META PETS · WORLD HAPPINESS ACADEMY



WORKBOOK & ARTBOOK · CHAPTER 12

The Path of Light

Unlocking Your Light Within · Lia young and old, Felicia, the guides 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 12 · 4:26 · THE HOMECOMING

The Path of Light

Lia young and old, Felicia, the guides and the whole company

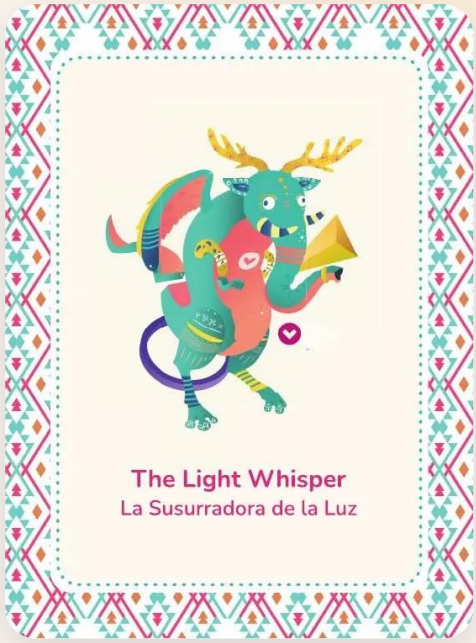
“You are home.”

What it means

A child's voice sings alone: we carry the light from the womb to the world, from the world to the stars, and back. The four guides give their last teachings, all sing together, “we were never separate”, and Lia grown old speaks the last words of the film: you are home.

The finale gathers the whole journey into one line: roots in the earth, wings in the sky, fire of will, a heart that won't lie, a voice that remembers, a vision that sees, a crown of stars.

The film ends as it began: you are home. Not a reward at the end of the climb, but what was true before it started. We walk the path together, every day.



CARD 65

Felicia · The Light Whisper

Felicia opened the film and closes it: “Now return, the circle complete. Feel the earth beneath your feet.”



CHAPTER 12 · PRACTICE · 15 MIN

The whole path, in one breath



1. Lay out, or recall, the cards of the chapters that touched you most.
2. Stand with your feet on the ground. Read slowly: roots in the earth, wings in the sky, fire of will, heart that won't lie, voice that remembers, vision that sees, crown of the stars.
3. At each phrase, touch the place in your body it names, from your feet to the top of your head.
4. Write the one step of the path you will walk tomorrow, and with whom.
5. Close your eyes and say three words to yourself: “You are home.”

JOURNAL

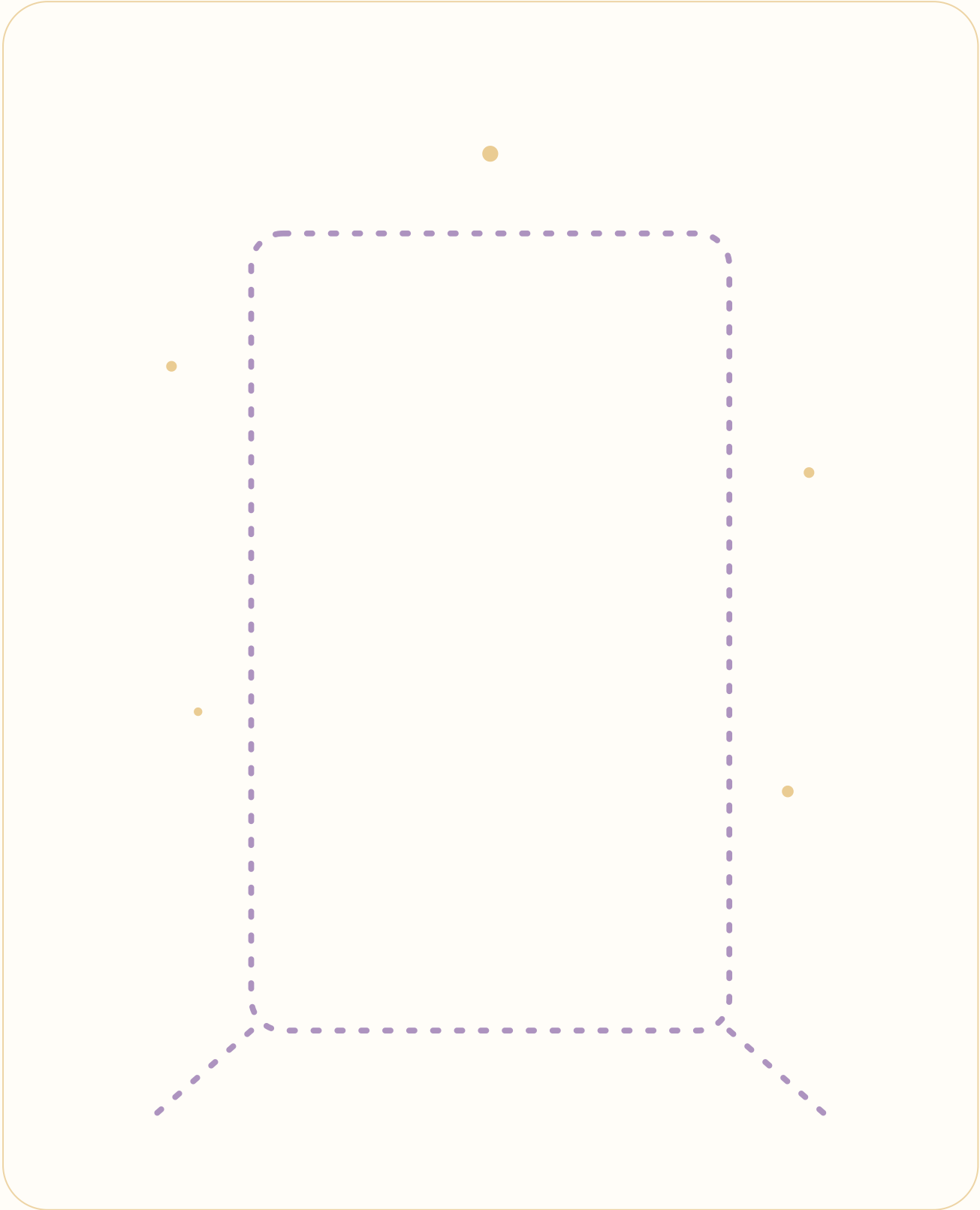
Which chapter of the film was most mine, and why?

What has changed in me between chapter 1 and chapter 12?

With whom will I walk the path of light, every day?

Draw the whole path

Draw one path from the roots at the bottom of the page to a crown of stars at the top. Mark on it the chapters that were yours, and draw yourself on it, today.



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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