

META PETS · WORLD HAPPINESS ACADEMY

WORKBOOK & ARTBOOK · CHAPTER 8

Mine Alone

Unlocking Your Light Within · The Severance, Felicia and Lia

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 8 · 3:32 · THE CLIMB

Mine Alone

The Severance, Felicia and Lia

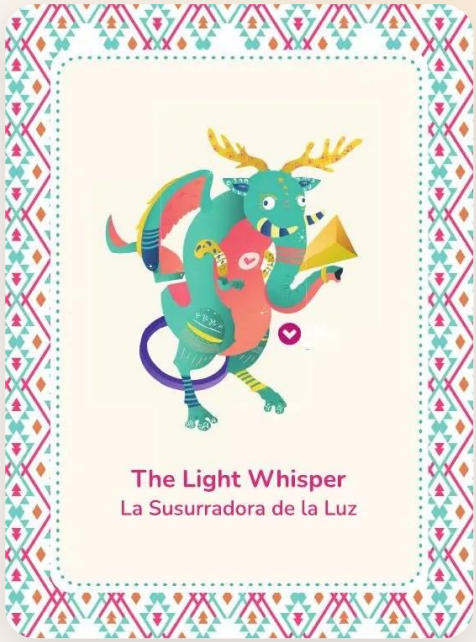
“He's not the enemy. He's the wound.”

What it means

"Hello, child. Did you forget me?" The Severance shows Lia his world: a cabaret of felt walls and blue neon, every Meta Pet alone behind its own wall. When Lia tells him to stop, Felicia takes her hand: he is not the enemy, he is the wound. The walls crack, the four guides circle him, and Lia says: "I'm sorry I forgot you."

The shadow's own song does not shout. It sounds like protection: trust no one, stay safe, stay small but strong. Every wall it built once kept a child safe, and that is why it is so hard to take down.

Felicia's answer is the heart of the Method: do not fight it, sit with it. As the walls fall we discover who had really been alone all this time. "Was anyone ever mine?"



CARD 65

Felicia · The Light Whisper

Felicia does not defend Lia from the shadow. She sits beside it: what we push away builds walls, what we keep company with softens.



CHAPTER 8 · PRACTICE · 15 MIN

The voice that says “mine alone”



1. Write three sentences the protective voice says to you. For example: trust no one, it's too hard, it didn't matter.
2. Next to each one, write what it was trying to protect you from.
3. Read them aloud, slowly. Then place a hand on your chest and say to that voice: “I see you. You kept me safe. You are not alone any more.”
4. Draw your card of the day and read its Gift: it is what the wall was guarding.
5. Close with three slow breaths with Felicia's card in front of you.

JOURNAL

Which of The Severance's voices do I know best?

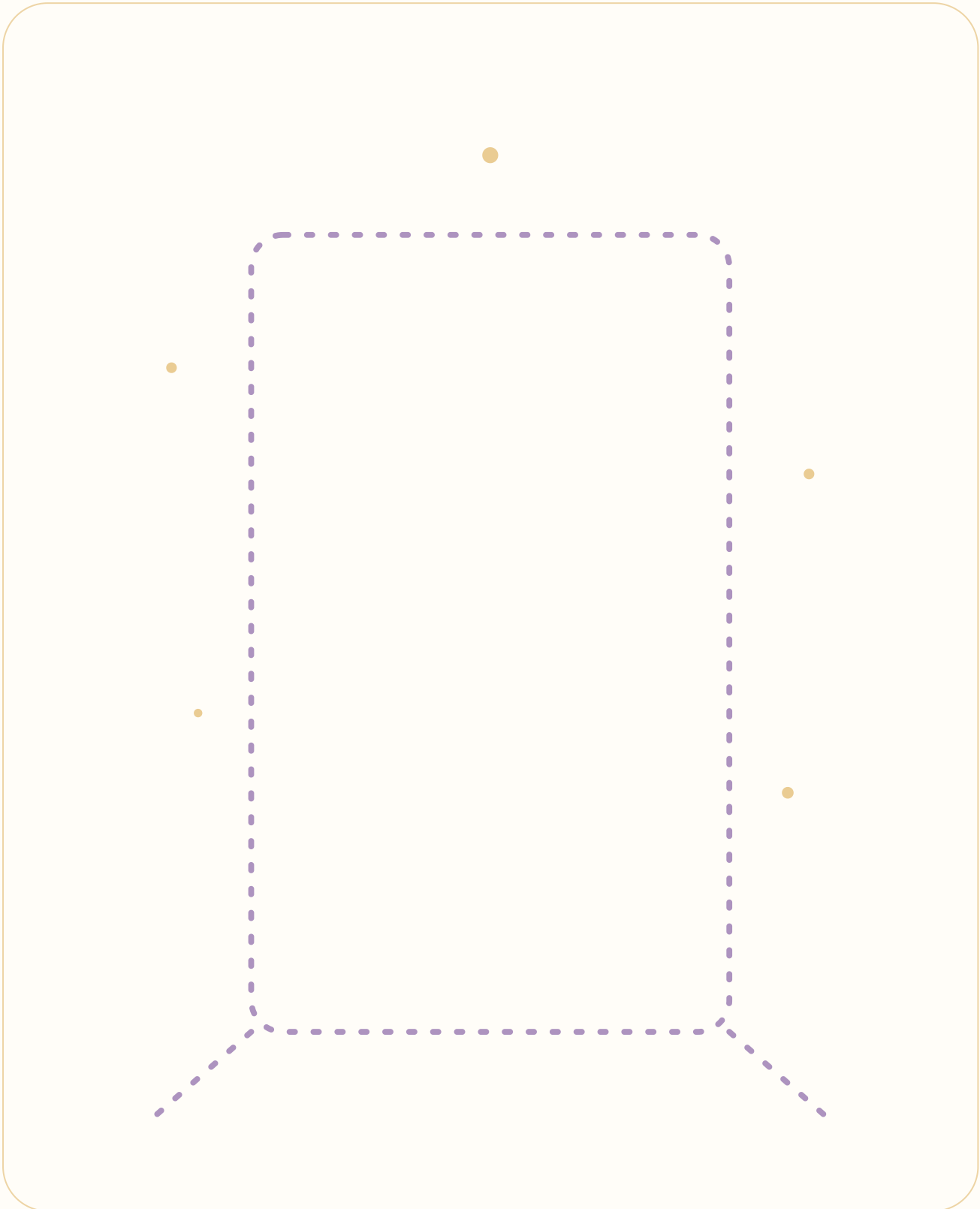
What wall did I build that once kept me safe, and what does it keep out now?

Whom, or what part of me, have I forgotten, and what would I say to them today?

ARTBOOK · CHAPTER 8

Draw the wall, and the crack

Inside this frame, draw one of your walls. Then draw the first crack where the light comes in, and colour it gold.



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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