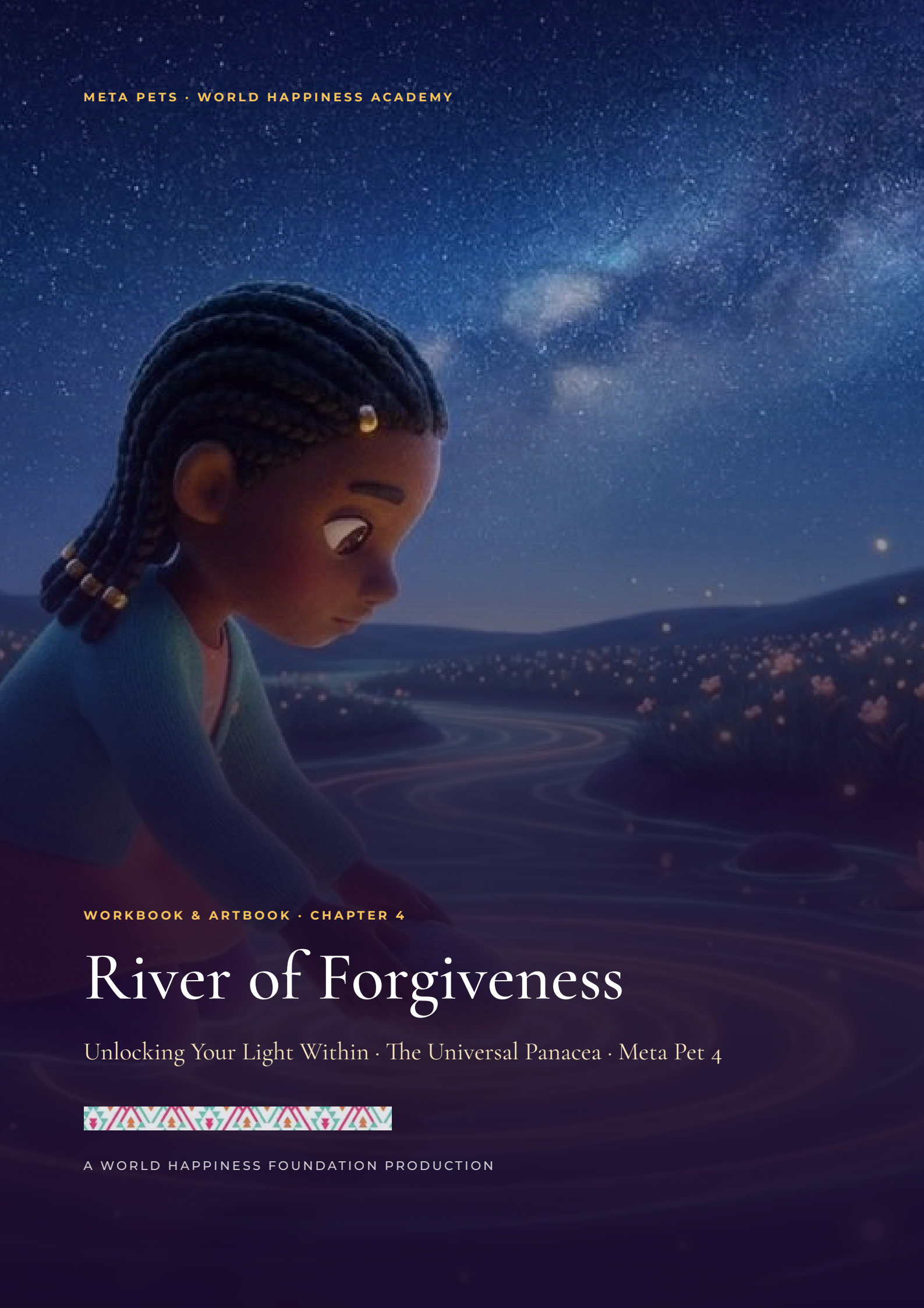


META PETS · WORLD HAPPINESS ACADEMY

WORKBOOK & ARTBOOK · CHAPTER 4

River of Forgiveness

Unlocking Your Light Within · The Universal Panacea · Meta Pet 4

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 4 · 4:14 · THE DESCENT

River of Forgiveness

The Universal Panacea · Meta Pet 4

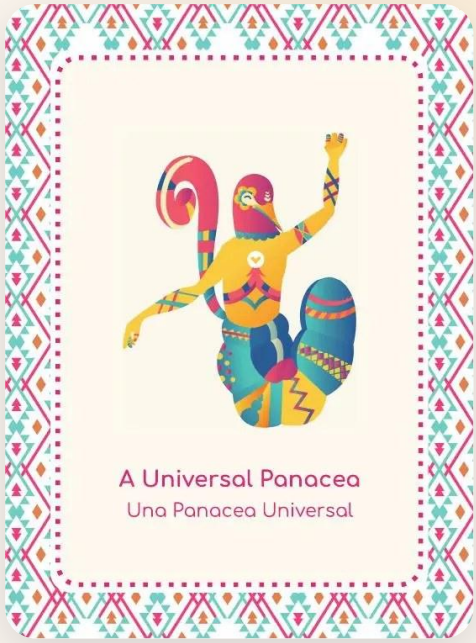
"The river forgives the stone without asking it to change its shape."

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

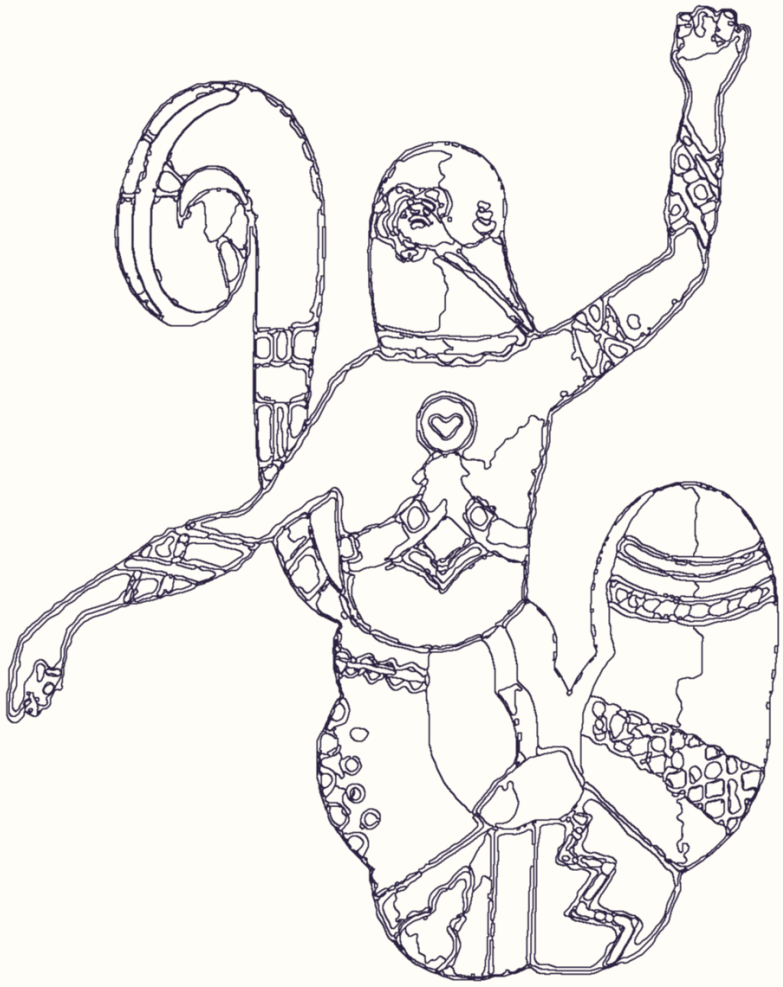
What stone am I still carrying in my pocket?

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.



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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