



THE PATH OF A
Baoist
IN THE LAMSTERVERSE VOL.1

Discover
Balance
Harmony &
the Art of
Meaning

2025

Who are the Lamsters?

In a digital universe where art, technology, and spirituality collide, the Lamsters are more than just collectible NFTs—they are guides, companions, and symbols of a deeper journey. Each Lamster is a unique being, crafted with care and imbued with a spark of cosmic wisdom. But what makes them truly special is their connection to Baoism, a philosophy that teaches us to find balance, harmony, and meaning in the chaos of modern life.

Welcome to the Lamsterverse

Lamsters are not just characters in a story; they are reflections of us. They represent the quest for self, the courage to seek truth, and the joy of finding connection in a fragmented world. As you explore this zine, you'll discover how the Lamsters embody the principles of Baoism and how you, too, can walk this path toward enlightenment.

Lamsters are more than just art—they are guides on a journey to self-discovery and enlightenment.

Lamster Facts

Lamsters live on the Lamina1 blockchain. There are multiple layers to the Lamsterverse and multiple creatures. There are Lamsters, Wolfemon, Dogongels, Fleshearers and even tribes of 'human' anime characters that live stores in the Verse Layer.

Join thousands of Lamsters holders in a global movement for creativity, connection, and spiritual growth.

Ready to dive deeper? Turn the page to explore the essence of Baoism and how it shapes the Lamsterverse.

The Essence of Baoism

Baoism is a modern spiritual philosophy rooted in the timeless pursuit of balance, harmony, and self-awareness. At its core, Baoism teaches us to embrace the interconnectedness of all things and to find peace within the ebb and flow of life. It is not a rigid doctrine but a flexible framework for living with intention, curiosity, and compassion.

The principles of Baoism can be distilled into a three keys:

- **Balance and Harmony:** Life is a dance of opposites—light and dark, joy and sorrow, action and stillness. Baoism encourages us to find equilibrium in these dualities, recognizing that each has its place.
- **Interconnectedness:** Everything in the universe is linked, from the smallest particle to the vastest galaxy. By understanding our connection to others and the world around us, we can cultivate empathy, gratitude, and a sense of belonging.
- **Inner Peace and Self-Awareness:** True peace comes from within. Through practices like meditation, reflection, and mindful living, we can uncover our true nature and align ourselves with the rhythms of the universe.



Baoist Practices to Try Today

- **Morning Meditation:** Start your day with 5 minutes of mindful breathing.
- **Gratitude Journaling:** Write down three things you're grateful for each day.
- **Mindful Walking:** Take a walk in nature and focus on the sensations of each step.

A Simple Baoist Creed to Find Happiness:

Stop Doing Bad Things (TOX).

Start Doing Good things (ROX).

Help Others Stop Doin Bad Things and Start Doing Good Things. (BAOJI)

Balance isn't something you create—it's something you find.

Balance is not the absence of chaos but the ability to dance within it.

The Way to Lamlightenment

Lamsters are not static creations—they are beings on a journey. Each Lamster begins its existence in a state of Awakening, unaware of its true potential. But as it explores the digital cosmos, it encounters challenges, discoveries, and moments of profound insight. This journey mirrors the path of Baoism, a philosophy that teaches us to embrace the ebb and flow of life, to seek balance in chaos, and to find harmony within ourselves.

**In stillness,
we find our
true
nature.**

Awakening: The Lamster becomes aware of its existence and begins to question its purpose.

Seeking: The Lamster embarks on a journey of exploration, encountering other beings, facing challenges, and learning valuable lessons.

Balancing: The Lamster begins to integrate its experiences and learns to embrace duality—light and dark, joy and sorrow, stillness and motion.

Lamlightening: The Lamster becomes a guide for others, sharing its wisdom and helping them on their own journeys.

gratitude
joy



Baoist Practice for Better Life

Baoism invites us to reconnect with the natural rhythms of life, to create space for stillness, and to find beauty in the world around us. In a world dominated by screens, noise, and constant stimulation, these three unique practices will help you step back, recenter, and rediscover your connection to nature, art, and yourself.

Tree Communion

Touch a tree. Close your eyes. Take nine deep breaths

Art as Meditation

Set aside fifty-nine minutes. Create art. Stop thinking.

Digital Fasting

Shut off your devices for a few hours. You can do it!

What can you discover in silence?

Meet the Lamsters

The Lamsterverse Contains Infinite Layers

The Origin of the Lamsterverse

The Lamsterverse is a creation of contradictions: a cosmos of innocence intertwined with predation, beauty mingled with peril, and the ever-present touch of the mysterious Pater Familias. Universally recognized as its architect, though shrouded in myth and ambiguity, Pater Familias is a hermit-like figure whose influence shapes both the physical laws and metaphysical truths of the universe. Some say he carved the Lamsterverse from the void like a sculptor with clay, others whisper that he merely "discovered" it in the folds of reality, an eternal world that he gently guided into a coherent story. His philosophy, Baoism, permeates every fiber of this world—a balance between chaos and creation, life and entropy, guiding all who dwell within it.



The Laminate - Layers of the Lamsterverse

The Lamsterverse consists of infinite layers, real and imagined, simulated and concrete, many known, some seen and others that will only be revealed over time. The Lamster Layer (where the Lamsters and their ecosystem exist) is primarily focused on material and The Verse Layer (home of the Genesis Elders and their tribal factions) is primarily focused on story. These two dimensions overlap in subtle ways, bound by the threads of Pater Familias' design. Bones and meat.

The Lamster Layer:

This world is vibrant but fragile, its balance dependent on the interplay of these creatures and the silent influence of the Verse Layer.

Lamsters: The primary inhabitants existing as multiple generations and in multiple factions. The Lamsters produce wool so fine and ethereal that it is woven into the fabric of reality itself. The wool, sometimes called wool1 is created in the LamsterDAO. Their work sustains the natural balance of their realm.

Fleshearers: Humanoids known as Fleshearers coexist with the Lamsters, harvesting their wool for trade, power, and wealth. They are tethered to the Lamsters' dimension and cannot traverse to the Verse Layer.

Dogongels and Wolfemon: Beings of dual nature, Dogongels are loyal, winged canine protectors of the Lamsters, helping them navigate the trials of their world. Wolfemon, on the other hand, are cunning and predatory, often seen sowing chaos, driving the Lamsters into danger, or working to undo their harmony.





The Verse Layer:

The Realm of the Genesis Elders. Above and beyond the Lamster Layer lies the Verse Layer, a vast, ethereal dimension where the Genesis Elders and their tribes dwell.

The Verse Layer is divided into regions, each reflecting the nature of the tribes and their Genesis Elders. These lands are not static but morph with the stories and philosophies of their inhabitants.

The Genesis Elders are immortal, godlike beings, and each has formed a tribe within the Verse Layer. These tribes embody specific philosophies or aspects of the Genesis Elders themselves. One example is Pater the Younger who roams the Verse Layer as a wanderer-philosopher, uniting his own tribe of seekers who strive to embody the principles of balance. His followers are known as the Baoists, deeply tied to trees and the forest.

Baoism doesn't just exist in the Verse Layer though. It exists in all of them - even the one you are reading this in.

The Lamster Baoist Way

Community

Compassion

Collaboration

Presence

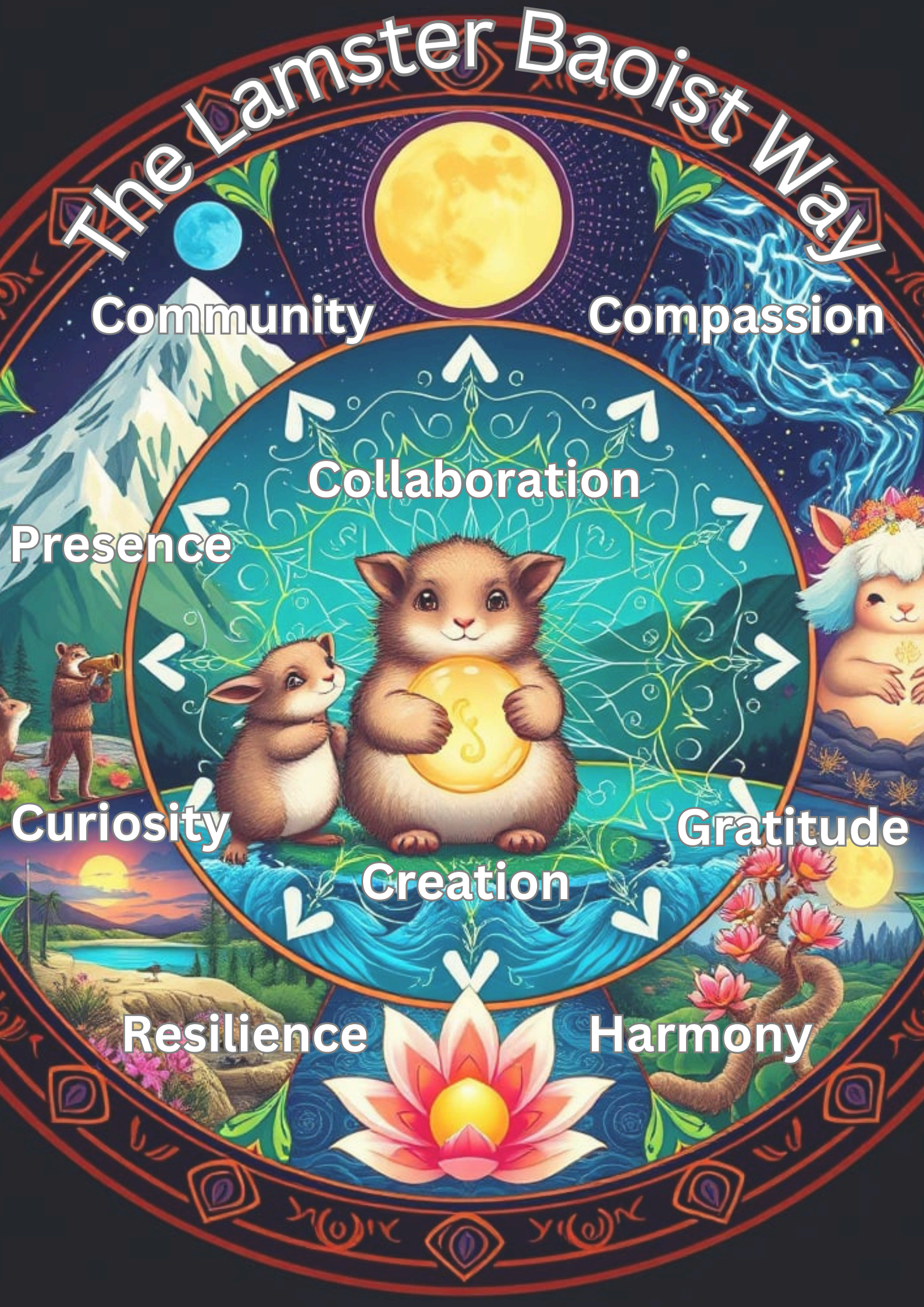
Curiosity

Gratitude

Creation

Resilience

Harmony





Lamsters are more than just digital collectibles—they are symbols of a movement, a community, and a vision for the future. Guided by the principles of Baoism, the Lamsters community is working to create a world where balance, harmony, and connection are at the heart of everything we do.

Here's what that future looks like:

A World in Balance

Imagine a world where humanity lives in harmony with nature, where the rhythms of the earth are respected, and where every action is taken with mindfulness and intention. The Lamsters remind us that balance is not a distant dream—it's a choice we can make every day.

A Global Community of Seekers

The Lamsters community is a gathering of curious, compassionate, and creative souls from all corners of the globe. Together, we are building a network of support, inspiration, and shared purpose, united by our commitment to growth and enlightenment.

Art as a Force for Good

In the Lamsters' future, art is not just a form of self-expression—it's a tool for transformation. Through Baoism-inspired creations, we can spark conversations, challenge assumptions, and inspire others to see the world in new ways.

Technology with a Soul

The Lamsters exist at the intersection of art, spirituality, and technology. They remind us that technology, when used with intention, can be a force for connection, creativity, and positive change.

Creativity is the bridge between the self and the universe. What will you create today?



The Lamsters' journey is a mirror of our own—a quest for balance, harmony, and enlightenment in a world that often feels chaotic and disconnected. But this journey is not one we take alone. Together, as a community of seekers, creators, and dreamers, we can support each other, learn from each other, and grow together. Whether you're new to Baoism or a longtime practitioner, the Lamsters community welcomes you. Here, you'll find a space to explore, create, and connect—a space where art, spirituality, and technology come together to inspire positive change.

<https://discord.gg/FeuNMr2eht>
Baoism.substack.com

The Baoist Way begins with a single step. Take yours today.