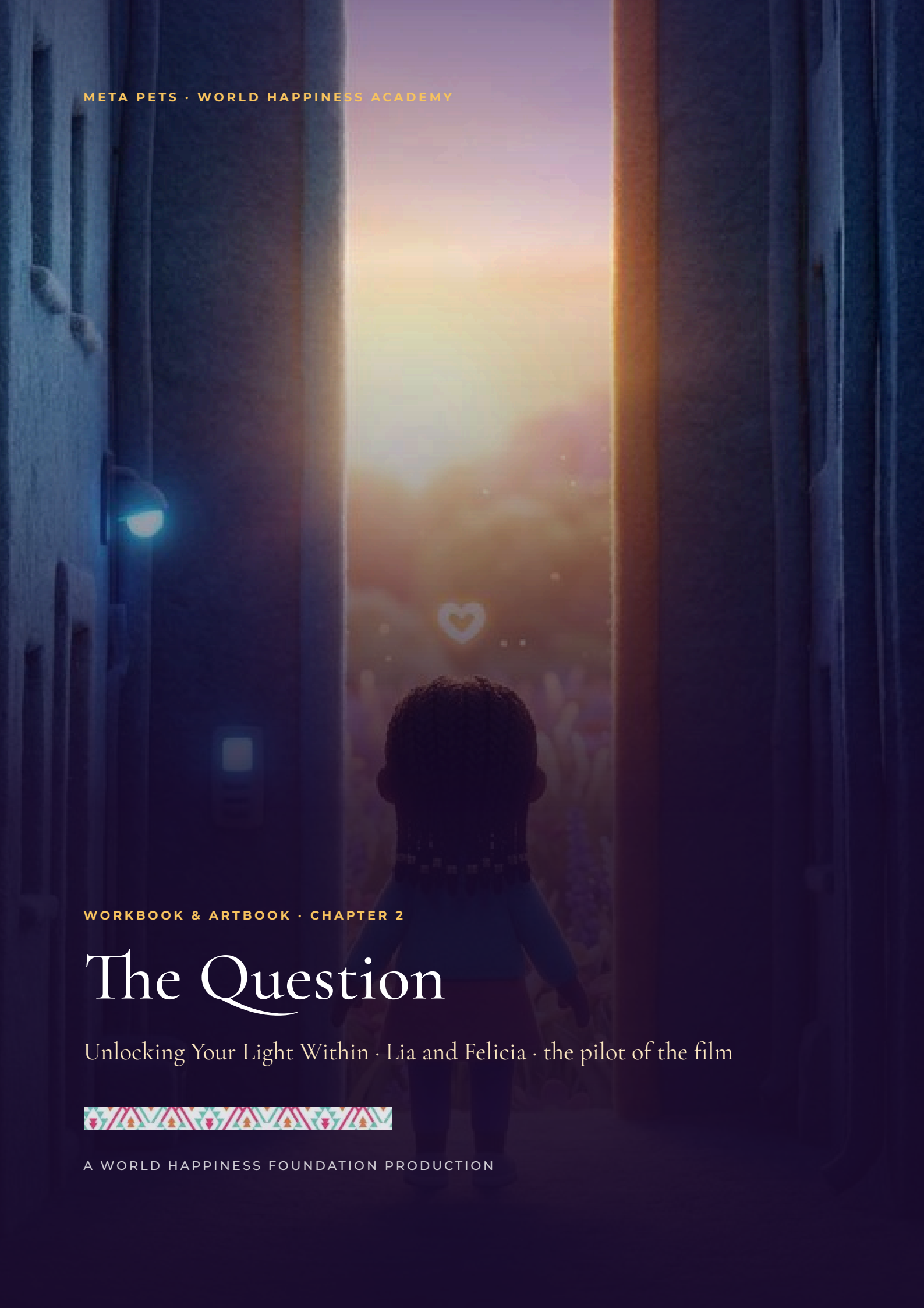


META PETS · WORLD HAPPINESS ACADEMY

WORKBOOK & ARTBOOK · CHAPTER 2

The Question

Unlocking Your Light Within · Lia and Felicia · the pilot of the film

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 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."

CHAPTER 2 · THE QUESTION

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?”

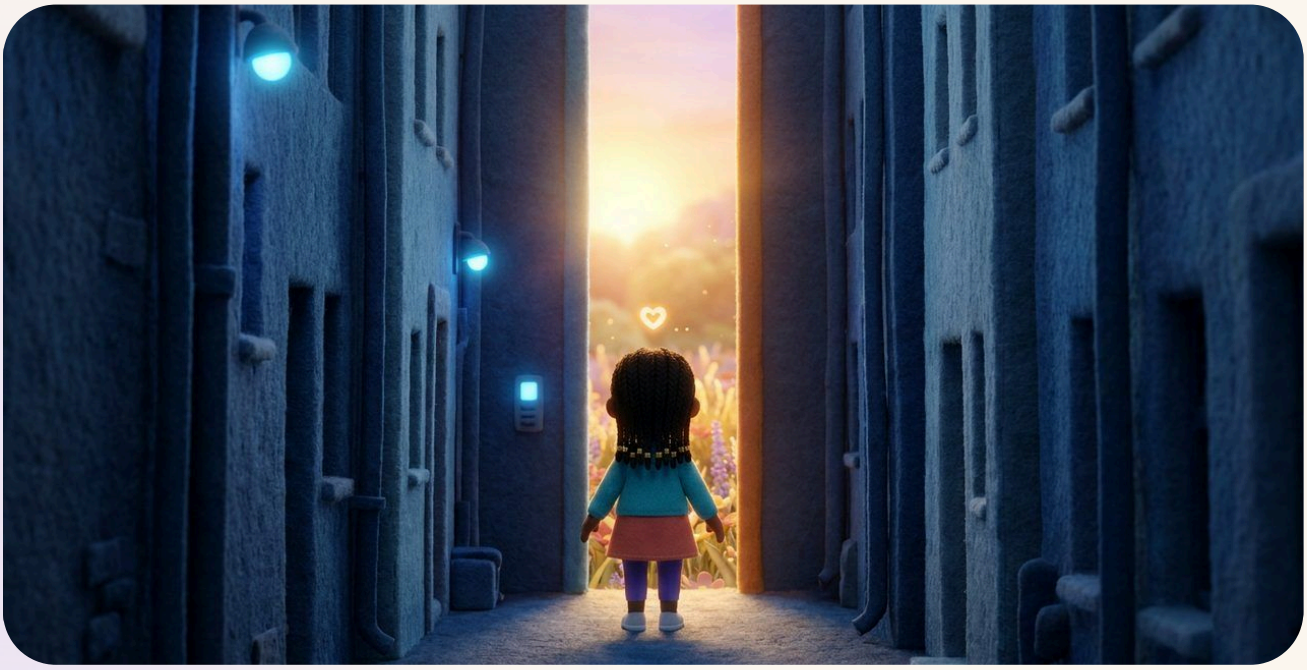
Meta Pet 4

“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

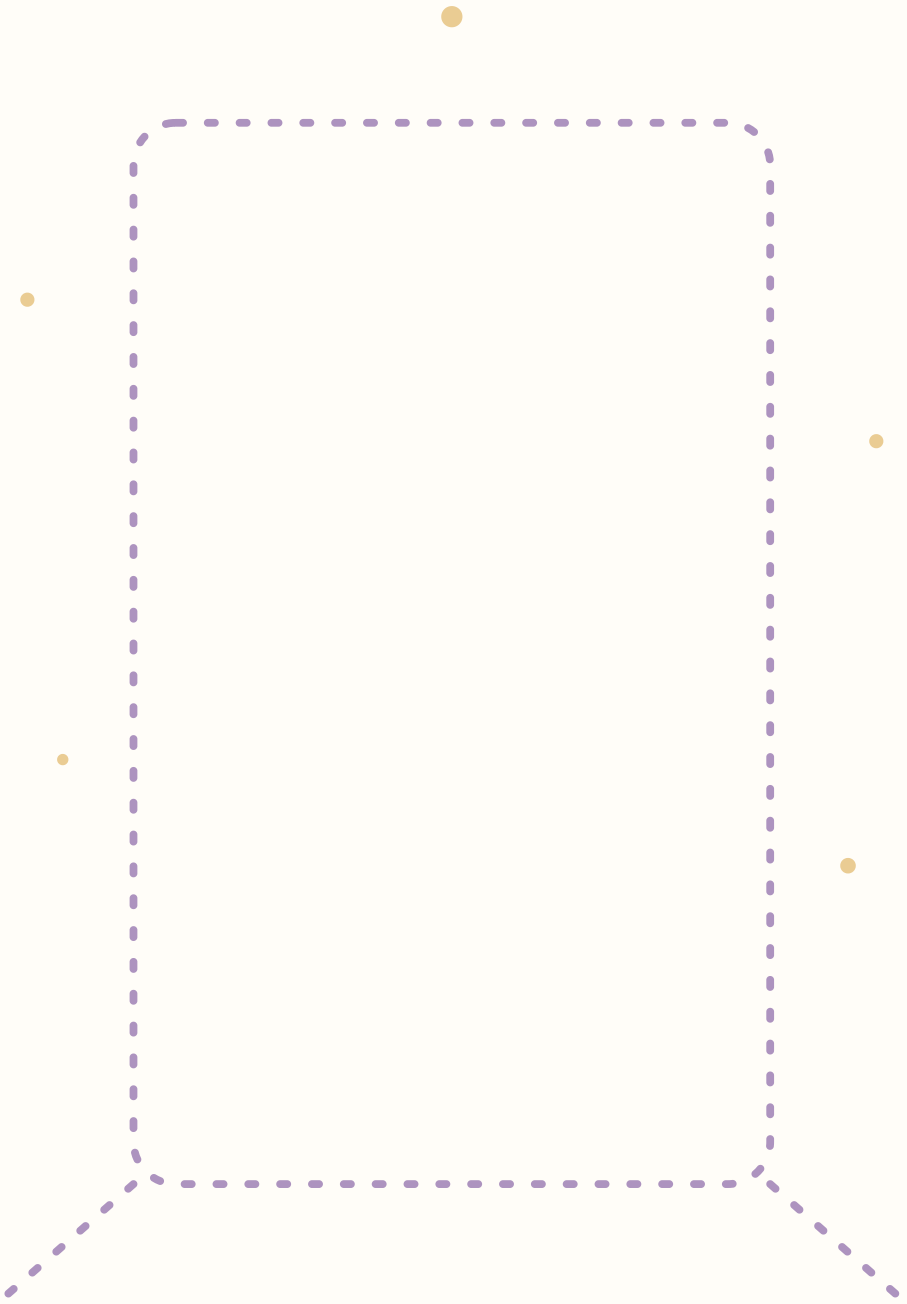
When was I told not to ask?

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.



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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