META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 11

Happytalism

Unlocking Your Light Within · Lia grown old, the whole city and the whole company

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 11 · 3:40 · THE HOMECOMING

Happytalism

Lia grown old, the whole city and the whole company

“One awakened cell, myself.”

What it means

"And we built it. Slowly and badly at first, and together." The whole city sings Happytalism: the old world of never enough crumbles, the long table is laid in the street, coins turn into flowers and ten billion souls light up the Earth.

The inner journey turns outward. A world built on "never enough" is the Severance at the scale of a civilisation; Happytalism names the other possibility, an economy of love.

And the answer to how is the smallest unit: "One awakened cell, myself." Fundamental Peace is practised from this moment, in our streets.



ALL 64 META PETS, TOGETHER

Every Meta Pet is on the street: each of the 64 is one Gift the new world needs. Which Gift of yours is it missing?



CHAPTER 11 · PRACTICE · 15 MIN

One awakened cell



1. Write one thing in your life that still runs on “never enough”: time, money, attention, approval.
2. Draw your card of the day and read its Gift.
3. Choose one concrete act of “enough” you will offer this week with that Gift: a meal shared, an hour given, a voice lifted.
4. Write it as a promise: “From this moment, in my street, I will…”.
5. Stand up and say it aloud, once. You have just joined the anthem.

JOURNAL

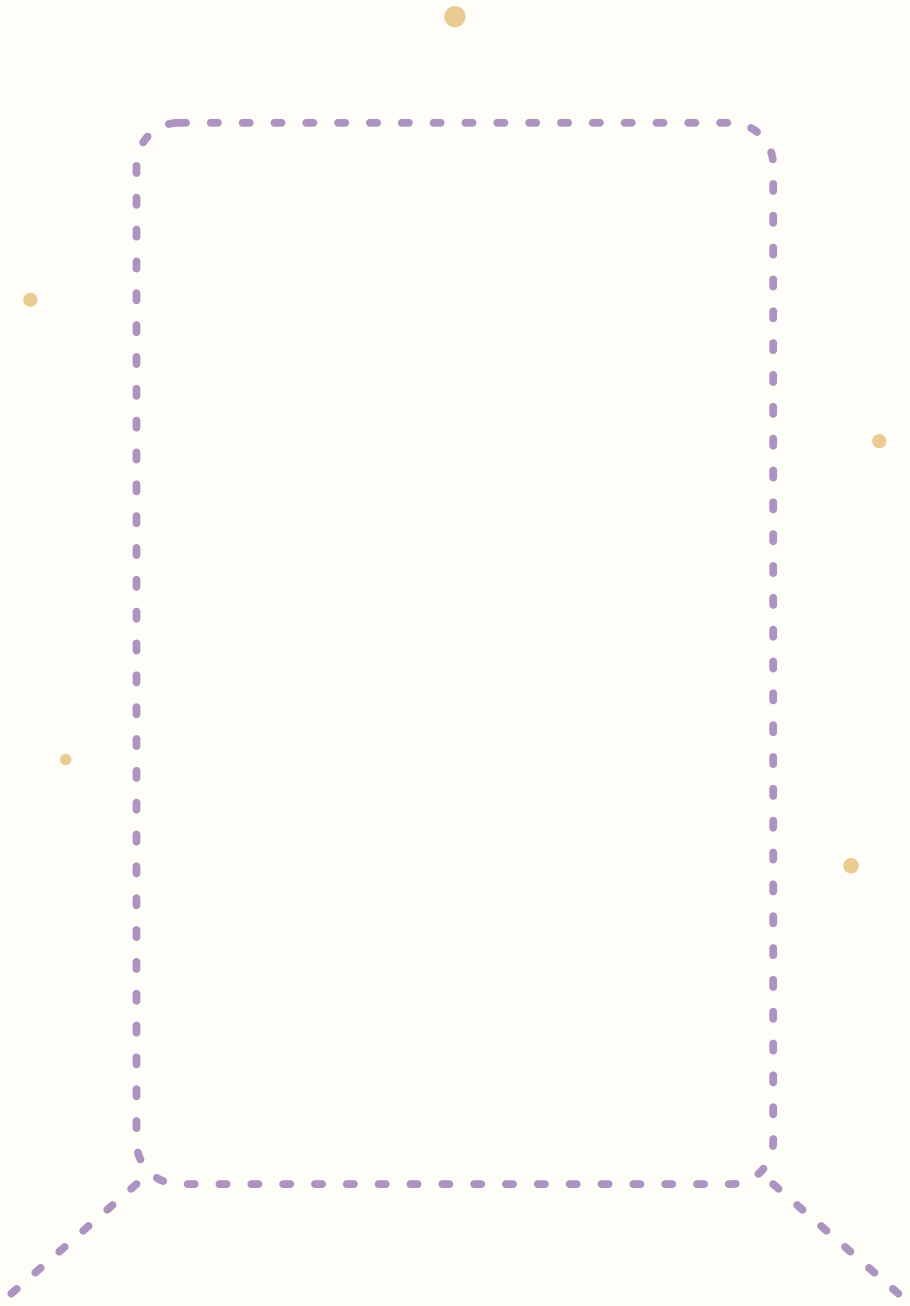
Where do I still live in the old world of never enough?

What does “enough” look like in my home, my work and my street?

Who are the people I would build this new world with, slowly and badly at first, and together?

Lay the long table

Draw a long table in a street. Draw who sits at it, what bread is on it, and one empty chair for someone you will invite.



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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