META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 7

Light of Eden

Unlocking Your Light Within · The Light of Eden · Meta Pet 11, and a choir of twelve

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 7 · 3:44 · THE CLIMB

Light of Eden

The Light of Eden · Meta Pet 11, and a choir of twelve

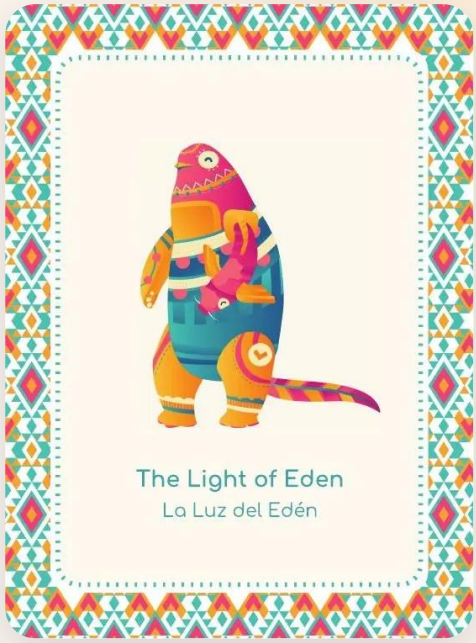
“Sing it small. Sing it scared. Sing it however you can.”

What it means

In a hilltop garden of blossom and golden bells, Light of Eden sings with a choir of twelve Meta Pets. When Lia's voice will not come, Light of Eden kneels beside her: sing it small, sing it scared. Lia's light joins hers, and as the song ends the light turns cold blue: The Severance has stepped into it.

This is the chapter of the voice. Light of Eden has whispered for years, “obscured by other people's weather”, and she forgives those who silenced her: they were only children when they did. Her discovery is simple and enormous: the cloud is not the sky.

You do not have to sing well. You have to sing. And when the light is strongest, the shadow returns: the climb is not a straight line.



META PET 11

The Light of Eden

SHADOW
Obscurity

GIFT
Idealism

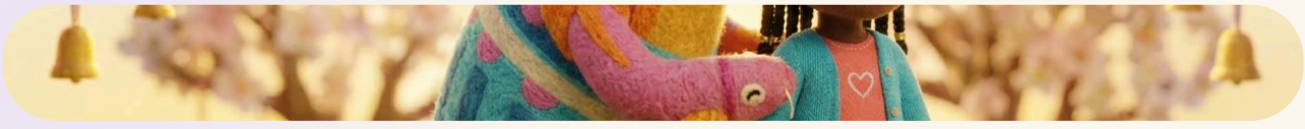
ESSENCE
Light

KOAN

Eden was never lost. Where have you been looking?

AFFIRMATION

I carry the light of Eden within me.



CHAPTER 7 · PRACTICE · 15 MIN

The song you keep in custody



1. Read the Shadow, Gift and Essence of card 11.
2. Write one sentence you have never said aloud.
3. Stand up. Say it, hum it or sing it, as small and as scared as it comes. Once is enough.
4. Write how it felt in your body.
5. Close with the 7-minute meditation of card 11 in the app.

JOURNAL

Whose weather has obscured my light?

Who told me to stay quiet, and were they only children when they did?

What would I sing if it did not have to be good?

Colour the Light of Eden

Colour Meta Pet 11 as if the sun were coming out from behind a cloud. Leave one small space white: the light that was always there.



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.

© World Happiness Foundation. Free to download, print and share for personal and non-commercial group use.
worldhappiness.foundation · metapetsworld.org