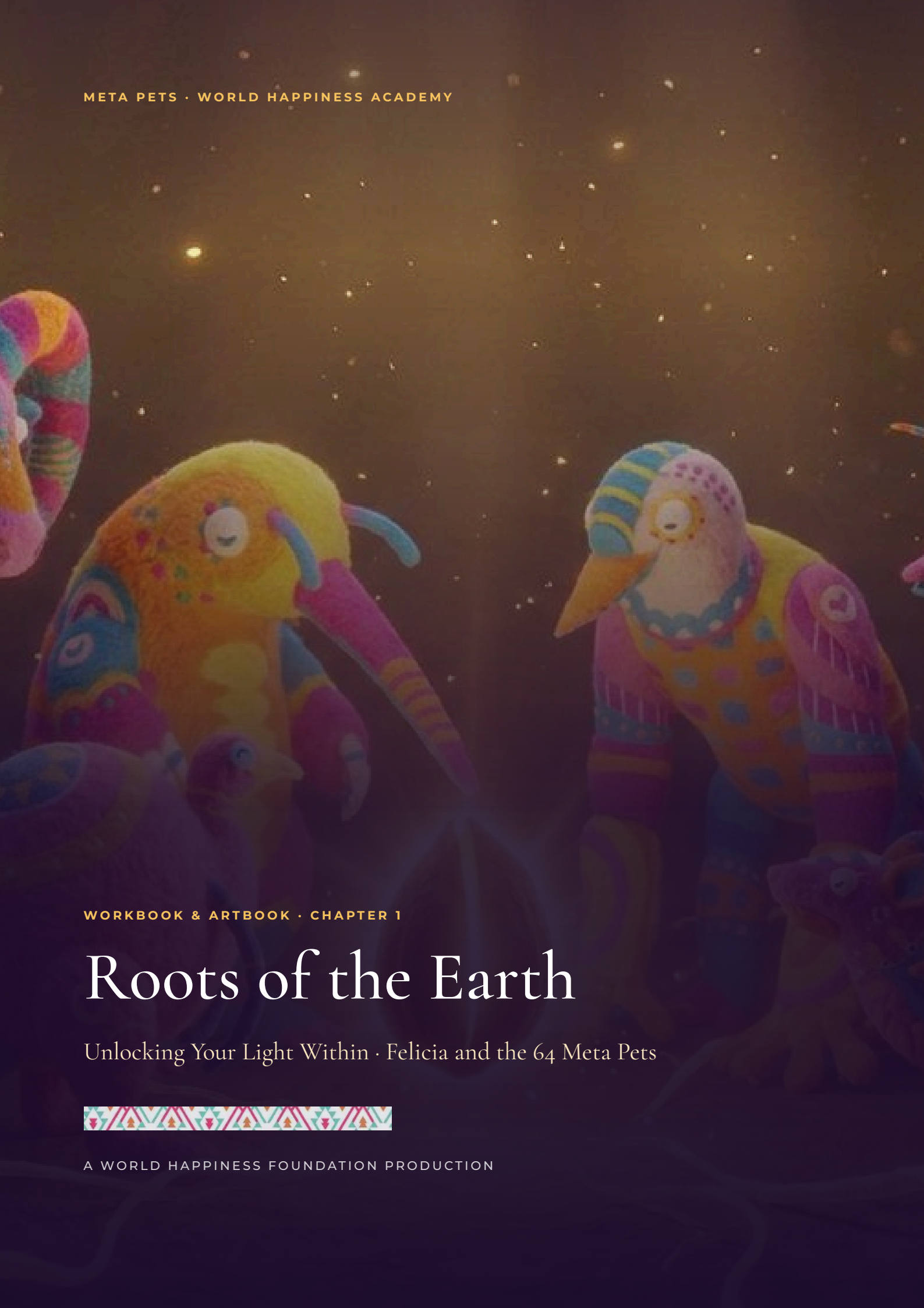


META PETS · WORLD HAPPINESS ACADEMY

WORKBOOK & ARTBOOK · CHAPTER 1

Roots of the Earth

Unlocking Your Light Within · Felicia and the 64 Meta Pets

A WORLD HAPPINESS FOUNDATION PRODUCTION

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 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.



CHAPTER 1 · 4:05 · THE DESCENT

Roots of the Earth

Felicia and the 64 Meta Pets

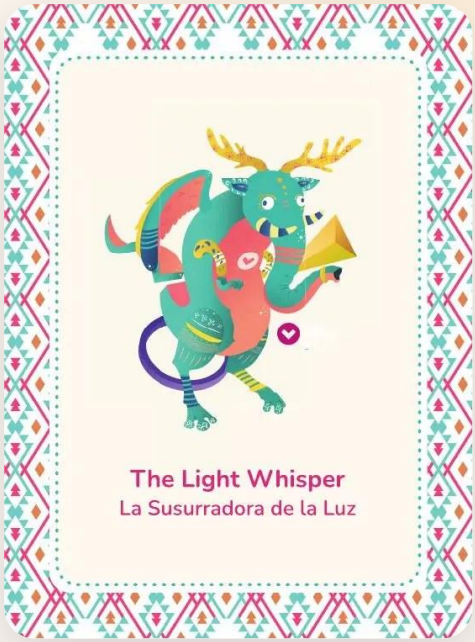
“Come down, come down where the seed still sings: you are the tree, and the tree is everything.”

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

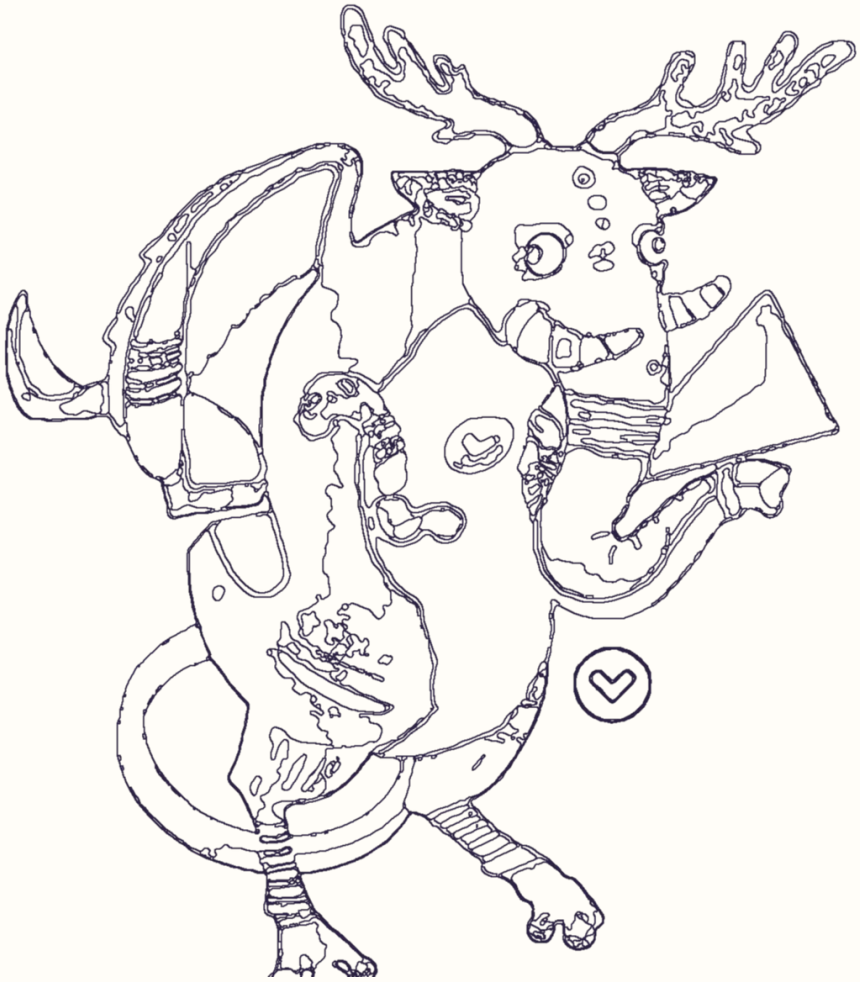
What is growing in me underground, where no one sees it yet?

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.



MY NOTES

What this chapter opened in me



Write, draw or simply keep here whatever stayed with you. You can come back to this page after the next 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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