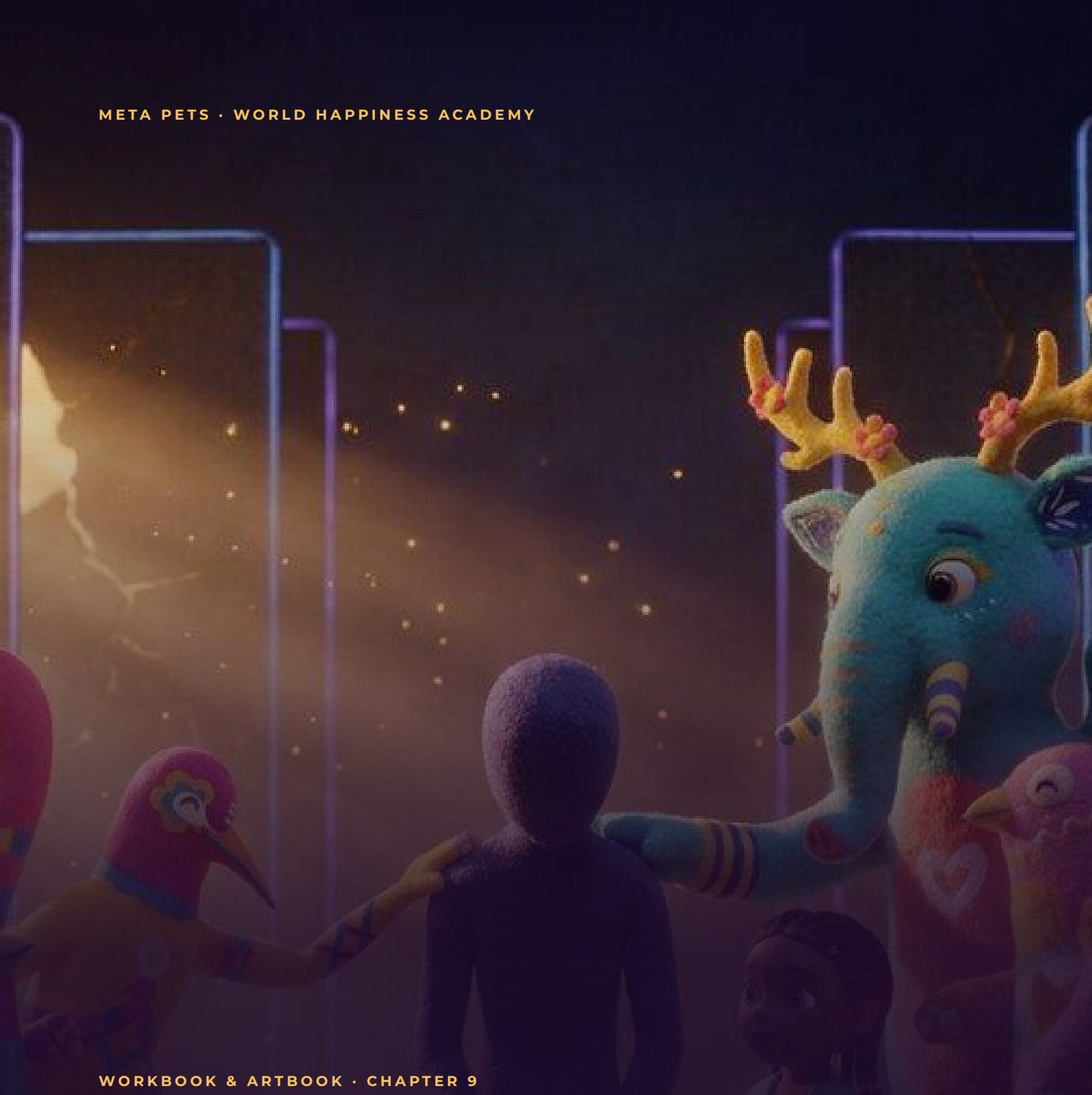
META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 9

Portal of Light

Unlocking Your Light Within · The four guides, The Severance 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

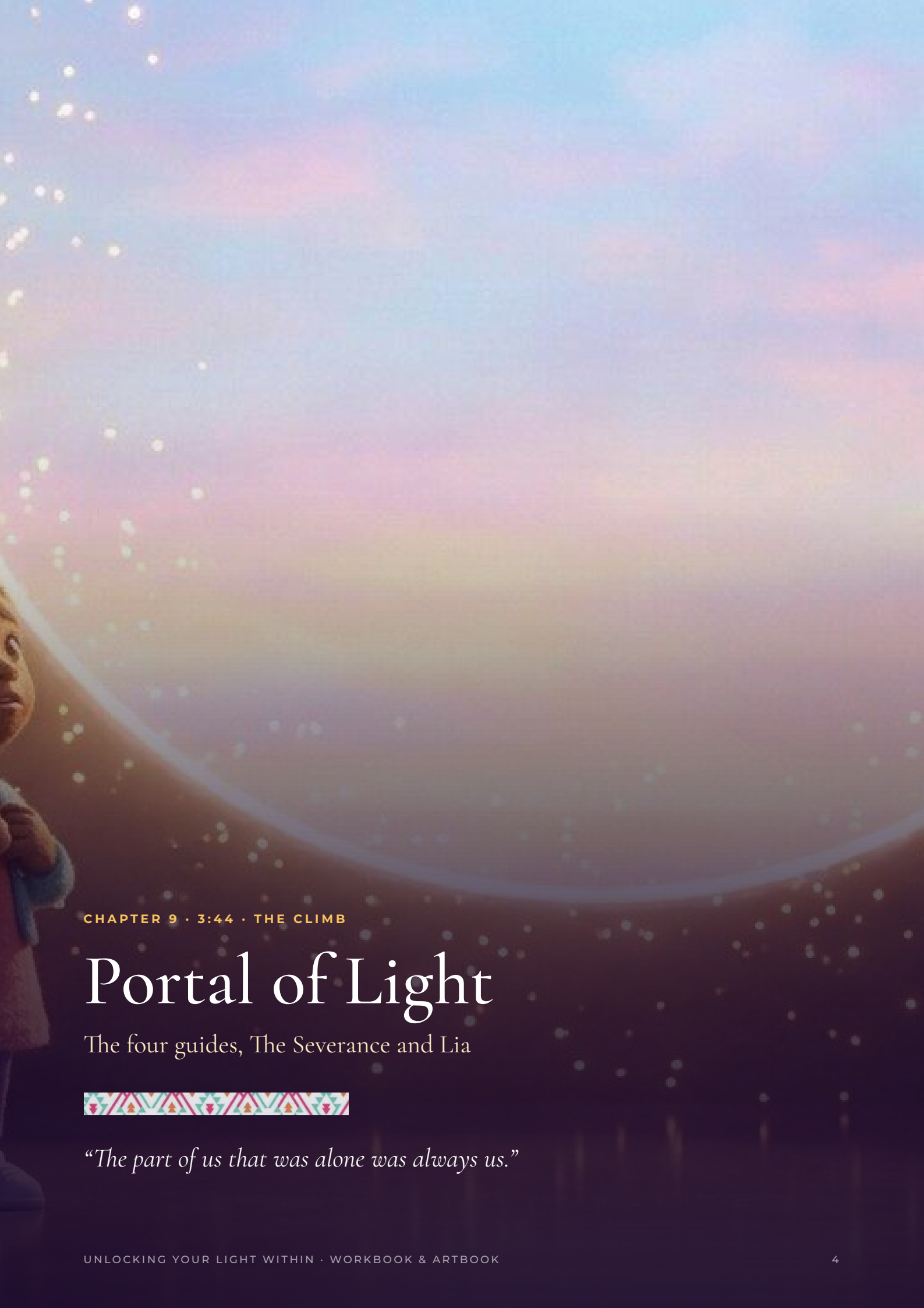
The highest expression the card invites, beyond effort.

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 9 · 3:44 · THE CLIMB

Portal of Light

The four guides, The Severance and Lia

“The part of us that was alone was always us.”

What it means

Kneeling before a portal of light, The Severance confesses: “I am the lie of separateness.” He asks to be taken back, and the four guides answer as one: we see you, we name you, we take you back. The door that looks like the sky opens, not with effort but with stillness, and Lia meets her older self on the other side.

The shadow is not defeated: it is taken back. Separation was the lie; belonging was the truth all along, the same truth the earth sang in chapter 1.

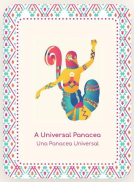
The door does not open with effort or with will, but when everything inside is still. And there is no other side: only the world we left, now luminous. Integration lets us see where we already are.

THE FOUR GUIDES



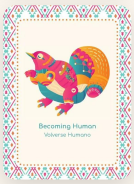
Felicia · The Light Whisper

Card 65



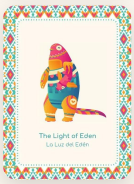
A Universal Panacea

Meta Pet 4 · Intolerance → Understanding → **Forgiveness**



Becoming Human

Meta Pet 36 · Turbulence → Humanity → **Compassion**



The Light of Eden

Meta Pet 11 · Obscurity → Idealism → **Light**

Every shadow you have met in the film comes home in this circle.



CHAPTER 9 · PRACTICE · 15 MIN

Taking back the part that was alone



1. Lay the four guide cards in a circle (Felicia, 4, 36 and 11), or open them in the app. If you do not have them, write their names on four pieces of paper.
2. In the centre, write the name you give to the part of you that has felt alone: a word, a nickname, an age.
3. Slowly, once for each guide, say: “I see you. I name you. I take you back.”
4. Sit still for three minutes with your eyes closed. Do not try to open anything.
5. Write one sentence about your ordinary life, seen from the other side of the door.

JOURNAL

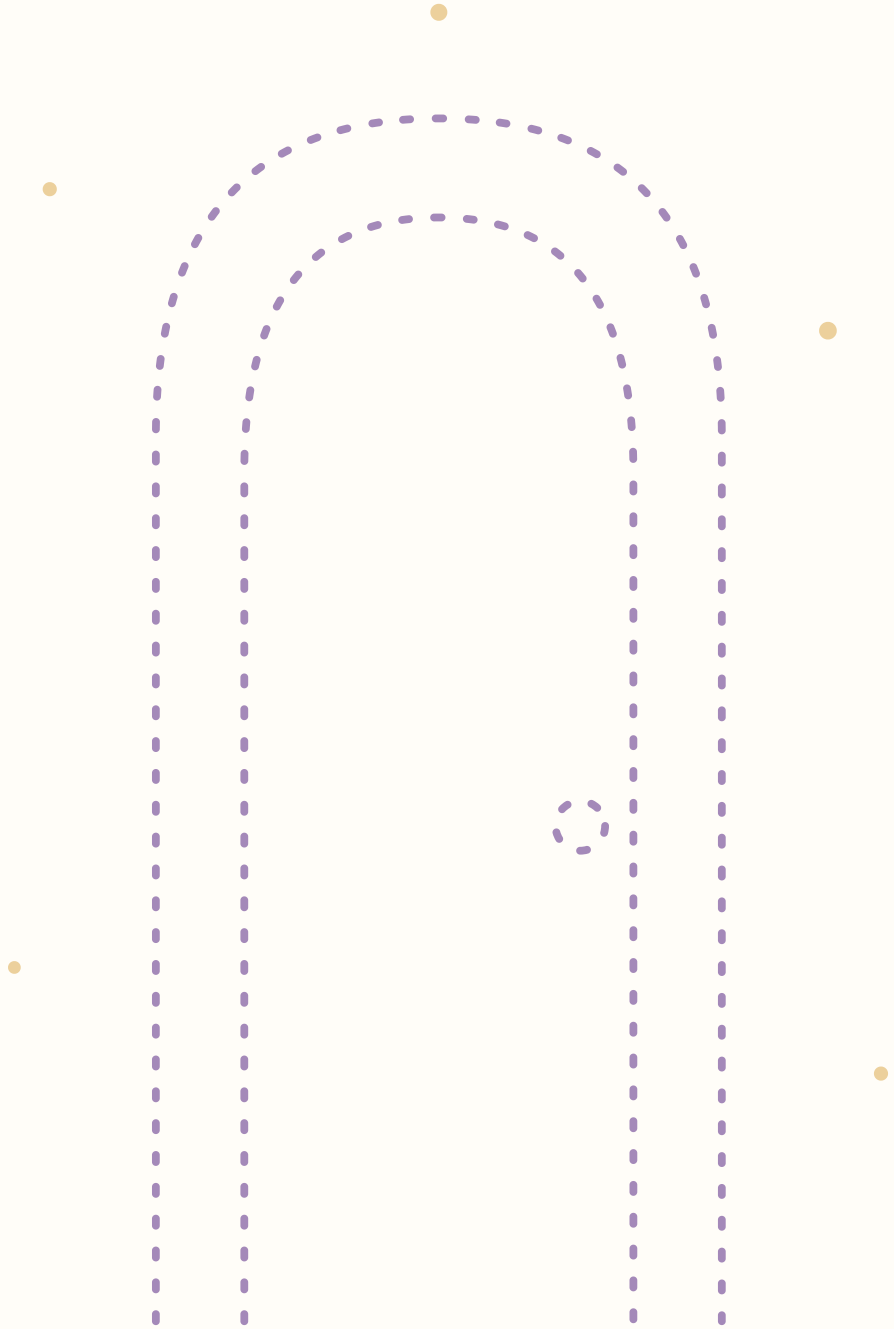
What part of me has been waiting to be taken back?

Where am I still trying to open a door with effort?

If there is no other side, what in my ordinary life is already luminous?

Draw the door that looks like the sky

Draw your door, and colour it with the sky you would most like to walk into. Then draw yourself on both sides of it, bowing.



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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