META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 3

The Shadow Speaks

Unlocking Your Light Within · Felicia, Lia and The Severance

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 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."

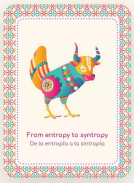
What it means

"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.

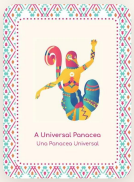
The Severance is the lie of "I am alone". He sings the inner life of every shadow: a room we have not entered in years, with a whole city built on top of its closed door.

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.

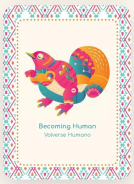
THE FOUR SHADOWS OF THE SONG



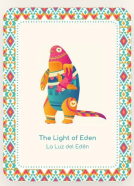
Entropy "nothing matters"
Meta Pet 1 · From Entropy to Syntropy · Gift: Freshness · Essence: Beauty



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

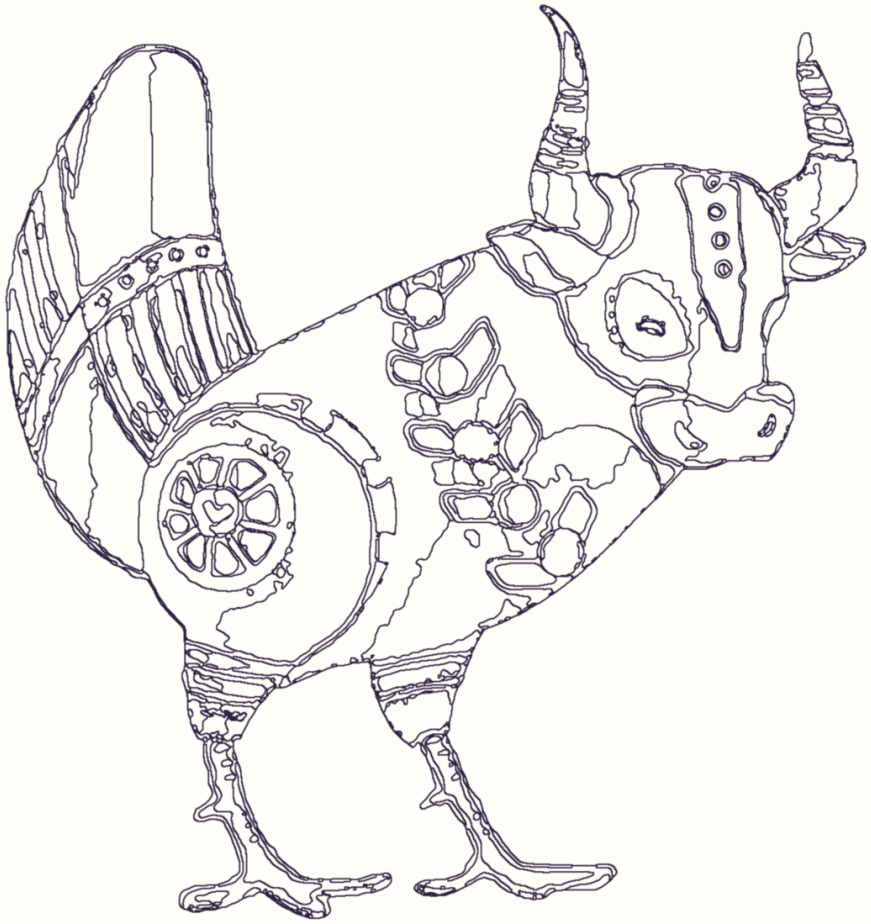
What part of me do I keep in the dark, and what is it trying to protect?

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.



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.

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