

META PETS · WORLD HAPPINESS ACADEMY

WORKBOOK & ARTBOOK · CHAPTER 10

Infinite Sky

Unlocking Your Light Within · Lia, the four guides and the Meta Pets

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 10 · 4:16 · THE HOMECOMING

Infinite Sky

Lia, the four guides and the Meta Pets

“You are not the storm, you are the sky.”

CHAPTER 10 · INFINITE SKY

What it means

Under the Milky Way Lia sings to the storm: you are not the storm, you are the sky. The guides, the Meta Pets and the integrated Severance shine together. Eight seconds of silence, and then the voice of Lia grown old remembers a whole life, imperfect and enough.

Everything the film has walked through, fear, shadow, walls, is weather. You are the sky in which it happens: “You are not the body, you are what sees.”

The silence is part of the film. And after it comes not a triumph but an ordinary life, remembered with tenderness. Freedom does not make a life perfect. It makes it enough.



YOUR CARD OF THE DAY: ITS ESSENCE IS THE SKY

No single Meta Pet: the space in which all of them appear. Draw your card of the day and read its Essence as the sky behind the storm.



CHAPTER 10 · PRACTICE · 15 MIN

Eight seconds of sky



1. Sit comfortably. Name, silently, one storm in you today: a worry, a feeling, a thought.
2. Say inwardly: “I am not this storm. I am the sky it moves through.”
3. Keep eight seconds of complete silence. Then another eight. Then another.
4. Draw your card of the day and read only its Essence, slowly, twice.
5. Write three lines that begin “I lived, and…”, as if you were remembering your life from very far away, with tenderness.

JOURNAL

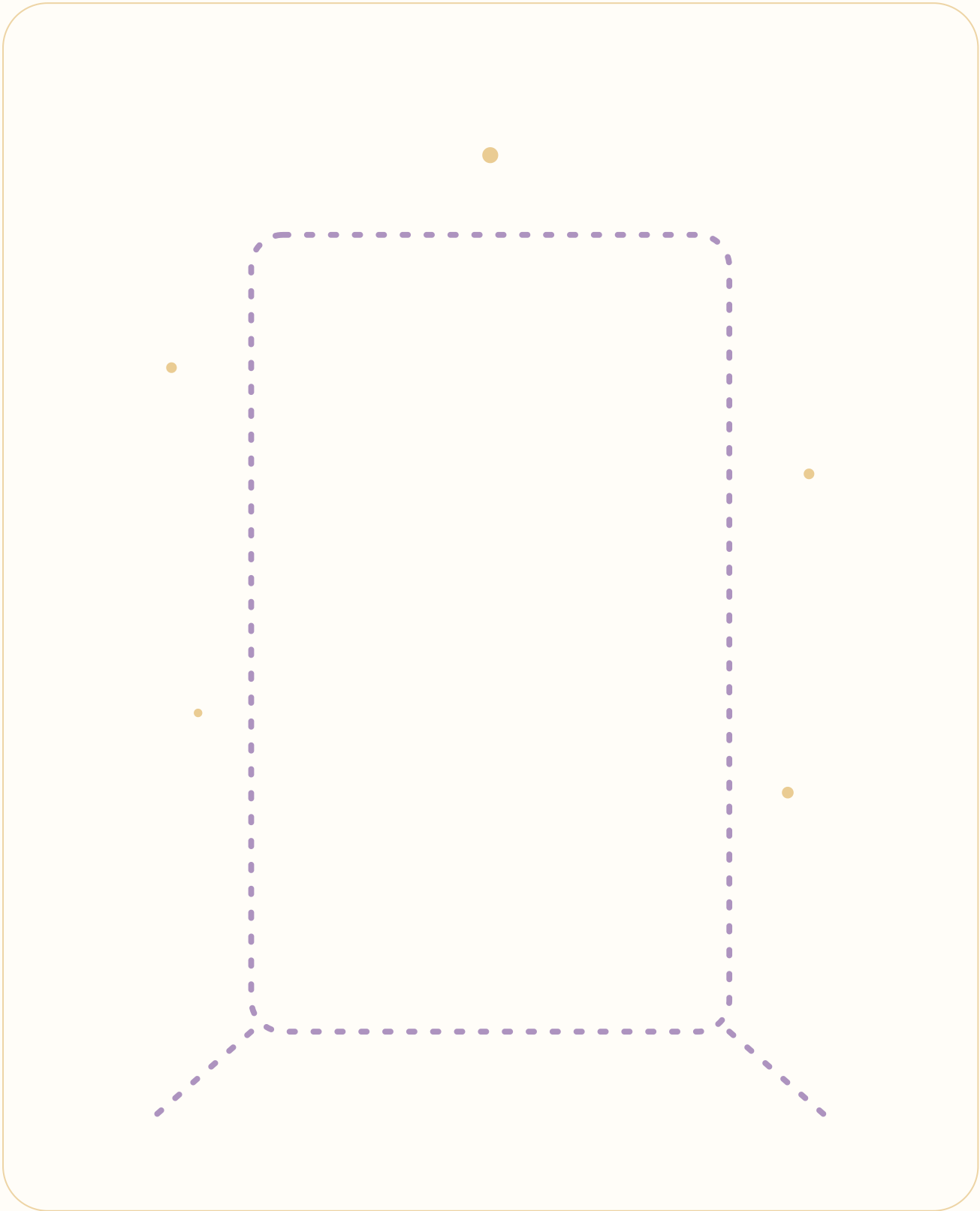
What storm am I mistaking for the sky?

What would be enough, if I stopped trying to make my life perfect?

Whom did I come back to find, and what have I heard that I want to tell them?

Draw your sky

Draw a small storm in one corner. Then fill everything else with sky: stars, colour, space. Notice which is bigger.



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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