

Book of One: Volume I

Manifesto: Introduction to universal consciousness for humans

The greatest story ever told. A short narrative outline of the nature of reality and why you are here.

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§1 You are not a human body with conscious experience. You are consciousness having a human learning experience. You are here to develop and grow this consciousness. The material world you experience is a practical illusion that will help you grow. Reality is much larger, richer and more profound than what you immediately experience.

§2 Earth is still an incredible place. Your objective is to live your life here fully and embrace both good and bad, light and shadow, love and fear. There are two sides of everything, they complement each other and you cannot have one without the other. Throughout life your experience will move like a pendulum from one side to the other. The wider it swings, the more you will grow. There are no problems, only lessons and how you react to them. Each lesson paves the way for the next one. How far you will go depends on how willingly and skillfully you accept each lesson, whereas resisting it will set you back. Let everything happen to you, nothing is final or forever.

§3 You were born into the material world on Earth, but your consciousness existed before and it won't die with your body. People call it the self, or the I. The I inside of you, is the same as the I inside of everyone else. But each self inhabits a unique perspective in time and space, and it travels an individual path, colored by its own story. Some lessons may take multiple lifetimes to learn. Accept and make peace with the fact that everyone is

always doing their best at their current level of development.

§4 All selves are universal consciousness. We will call it One. One is an unbounded field of subjectivity and the fundamental level of reality. You are One, and One is you. You are not all of One, but One is all of you. Trying to understand the whole of One is similar to a single cell in your body trying to understand *you*. One can never be found as an object in your awareness. One *is* awareness itself. You've forgotten this due to dissociation and amnesia. It's made that way on purpose because you are here to grow by experiencing human life on Earth with this particular limitation: The illusion of separation from One and everyone else. You will feel like a single wave in the sea of consciousness, but never forget that each wave is also the sea. Whenever you find peace inside yourself, you will be more ocean than wave and this is your way back to One.

§5 One is the essence of all life, including yours. The purpose of life is to evolve and grow, as One grows with it. There is no real separation between a creator and the created, it's all one endless creation: Each unit of being takes part in this unfathomable journey into endless potential, from no-'thing' to every-'thing', from the unmanifested to the manifested. As humans we are fruits of this evolution and our species is well equipped to adapt and help accelerate growth. However, for far too long we've suffered under a dominant and flawed matter-centric worldview. Not only does it keep us from realizing our own growth potential but it does so at the expense of all other species on Earth. This worldview is materialism.

§6 Materialism claims that all that exist are materials and material processes. Life has no meaning, the universe is an accident, everything is a cosmic joke with no punchline. In a desperate attempt to create its own pseudo-meaning, materialism and its followers have turned the natural world into mere resources, which they extract, refine, accumulate and combine into still other materials at an alarming rate. All life, including humanity itself, is seen as purely instrumental, a means to an end in the

acceleration of materialism's exploitation of nature.

§7 The result of materialism is unprecedented suffering on all levels of our natural world: The climate crisis, the environmental crisis, the biodiversity crisis, the health crisis, the mental health crisis, the spiritual crisis, and the societal crisis. We will call this The Sevenfold Crisis. Only through the illusion that we are separate entities in a meaningless universe, can we continue to hurt nature and our next of kin by promoting division, inequality and fear, rather than oneness, equality and love. And yet, materialism can never sustainably satisfy the void we feel inside, as it is the very cause of it.

§8 The void of meaning comes from not understanding and living according to our true nature. Only when we become aligned with the nature of universal consciousness, will we find inner peace and outward purpose. Thankfully, there's a movement coming from all corners of the world to lead us out of the materialist depression and usher in a new consciousness-centric worldview for humanity. It's called metaphysical idealism and it's the understanding that the essential nature of reality is mental, not physical. Consciousness is the fundamental level of reality, not matter. Home of One is here to help make this fundamental truth widespread and much more than an intellectual exercise. With our platform you will become equipped to make better choices for yourself and accelerate your journey into greater consciousness.

§9 You've chosen to come here at this crucial time. Kudos. Never has planet Earth offered a more profound learning environment for humans – and at the same time desperately needed for our species to rapidly grow in consciousness. You develop your consciousness by fully experiencing what it's like to use your free will under the narrow restraints of life on Earth. Through your intent and actions you constantly co-create the world. Whenever you choose love it affects you and others positively. When you choose fear it affects you and others negatively. This dynamic of action

and consequence is often misunderstood. There is no evil or punishment, only the constant movement through and away from the suffering caused by ignorance and non-consciousness.

§10 Suffering drives learning and growth, which enables us to make better, more loving choices. We get saturated with suffering and make changes for the better, regardless of whether we are the source or the receiver of suffering. Is it hard sometimes? Sure, but we have endless lives to rise above any challenge. Love, light and beauty is everywhere, even, and sometimes especially, in the darkest corners of life. And once you finally leave your body, you'll revisit how it all went, what you felt and how you made others feel. If you have caused division, inequality or fear, you will learn from being on the receiving end of that.

Breathe, we are One. Notice how you don't draw breath, it is drawing you. You are not living life, life is living you.

Editorial note: The Book of One is currently being developed further and will grow to reflect universal consciousness in ever greater detail and accuracy. Home of One grows through open source, [get involved](#).

Further reading

- [Volume II: Background](#) outlines how we arrived at our pragmatic idealist worldview. A good place for skeptics to read on.
- [Volume III: Development](#) is a practical guide of how to develop your consciousness. Recommended for anyone looking to create inner peace and find purpose in life.
- [Academy](#) lists relevant methods for training your consciousness, as well as further teachings to explore.
- Coming later: Essays on The Sevenfold Crisis and how developments in consciousness can solve it.
- [Become a member](#) to receive all volumes as an ebook and join our

community.