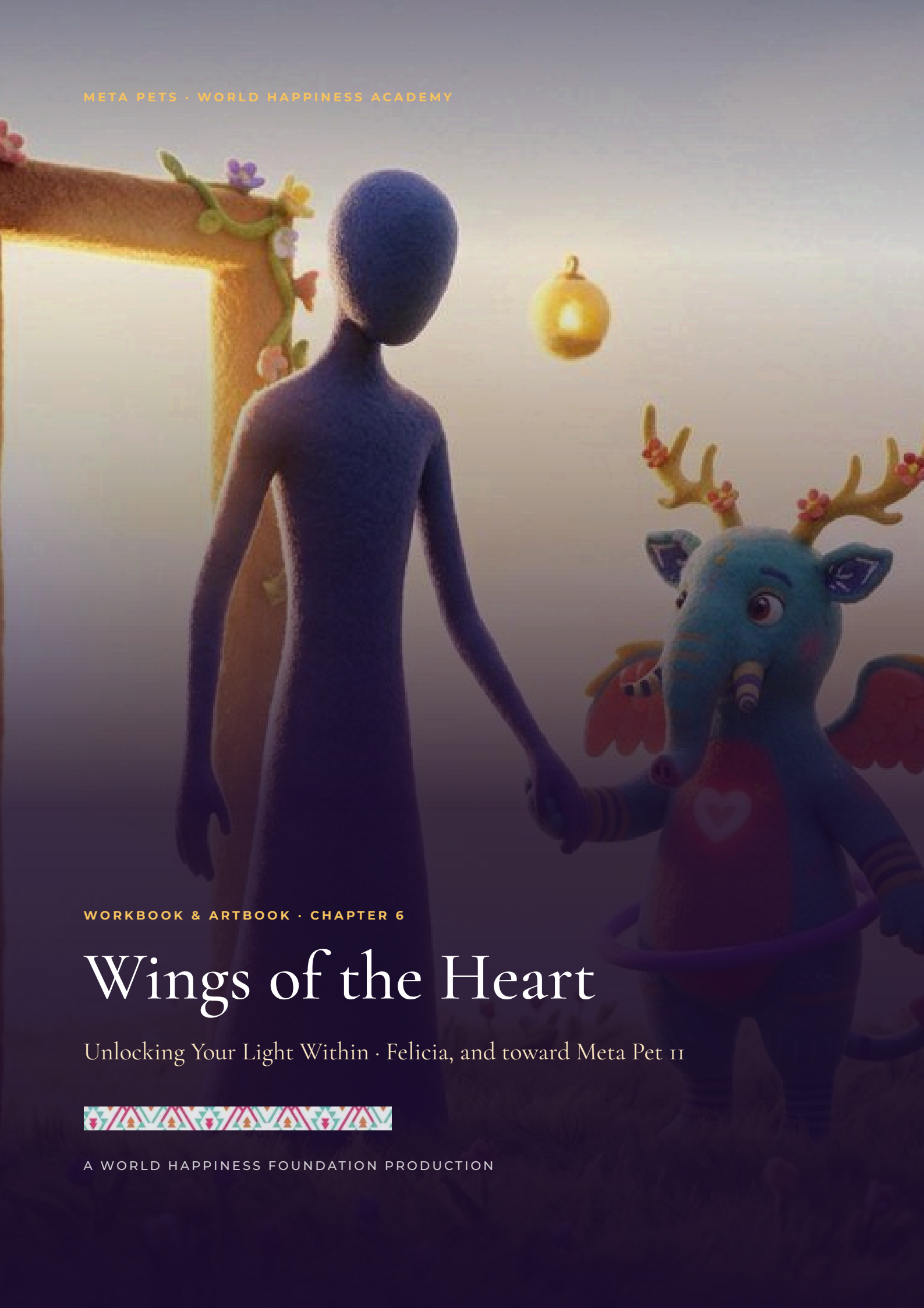
META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 6

Wings of the Heart

Unlocking Your Light Within · Felicia, and toward Meta Pet 11

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 6 · 3:48 · THE HEART

Wings of the Heart

Felicia, and toward Meta Pet 11

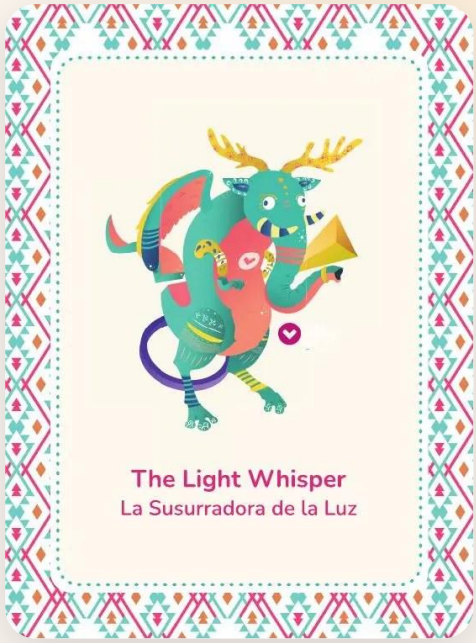
“Love is the air you have been breathing while you forgot what it was.”

What it means

"We have walked through the dark, the river and the fire. Now we are at the heart." On a hilltop of coloured doors, Felicia opens her wings and, one by one, the doors of the heart open too, even the rusted one. The shadow is welcomed into the sunlight, and on the next hill Light of Eden is waiting.

This is the turning point of the film: the bottom of the descent and the beginning of the climb. After the shadow has been heard, the stone laid down and the coat burned, what is left is the heart, and it was never far away.

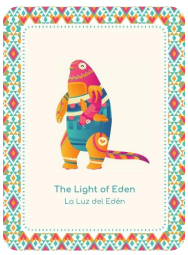
The song is a litany of the unloved: the mother, the father, the child inside, and last the part of us we have hidden. Each one hears the same words: I love you still. The shadow is not defeated. It is welcomed.



CARD 65

Felicia · The Light Whisper

Felicia carries this chapter on open wings: love is what is already here before the asking came.



THE NEXT CARD · META PET 11

The Light of Eden

Shadow: Obscurity · Gift: Idealism · Essence: Light

"Eden was never lost. Where have you been looking?"



CHAPTER 6 · PRACTICE · 15 MIN

The rusted door



1. Draw a door: the door of your heart that has rusted.
2. Next to it, write one small gesture to open it this week. Small is enough.
3. If you wish, write four short lines: to your mother, your father, the child inside you and the part of you that you have hidden. Begin each with “I love you still”, or with whatever is true today.
4. Place your hand on your chest and take three breaths before you close.

This practice can touch tender places. Go gently, and stop whenever you need to.

JOURNAL

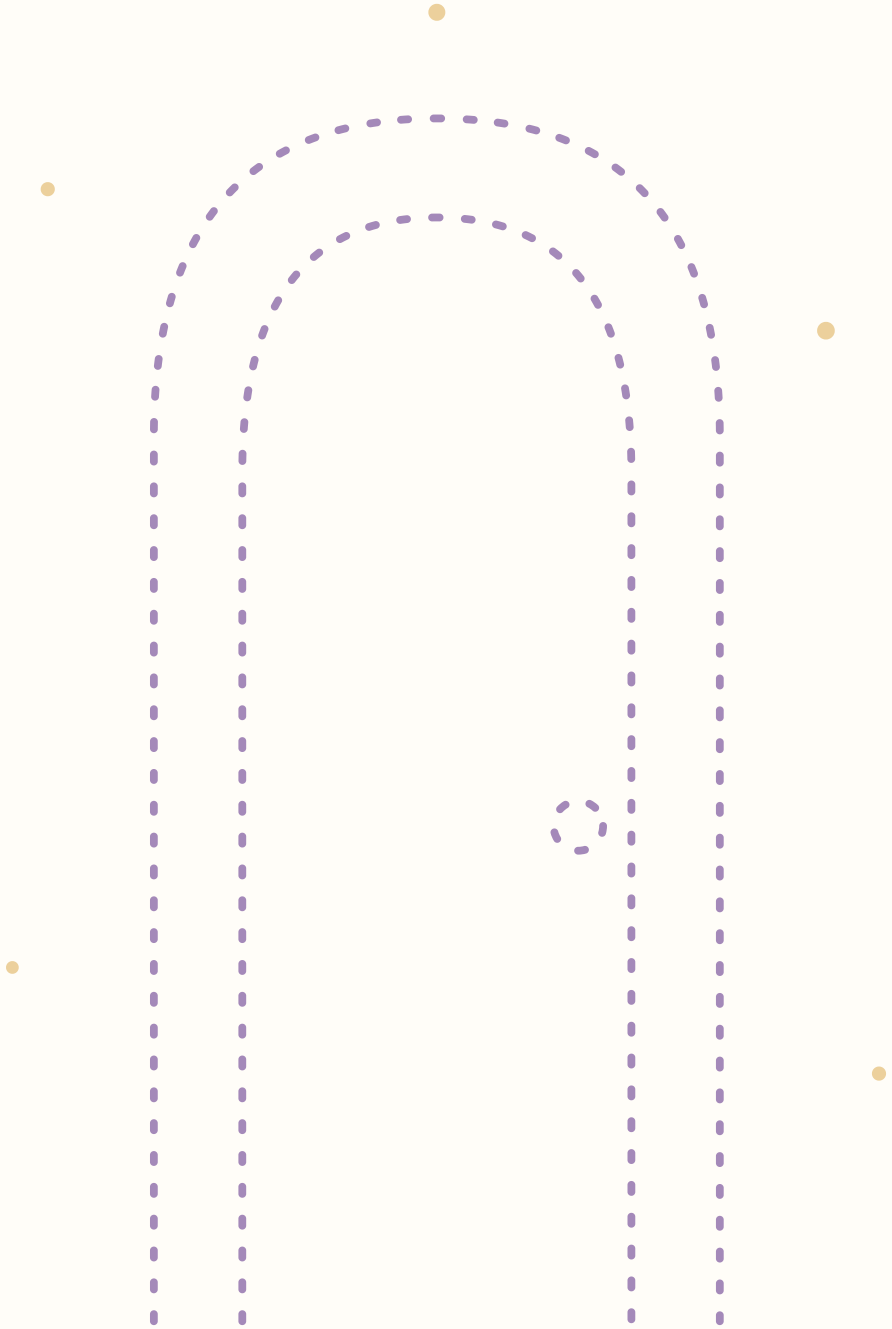
Which door of my heart has rusted?

What part of me is still waiting to be welcomed?

What is already here, before the asking?

Draw your door

Draw the rusted door, then its key. Colour the light you imagine behind it.



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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