META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 5

Becoming Human

Unlocking Your Light Within · Becoming Human · Meta Pet 36

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 5 · 3:35 · THE DESCENT

Becoming Human

Becoming Human · Meta Pet 36

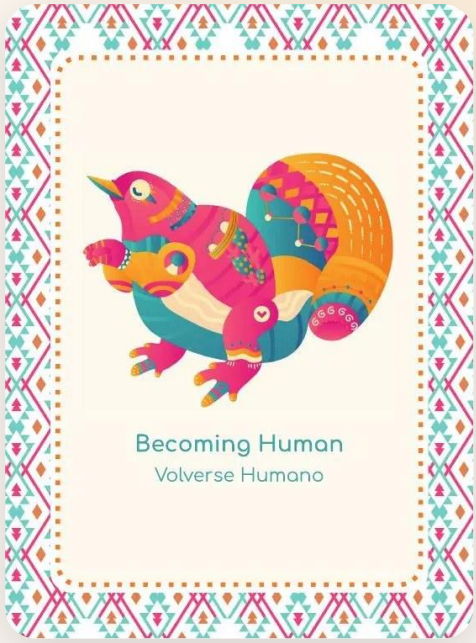
"The fire I feared was the fire I am. And the fire is kind."

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

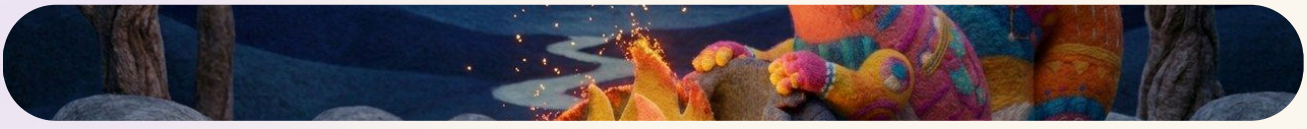
ESSENCE
Compassion

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

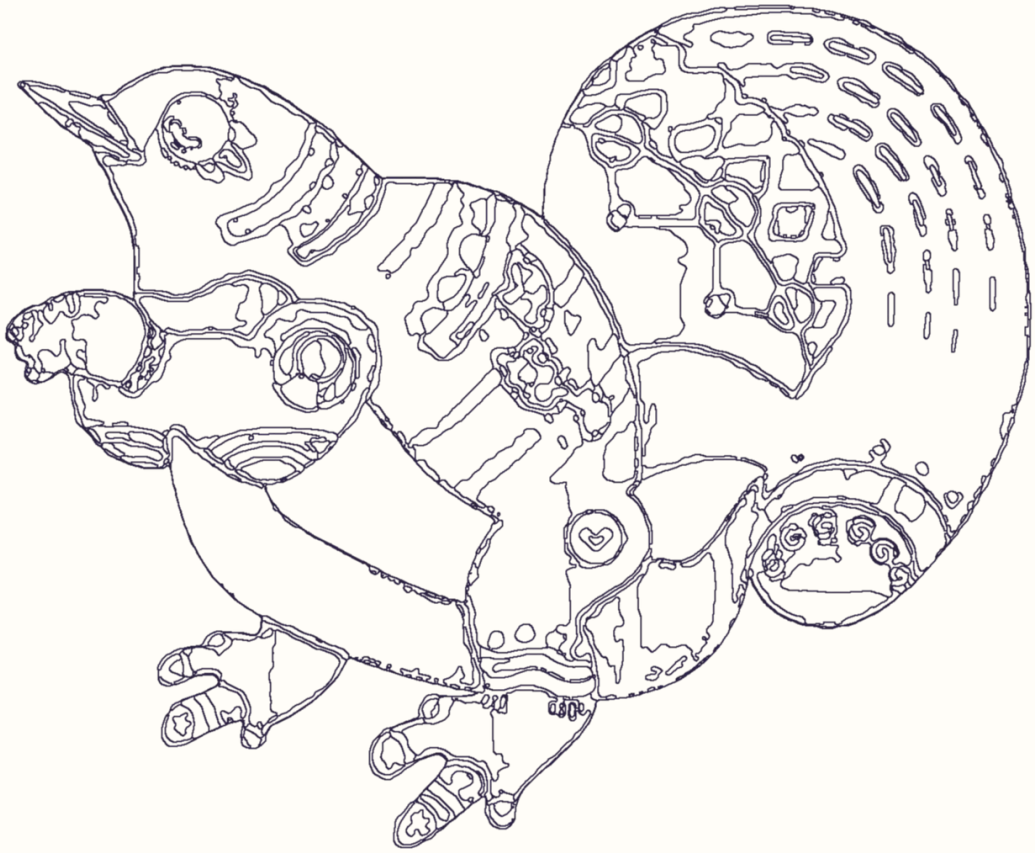
What costume do I wear to feel safe?

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.



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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