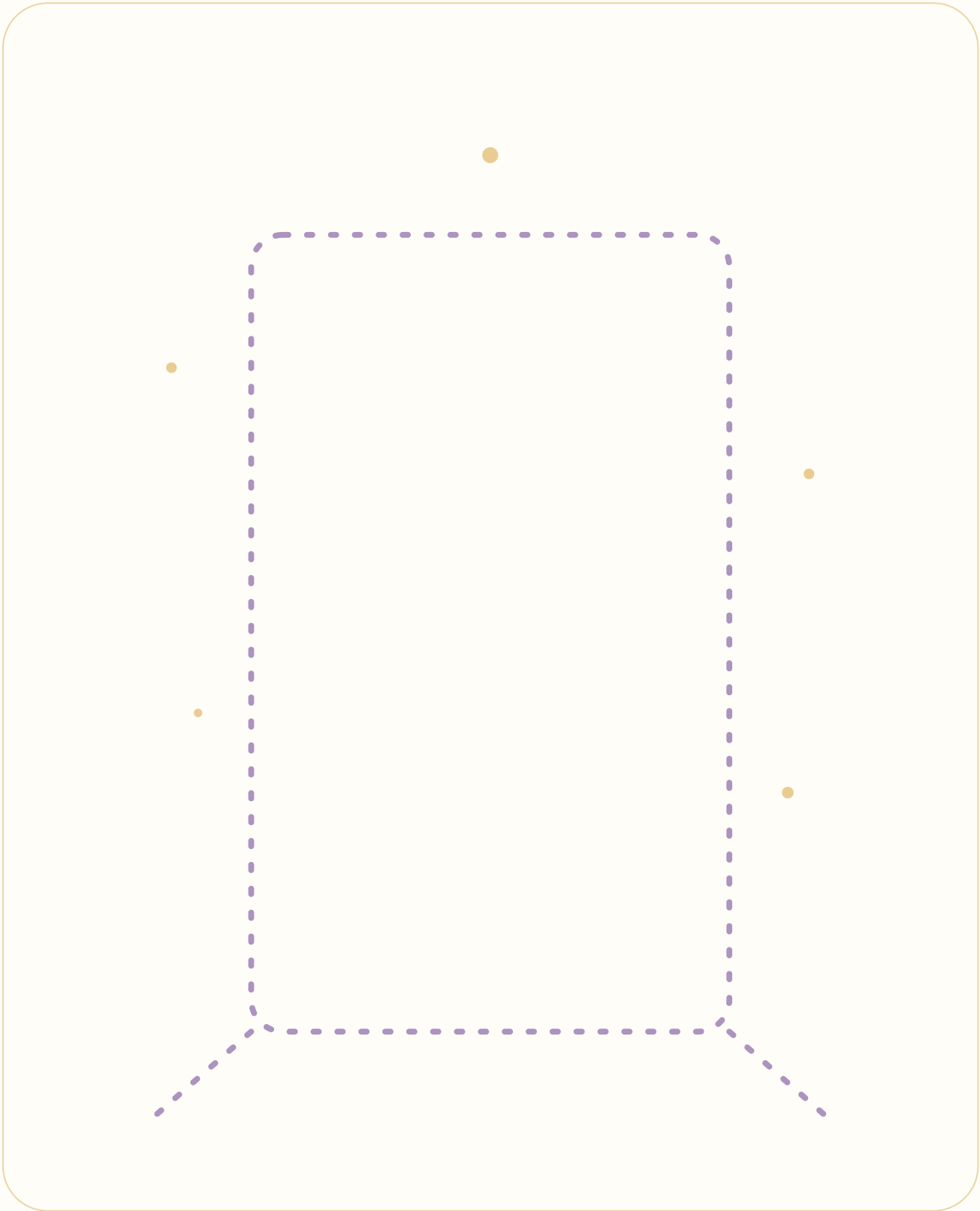
What storm am I mistaking for the sky?

What would be enough, if I stopped trying to make my life perfect?

Whom did I come back to find, and what have I heard that I want to tell them?

Draw your sky

Draw a small storm in one corner. Then fill everything else with sky: stars, colour, space. Notice which is bigger.





CHAPTER 11 · 3:40 · THE HOMECOMING

Happytalism

Lia grown old, the whole city and the whole company

“One awakened cell, myself.”

What it means

“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.

The inner journey turns outward. A world built on “never enough” is the Severance at the scale of a civilisation; Happytalism names the other possibility, an economy of love.

And the answer to how is the smallest unit: “One awakened cell, myself.” Fundamental Peace is practised from this moment, in our streets.



ALL 64 META PETS, TOGETHER

Every Meta Pet is on the street: each of the 64 is one Gift the new world needs. Which Gift of yours is it missing?



CHAPTER 11 · PRACTICE · 15 MIN

One awakened cell



1. Write one thing in your life that still runs on “never enough”: time, money, attention, approval.
2. Draw your card of the day and read its Gift.
3. Choose one concrete act of “enough” you will offer this week with that Gift: a meal shared, an hour given, a voice lifted.
4. Write it as a promise: “From this moment, in my street, I will…”.
5. Stand up and say it aloud, once. You have just joined the anthem.

JOURNAL

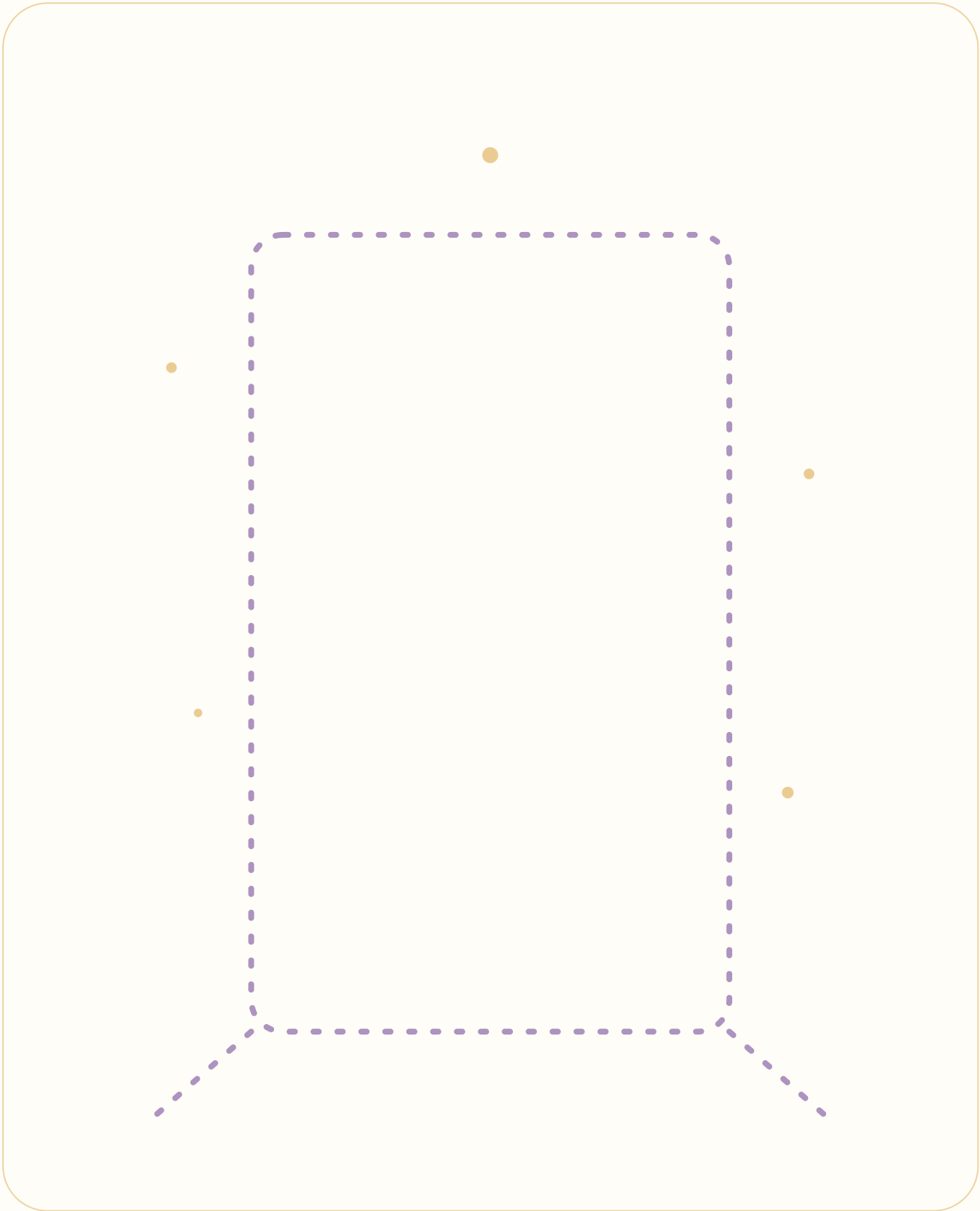
Where do I still live in the old world of never enough?

What does “enough” look like in my home, my work and my street?

Who are the people I would build this new world with, slowly and badly at first, and together?

Lay the long table

Draw a long table in a street. Draw who sits at it, what bread is on it, and one empty chair for someone you will invite.





CHAPTER 12 · 4:26 · THE HOMECOMING

The Path of Light

Lia young and old, Felicia, the guides and the whole company

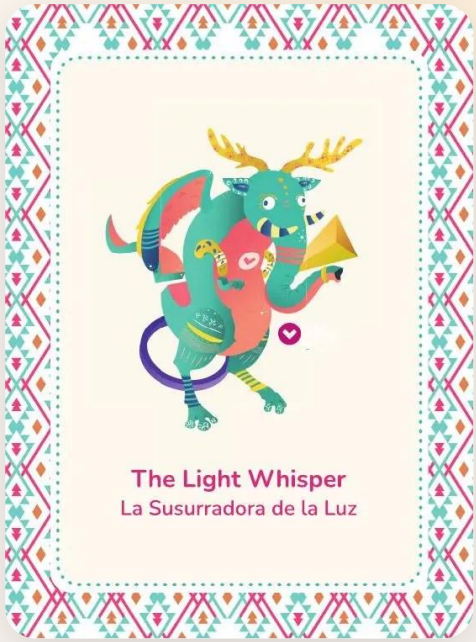
“You are home.”

What it means

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.

The finale gathers the whole journey into one line: roots in the earth, wings in the sky, fire of will, a heart that won't lie, a voice that remembers, a vision that sees, a crown of stars.

The film ends as it began: you are home. Not a reward at the end of the climb, but what was true before it started. We walk the path together, every day.



CARD 65

Felicia · The Light Whisper

Felicia opened the film and closes it: “Now return, the circle complete. Feel the earth beneath your feet.”



CHAPTER 12 · PRACTICE · 15 MIN

The whole path, in one breath



1. Lay out, or recall, the cards of the chapters that touched you most.
2. Stand with your feet on the ground. Read slowly: roots in the earth, wings in the sky, fire of will, heart that won't lie, voice that remembers, vision that sees, crown of the stars.
3. At each phrase, touch the place in your body it names, from your feet to the top of your head.
4. Write the one step of the path you will walk tomorrow, and with whom.
5. Close your eyes and say three words to yourself: “You are home.”

JOURNAL

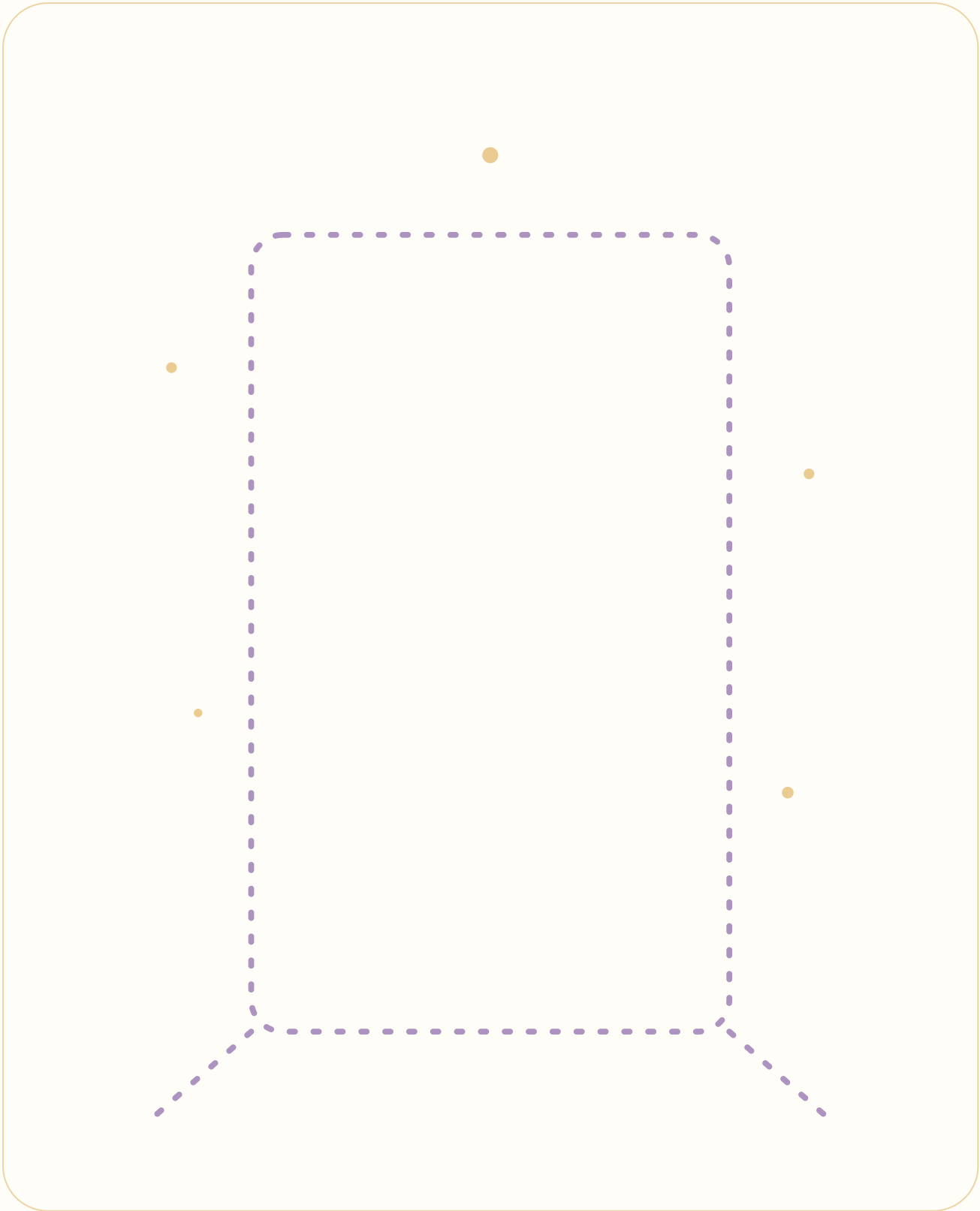
Which chapter of the film was most mine, and why?

What has changed in me between chapter 1 and chapter 12?

With whom will I walk the path of light, every day?

Draw the whole path

Draw one path from the roots at the bottom of the page to a crown of stars at the top. Mark on it the chapters that were yours, and draw yourself on it, today.



MY CONSTELLATION

The 64 who walk with you



Each time a Meta Pet comes to you, in the deck, in the app or in a Light Circle, colour its circle. Little by little, your own constellation appears.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56
57	58	59	60	61	62	63	64

APPRECIATION

What I have received



Before you close the book, look back with kindness. Gratitude is how the light learns to stay.

Three things I am grateful for after these chapters:

A gift I found inside one of my shadows:

A person I want to thank, and what I will tell them:

One sentence for the version of me who opened this book:



CHAPTER 12 · THE PATH OF LIGHT

We were never separate. We were never apart. The light you have been seeking is the light in your heart.

From the musical Unlocking Your Light Within

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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