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1 Expository Information

1.1 How to Read Guides: The Guide

"Everything you need to know beforehand is in the guide. Everything else you will discover along the way, as you should."~Flandere

So, lately, a lot of people are having problems reading guides. I don't know if it's a reading comprehension inhibition, if they're just skimming, if they didn't read them or what. The following is how you should use most guide sites to your advantage.

Okay, so firstly, if you're making a tulpa, and you decide you want to use the guides, what you NEED to read are the following: Irish's creation guide, Irish's wonderland guide and my tulpa creation guide v2.0. These documents will encompass everything you need to know, and you'll be fine if you can quell your curiosity long enough to make a tulpa. You should know everything on these documents back and forth, left and right. When you tailor your own method, just make sure you're not leaving anything out, that's all.

Now for those of you that like more supplemental material that is still pretty much pertinent to what you're doing, there are many other documents, blogs, threads, creepypasta, techniques and everything for you to check out. If you are very curious and can't bear to have your own experiences and be surprised by what you're doing, than feel free to read all this stuff. More power to you.

Now, based on the guides and all the information, here's something you shouldn't ask, mostly because there is no straight answer, for one, and secondly it gets pretty annoying.

"Is (insert thing related to creation) normal?"

NOTHING is normal when you're talking about tulpae. Everyone's experience is going to be different; ergo we can't tell you what's normal and what's not. Chances are you're going to be told just to roll with it, so stop asking. It's your mind, not ours, you're the one that's going to know if something is normal or not.

So, in short, whichever path you decide to take, make sure that you're not asking questions that are explained elsewhere. If you have a question, and haven't read the guides, and don't want to read the guides, then don't ask it. Simple enough, right? If you have a question, and have only read the creation guide, and you're positive it hasn't been explained there, than it will usually be explained with time. If you have a question, and you've read everything, and you're sure it's not in any of the provided documents, than ask it.

This should all be common sense.

1.2 What is a tulpa?

Time to rewrite this a bit, just because I feel like I didn't go in depth enough describing what a tulpa is, as opposed to what it is not. Anyways, this is just a quick update on this entire thing, and of course I'm leaving some things from the old version behind. Note that the following is all about a psychological interpretation of

What a tulpa is has two main parts, the first part is sentience, and the second part is hallucination/ projection.

The sentience is basically a product of your unconscious mind; you create by fleshing out through personality work and narration. You're basically taking an already existing part of your mind, and defining it until it becomes what you experience as "sentient". Now the tulpa is not actually its own sentient being, the tulpa is a product of your mind that you are experiencing as sentient. Really, there is no difference between the two, since the outcome for you is the same. That being said, by defining these personality attributes and talking to your own mind until it is able to "talk back" you're creating a false personality within your mind-one that is not a personification of your subconscious, but rather a being built on it.

This sort of sentience entails: autonomous thinking, decision making skills, the tulpa having its own set of likes, dislikes, pleasures and emotions, the tulpa having different thoughts from you, and the like. The tulpa will be able to talk and function on its own. But note that because the tulpa is a being of your subconscious, they are always within your mind, and do not exist else where. Even if they have a "body" that is merely a projection of a form that is being controlled by them from the mind. Really the form is NOT the construct, the sentience is. The body is not really for their benefit, it's mostly for yours.

Note that you cannot have a proper tulpa without working on personality and narrating. You have to give time for sentience to develop, or else you'll end up with something known as a servitor: basically just a form with no sentience controlling it, a hologram. However, you can have a tulpa without a form; they are more "optional".

The next, part of what a tulpa is, is the form. Basically, you make a form of your choosing to allow the sentience to control, which you will experience as a separate being. Of course the tulpa will still exist within your mind, but, they will be controlling this form which further personifies them and allows you to interact with them in the real environment. You're making this form within your mind, working on it so intensely that you are able (after a grand amount of time) to impose them on your environment and have the tulpa be able to control the form.

That's a basic explanation of what a tulpa is.

Now I would like to debunk some myths regarding tulpae and innate mental illness. The first one I'm going to tackle is Dissociative Identity Disorder, formally known as Multiple Personality Disorder. This disorder is characterized by "time gaps" where the person doesn't know what happened, or where time has passed and the person has apparently done something and not remembered. The other major symptom also includes other 'personalities' or consciousnesses taking over your body. The disorder is caused by traumatic events, usually in childhood.

Here's why creating a tulpa is not DID. You can't manifest DI D by belief and imposition. Alternate personalities are within your mind, not imposed on your surroundings in a vessel of sorts. Tulpae cannot take control of your body if you do not will it. Tulpae (even in a possession state, which is purely theoretical at the time of writing) would not cause you to black out while you're in control. An alternate personality depends on your body to have its own form. Note that you cannot have MPD and subsequently make it into a tulpa.

Secondly, a tulpa is not schizophrenia. Some people like to call it "self enforced schizophrenia" but this in and of itself is an oxymoron. You can't give yourself schizophrenia. People ask about it on/x/ all the time, and are met with utter disgust. You can't give yourself a

mental illness you're born with. That would involve drastically changing the chemical make up of your brain.

You can apply this thinking to most mental illnesses people inquire about. A large chunk of insanity manifests in not know that you're insane. You realize that your tulpa is part of your mind, and you treat it as such. Insanity ensues when the lines between reality and fantasy blur. By looking at things from an explainable stand point you keep your perspective and see that the tulpa is just a vessel and representation of your subconscious and its interworking mechanisms.

When you make a tulpa, some people are foggy or mislead about what you're actually doing to your mind. First, you begin the sensory excursion, and with repetition, you can imagine it perfectly. Nothing is so strange about making an image very familiar to your mind's eye. Then, you start talking to it. When you don't create responses for the tulpa, your mind actually begins to see the thing you're sending the messages to as another being. This is when it experiences itself subjectively.

The part of your subconscious you have sectioned off then becomes to take a shape of its own, furthering the schism. Your tulpa is now sentient. After, when you begin to impose the tulpa, you're playing on the sensory details you've already been focusing on until this point. You were imagining them in your head before, now you're actually enforcing them on your senses.

So, in short, that's a basic breakdown of what a tulpa is.

1.3 Tulpa F.A.Q.

Well, here it is, the fifth incarnation of the Frequently Asked Questions regarding tulpae; most of the time all the other documents available will answer your questions, and if not them, than your own sense of inference will. Also, yes, my email is still active. Enjoy the new categories!

General Information

- **What is a Tulpa?** A tulpa is believed to be an autonomous consciousness which also exists in a self imposed hallucinatory body, which is usually much of your choice. A tulpa is entirely sentient and in control of its opinions, feelings, movements. It is perceived as completely real, and you don't have to constantly focus on it to keep it around. (See "What is a tulpa" for more)

- **Why the fuck are you putting a Latin plural on a Tibetan word?** This question gets asked a lot and I think it needs to be officially cleared up. There are four main reasons for the Latin plural: One, because tulpae, tulip and what not sound kind of awkward. Two, because Tibetan words don't really correct suffixes for plurals, they more or less change the word in some cases. You still want people to know what you're talking about, so they don't think the words are two different things. Three, because on the Wikipedia page about tulpae sort of implies that thought forms are tangible, and by adding the Latin plural suffix we're sort of separating ourselves from that belief. Four, because Irish and I decided a couple months ago it sounded coolest.

- **So this is magic, right?** Wrong. This is a Tibetan concentration technique that changes the subconscious.

- **Prove Tulpae!** How can you prove something only you see? You cant.

If I have a mental illness can I make a tulpa? As long as said illness isn't messing with your ability to concentrate and not think of horrible mutilations and depression while you're making your tulpa, I think it should be fine. Of course, you know your mind better than me, so really up to you.

- **Can I have more than one tulpa?** Yes you can. But making two at the same time is taboo, especially for people just starting out with making tulpae. It's biting off more than you can chew, really. Creating one new consciousness wholly from your mind is hard enough, two is extremely hard. I wouldn't even try it at this point.

- **Wow, this is so new and unheard of!** Not really a question, but things like this go as far back as the daemonism of the time of Socrates. Religious sometimes make a sentient tulpa when they pray to god for an hour a day, until he talks back. Really that's just your subconscious sort of bubbling up to produce answers after a longtime of narration. Having a tulpa is nothing new, although it has had many names in the past and even now.

- **How do I make my Tulpa go away?** If you're already thinking about ways out, then don't make one in the first place. That being said, ignoring them will kill them off, as they need your attention to survive. This can take a month or more.

- **How do I give my tulpa energy?** You can give it energy by interacting with it.

Do I need to meditate? Not in the classical sense. I'm sure meditation would help with making your tulpa and perhaps concentration, but if it's not something you can handle because you have an uncontrollable train of thought, then that's fine too. It's really more of an option than anything, and I'm sure it helps people.

- **If I dissipate my tulpa, what will happen?** Well, if you dissipate the tulpa by force, typically you'll feel a void in your mind. This is not an actual void, but the feeling of something "missing" tends to linger. If you dissipate and the tulpa wants it, usually the only

recourse is your own emotional feelings.

- **I've missed X time of tulpaforcing, what do I do?** If you're in the beginning (under 5 hours) and it's more than 5 days or so, start over. If it's over 5 hours, and has been more than 5 days but under a week, start doing double shifts of tulpaforcing. It's common sense that you're going to have to make the time up somehow, because of the fact that tulpae are made by concentrated thought on them, and if you're not thinking about them, all of what you've done is going to be hindered in some way. How much you need to spend regaining time and what not. But yes, as a whole, you will have to spend more time solidifying what you did, and adding on hours you missed.

On Tulpae

What can my Tulpa do? Your Tulpa will be able to access memories you don't remember, things you've read to the T, it will work as a companion, it can help you solve problems by looking at them from another point of view, and things of the like. But you should not make a tulpa just to help you with school or something shallow like that. Make a tulpa because it is something you want to do. You can't expect to bring a sentient being into the world just to have it teach you math, (for more information on this see "The reaches of the tulpa")

Will my Tulpa kill me/harm me? Tulpae cannot act in the physical world. They can't move things or touch you. They cannot control you without your knowledge. Therefore they cannot kill you. I don't think it is possible to make a tulpa that would hate you. They are interested in self preservation. Of course the possibility for mental scarring is there, but the odds of this are very low. Would your best friend give you bad acid because you ticked him off one day? A tulpa trying to fuck with your mind is the same principal. It doesn't happen. (See: Mythbusters: Tulpa Edition for more)

Will my Tulpa be a carbon copy of me in personality and opinions? Your Tulpa is like a person. They can have opinions that differ from yours. They are their own being. (See: The Reaches of the Tulpa for more on what a tulpa can and cannot do)

Will my tulpa get jealous? Your tulpa is just like a person. Of course they're not going to monopolize your time or say you can't talk to people, unless it's within their personality. They're not going to freak out if you masturbate.

Can I make items for my tulpa? How long will these last? You can "tulpaforce" items for your tulpa. This typically takes a couple hours after you already have a tulpa, and they don't seem completely real. You can't touch them, only really see them. They will only last for the duration of the time the tulpa and yourself are interacting or paying attention to the item.

How much attention/energy/interaction does my tulpa need? During the creation phase you should aim to interact with your tulpa through tulpaforcing or narration for an hour a day. Afterwards, the minimum is basically acknowledging their existence. Of course people's individual tulpae may be dingier or have personalities that require more attention than others, but the minimum to keep your tulpa in existence is looking at it. Just do the opposite of completely ignoring it and you should be fine.

After my tulpa is done, can I change it? After your tulpa is imposed you cannot change how it looks, feels, or anything like that. If you took the proper measures (outlined in my tulpa guide) you will be able to change its clothes, but nothing extreme. Their personality will grow and mature overtime too, and you can't change this. So be sure the form and personality you're choosing is something you won't "get sick of".

Should I talk to my tulpa out loud or in my head? How will it respond? You can talk to your tulpa in your head. You can also talk to your tulpa out loud, obviously in more private quarters or wherever you deem comfortable (get yourself a blue tooth and you can talk to it anywhere). The latter tends to be more constructive in the creation process though. Your tulpa can either talk to you directly in your mind or aloud using the auditory hallucination you've

enforced.

So can my tulpa help me with X (memory recall, school)? If your tulpa is capable of helping you, that doesn't mean it will. You can't force it to do whatever you want. If they want to help you with your long division homework all night, then great, but if they don't, don't get pissed at them. You don't like working on math, so why should they?

• **What if my tulpa sees messed up fantasies or images and doesn't like me?** Your tulpa is going to accept you pretty much no matter what. Because they're a part of you and you effectively made them. They may disapprove of something you've done or thought of in the past, but they aren't going to hate you over it.

• **So is this a replacement for all my friends?** No, because you have a tulpa that doesn't mean you're going to not need any of your friends or family anymore. You still maintain your social life (if you had one) and sometimes it might be within the tulpa's personality to persuade you to become more social. They're not going to hog all your attention as a rule.

• **What if my tulpa knows it's a tulpa?** Your tulpa will know what it is because it has access to your memories. How it will feel about this is going to vary; most of the time they don't care, because they know they can't change the fact that they're a tulpa.

• **Can I force my tulpa to (be quiet, go away, X)?** No, you can't force your tulpa to do anything. If you really want them to do something (go away if you're angry, not bother you in school) you can depend on the fact that your tulpa probably isn't an asshole, and your tulpa knows exactly how you're feeling. Therefore the tulpa will abide by your wishes because it wants to, not because you can force it to.

• **I speak two languages, which one should I talk to my tulpa in?** Because your tulpa is part of your mind, it will know both languages. So in whichever one you want, basically.

• **Can I (grab, slap, hug, etc) my tulpa?** No, you cannot enact any kind of physical force like this on your tulpa. Remember that the tulpa's body is just a projection, and it's not really who the tulpa is, or what the tulpa is. It's just a hallucination, a hologram of sorts.

• **What does the tulpa do while you're sleeping?** Because the mind never totally shuts down, the tulpa continues to exist and be there. What it does, however, is up to the personality of the tulpa. I've heard stuff about them entering dreams and whatnot, but I cannot personally say if there is any truth to this. Tulpae continue to exist in their changed world, made of memories and assumptions. Basically the effect of you sleeping is similar to the effect of the tulpa walking into a different room, for me anyways. They don't have to sleep at the same time as you, or anything.

Creation Questions

• **How long will it take to make a Tulpa?** It can take as ~~much~~ as typically more than 100 hours.

• **How do I decide what my Tulpa will look like?** You either have an alright idea of what you want the tulpa to look like right off the bat or you can give the tulpa sentience through narration and personality work.

• **Should I create a Tulpa that looks like me?** No, because this creates a sort of uncanny reaction. If you get one thing wrong, it's going to be rather off putting. When you fear the tulpa, you're just dumping fear into it and it will attempt to recreate this response. Plus, the tulpa should be identified by you as a different being, and if you keep seeing yourself the end result is going to be not creating a wide enough schism to justify a different stream of consciousness. The problem lies in the preconceived notion you have about who you are and what you are. Really, all around, it's just not a good idea.

• **This feels like I'm just talking to myself and making up answers. Why?** You should just be engaging in open ended talk, like narrating what you're doing or telling a story when you're

just starting on the creation of your tulpa. If you parrot replies, you are just talking to yourself and making up answers. You should be focusing on a part of your tulpa and talking to them. When you get a real reply, it will be extremely jarring and you will know it's the tulpa.

- **If I have a mental illness can I make a tulpa?** As long as said illness isn't messing with your ability to concentrate and not think of horrible mutilations and depression while you're making your tulpa, I think it should be fine. Of course, you know your mind better than me, so really up to you.

- **I'm getting headaches, pressure, sore eyes and stuff during creation, is that bad?** It's actually quite normal to get headaches and the like. Don't worry about it, it's a normal part of creation and will phase out by the time your tulpa is fully imposed on your environment.

- **It's hard bringing my tulpa's face into focus, why?** Faces are the part of the body which are most dynamic and which we identify with most. Of course it's going to be hard to visualize them; I don't think anyone has an easy time with tulpa faces. In time it will come together when you don't have to force the visualization.

- **Why is it bad to fall asleep while working on the tulpa?** Because your tulpa comes from your subconscious and so do your dreams, the dreams can negatively affect your tulpa. They can be very jarring to it and what not.

- **Can my tulpa be based off an animation style or does it have to be realism?** You can have a tulpa that is "animated" or whatever, that's fine. Of course it might be harder to imagine it imposed on your environment, but if you're up for putting in a little extra effort that's fine.

- **Do I name my tulpa?** When thinking of a name for your tulpa, there are a couple things you can do. You can give them a name, but know that the possibility they change it is pretty high. Or, you can leave them nameless, and then when they are sentient have them name themselves.

- **Is it okay to tulpaforce while (high, drunk)?** I've done it, and have not noticed anything detrimental about it. It's not something you have to avoid, as long as you personally think you're being productive.

- **Can I listen to music while I tulpaforce?** When you tulpaforce you want to create an environment where you are the most relaxed. So pick a position, type of music, light level, and whatever. Just do what works best for you, although, I wouldn't recommend lying down in your bed, because you'll probably fall asleep.

- **Is it okay to give my tulpa negative traits?** You shouldn't be really thinking about traits as positive or negative. You should be thinking about them as what they are, not their social connotations. If you want a trait, and you feel like it would make your tulpa more realistic or whatever, than go for it! Traits are just traits, and whether they're good or bad really only depends on your mental stand point. Any trait could come back to bite you in the ass in the end, and that doesn't mean every one will. So if you want a tsundere tulpa, a sarcastic tulpa, or whatever, that's completely up to who you want your tulpa to be.

- **Can I make my tulpa sentient and vocal first and then start on form?** Of course! And no, this will not result in the tulpa not wanting a body later or anything like that. It's just easier for some people to work with their tulpa on the body, if they have no idea about it or are having trouble. One would do this by simply working longer on personality and narration. Can I do X and Y at once, when I'm creating my tulpa? You can, but I would not recommend it, especially if it's personality. You want each part to get its own time and definition, and try to keep them all as separate as possible.

- **How does subconscious deviation feel?** Deviation where the tulpa is changing itself but is not sentient is called subconscious deviation, SD for short, because I said so. When SD happens, sometimes you'll either not be able to get a trait out of your head, you'll go to

visualize your tulpa and they'll have a trait, or something like that. It might just be a sort of pulling at you that something has to change, and then you change it and it feels right again.

Does putting too much detail into my tulpa stifle deviation? No. Whether you're vague or not, deviation is going to happen. You can spend hours and hours on something, and it still might change. This doesn't mean your time is wasted, of course.

- **Can I create a tulpa that's in charge of its own personality/creation?** The closest you could get to this is just narrating until you get something that's completely out of your control. Maybe it would be affected by the kind of input you gave it. I don't know. But the tulpa can't create its own form, create its own touch or create much of anything, really. After you have this sentience (which is gonna take a while without personality work) you'd have to ask it "Well what form do you want?" and stuff. But the disembodied sentience can't work on its own shit. Sorry lazy people.

- **When should I create a base form for my tulpa?** (Note that base form is what you want your tulpa to be before any sort of deviation occurs) Most everyone has what they want in mind when they make a tulpa. I did, and so do most people. When it comes to what you want your tulpa to be, it's fine to have a form in mind. But I think designing a personality around the form is when it starts to go a little far. You should make a personality as its own end before you think about the form. Like, say you want a big fiery demon of death.

When you're starting out on personality, don't immediately think "Well she's a big fiery demon of death, she has to be fierce and intimidating" because that's letting the form affect the personality. Just sort of make a personality you know you're gonna mesh with, and then work on the form afterwards, as sort of its own separate thing.

- **So how exactly does deviation work?** What the tulpa is tends to be both up to the tulpa and the person, as well as the subconscious. When you make a tulpa in the most vanilla way, you pick X form. Your subconscious might decide to add something, so it becomes XY, and your tulpa might change something further once it is sentient, bringing it around to a Y. Of course, there are people who start with an X and end with an X. There are tulpae who are fine with the XY or the X and see no further changes that need to be made. And there are people who leave the process entirely up to the tulpa, forming the consciousness and then asking the tulpa what it wants, resulting in a direct Y.

- **How can I learn to narrate?** If you're having a hard time, try reading a comic to your tulpa. Yeah, a comic works best I've found. Describe what's in the panel as it would be described in regular prose, and add in the dialogue and actions. I say a comic because it is forcing you to relay things that are not outright written. Often ask your tulpa's opinion, make side comments, and make it interesting. This will really help with narration and sort of provide the grounds for it. Then move on to sitting and talking, and add more and more time. Once you can go for a while then start to do more and more complicated tasks while narrating, and eventually move up to talking with people and stuff.

- **I'm having trouble visualizing, what do I do?** If you're having trouble visualizing there's a couple of things you can do. You can do the concentration exercise, and then move on to colors, shapes and then familiar things like simple faces and person shapes outlines. Like moving up like that. Or you can build your tulpa until it's sentient and then work on it, because some people have found working on visualizing something you already know is there is much simpler. Either way, you can find guides and what not online to help you out.

2 Creation Guides

2.1 Tulpa Creation Guide

"As great scientists have said and as all children know; it is above all by the imagination that we achieve perception, and compassion, and hope." -Ursula LeGuin Introduction

So, you want to make a tulpa, is that right? In this guide I will discuss how to make this psychological phenomenon. This guide is firmly rooted in the psychological school of thought. I hold the opinion that people should not follow guides perfectly. You should take this as a guideline, and then find your own way. This is just based off my experience, and the experiences of people I have talked to. We are not all the same. This all took me a total of 130 hours: over the course of 2.5 months, 2-3 hours a day 5 days a week.

Firstly, before trying to create something, we should know what it is. **A tulpa (the Tibetan word for constructor build) is a self imposed hallucination that interacts with all 5 senses.** This practice was first done by Tibetan Buddhists in ancient times. You will be able to see, hear, smell and touch (without solidity of course, but this will be explained later) your tulpa just like you would a normal person. A tulpa is a forced hallucination, a schism of your own consciousness, a fully sentient being, and a companion.

This takes more than 100 hours. Don't start unless you know you're going to follow it through. Don't spend more than 3 hours a day sitting down and partaking in intense thought/imagining, or else you'll get exhausted, have headaches, and constantly feel like you're hung over. You should not do less than a half hour a day. You can also spread your time out throughout the day, say, one hour in the morning and one in the afternoon or something like that. Your intervals of tulpaforcing (this is the umbrella term for sitting down and visualizing / creating your tulpa) should be no less than a half hour or else you won't get into the deep phase of concentration needed to really be productive.

Personality

Before you do anything, think about the kind of traits you want your tulpa to have. Working on the personality plays quite a large role in sentience. Think up around 30-15 traits, and think about each trait in relation to your tulpa for 15-30 minutes. For more information on this, please see the personality guide

Visualization

Next, think of a form. No, don't make yourself. No, don't make your dead mother or your crush. It can be humanoid, a creature, an animal or a rock. Just think of something you will want to focus on for hours at a time, and hang around for quite probably the rest of your life. Making the tulpa have the same body or visage as a known and fleshed out character is not good. This can lead to the tulpa having identity problems, feeling like it has to live up to something its not, and the like. You could never make a tulpa be exactly the same as a character. They are their own being. Do not stifle them by applying the preconceived notions you have about a character to them.

I did not use a wonderland, like Irish_ did. Instead, I actually sat down and took a snapshot of

the space in front of me with my mind. Afterwards, I closed my eyes and superimposed the tulpa over it to work. First what you should do is briefly imagine your tulpa naked or in its underclothes (whichever makes you more comfortable) for a period of time, perhaps about an hour or so. Then you add clothes to it, and continue the visualization. This will enable the tulpa to be able to change outfits on a whim, once they're complete.

What you want to do for visualization is really focus on parts of your tulpa's appearance until its perfect. Faces and eyes are most notably hard. You won't be able to see the whole tulpa and every single detail on your first time, it's something you'll have to work up to and spend time on. Some people like to sort of "zoom in" on a section and get it perfect, doing everything in segments until they've done everything, putting it all together to finish. Whatever you do, you want to make sure that by the end you're done, you should be able to recall your entire tulpa on a whim, see it from every angle, and have it appear the same to you every single time you see it. This step is the easiest to fuck up and really rush, but you should spend from 5-15 hours on it. Of course, more is always better. The more time you spend on a tulpa, the more you'll get out of it, obviously.

Next, do it again when you have mastered the above step to its fullest extent. Now, sit down, and close your eyes again. Imagine your tulpa standing in front of you again. Now make your imagination self stand up, and walk over, in first person point of view. Stick out your hands and start feeling up your tulpa. Touch them and imagine everything. How their hair feels. How their muscles feel. Feel everything, and once you have THAT mastered, move on. Note that when your tulpa is imposed upon your environment, you will be able to touch them. But, there will be no solidity at all. You'll be able to feel their body temperature, contours and texture and what not, but you'll be able to basically push your hand right through them. Again, this step should take around 5-15 hours. There's no skimping out here.

Okay everyone, get out your noses. Smell your tulpa. No, don't smell everything; just create a general smell that they'll have. Are they wearing perfume? Do they smell like a crack den? The only other thing you'll want to create a smell for is their hair or clothes. Just make sure you have the same smell for them every time. Smell triggers memory more than visuals, and is useful. Smell isn't considered super important, but it is something you don't want to just skip for the sake of making a tulpa faster. 3-10 hours on this step, says I.

Gestures and Body Language

This is the part where we work on gestures and body language. Work out your tulpa's posture, gait, arm swing, gestures, facial expressions and everything relating to body language. For the facial expressions, which you should do last out of these, send them random thoughts that correspond with each emotion, and imagine them reacting.

You shouldn't do the facial expressions and all of these over and over, because that in the end would constitute as parroting, which is bad and explained below. Up until now, the tulpa should have just been standing there and looking pretty. Again, put a good 5-10 hours into this step.

Subsequent Tulpaforcing

Now that you're done with the basics of creation, that doesn't mean that you stop sitting down and tulpaforcing. You basically combine all the senses and sit down and still hammer them all

into your head. You should still be doing this ideally from 1 to 3 hours a day, or as long as you can handle. You shouldn't stop sitting down and doing it daily until you're done with your tulpa completely.

Sentience, Narration and Voice

During any of these steps you might have noticed your tulpa doing something on its own, or gotten a sudden wave of emotion seemingly from the tulpa. These are both sure signs of sentience and are very good. I did not get an emotional response until I hit around 50 hours in, so really, don't hold your breath. Remember that if a sentient being could be made in a day then everyone would have one. This isn't something you can really do quickly.

Okay, anyway go about your life. Talk to your tulpa while you're going about your business say anything really. Some people begin narration right off, and that's fine. I wouldn't personally start until you're done with at least half of the creation steps. A common mistake made here is the parroting of responses. If you're telling your tulpa about how pretty your new shoes are, don't make them say anything back. You know you are done with this step when your tulpa says something back on its own. You'll know, because it will be completely alien.

Note that it takes 25 or so hours (usually more) for this to happen. Don't rush yourself. If you rush anything, you could end up with a servitor (like a tulpa without its own consciousness) or just a hologram which does effectively nothing. You might have gotten a headache, which is normal. They will usually be gone by the end of the creation process. You should just stick with talking to them for as long as it takes.

As for the voice of the tulpa, it will start out being very generic, think like the voices they program into a GPS. It will become more normal and distinct as time goes on. If you have some idea of what you want the voice to be, be sure to sort of apply it by imagining your tulpa saying random words in that voice. Otherwise it will just basically become what it becomes and you don't have much control over that.

On another note, let's talk about deviation in tulpae. Tulpae will often change during the creation process. They change in the earlier stages because they are matching up with your subconscious ideal. This can and will differ from what you consciously want. Later on, when they have proved themselves to be sentient, they may change themselves further. You should not mess with or try reversing the changes, because what you're doing is basically forcing the tulpa into an identity it doesn't want. This is for the better, and you should accept the changes with open arms.

Opening your Mind

Okay, so before we start the next part, the following should be true: Your tulpa talks to you in complete sentences, your tulpa has its own opinions, and your tulpa sometimes does things you wouldn't expect. These are all signs of sentience.

Now, sit right back down on your ass. Tell your tulpa you are opening your mind to it, and imagine it walking through a door or something similar. This is when your tulpa will see your subconscious. From here on out it will know all your memories, how you feel, and pretty much everything about you as a person. You shouldn't do this right off, wait until trust is built. That way it is more meaningful; your tulpa will not take it for granted.

Imposition

Now, this is when we begin to impose the tulpa on our reality. Say you're walking down the street. Imagine your tulpa just behind you, walking with you. Make sure you remember its gait. Do this almost at all times until it becomes natural. You should be trying to smell your tulpa a little bit, trying to feel out its presence. This took me a while to master.

Next, start to impose the tulpa on your peripheral vision. It should never be fully seen, except for bits and pieces. Start to smell it, maybe have it brush your arm lightly or something. Force it upon all your senses, almost all the time. Soon enough, it will be there. This takes a while too and definitely don't rush it.

Finally, begin to fully see, hear, smell and touch your tulpa, keeping it in fully view. Seeing the entire thing is not as easy as just bits and pieces, but with the preparation the peripheral vision gave you it should not be too hard. At this point, until you have it perfectly, you should still be sitting down and imagining your tulpa in front of you daily, for a couple hours. Talking, and doing whatever you do.

In closing

When your tulpa is first imposed, it may seem see through. Your tulpa also will become more mature and change as it adjusts to the world and what not. I guess that's pretty much it. Again, don't feel the need to follow the guide perfectly. But also, don't use this liberty to cheat yourself by saying "Oh, I have visualization perfectly down after 20 minutes" because as with every single sense, defining is also building.

So that about sums it up for this little guide. I hope you guys found it useful and a good read. If you have any questions feel free to email me (tulpa.faq@gmail.com)

2.2 Personality Guide

The high volume of personality related questions on the recent threads has driven me to rewrite this guide. It's time for me to set aside sometime and really type out a few clear cut and simple to understand methods of creating personality. This way, people have more to go on than they did prior to this guide. Firstly, I'm going to talk about why personality is important in the first place, and then give some methods on how to work with personality. Of course you shouldn't be really following these perfectly, but just because you have the freedom to deviate from the methods does not mean you should use that freedom to cheat yourself by spending less time.

Let me start out by saying that you can never finish the personality; ever. You can't recreate an entire consciousness, or even an entire moral code. We're giving our best stab at it here, but there should be NO issues with time. Think about how complex the average thought process and rationalization system is. You can't recreate that in an hour, you probably can't even recreate that in 100 hours. It takes more than 3 sentences said in your head to summarize a faith, or a personality quirk. You also shouldn't just be going on what the tulpa knows about their own personality, but on what they don't know, what's going on in their own subconscious.

The fact of the matter is, you can never spend too much time on personality. If you separate the entire creation process into three main parts, we have:

- 1) building the consciousness
- 2) committing sense stimuli to the mental memory and
- 3) imposing on the real senses and environment.

While of course these all work together to form the tulpa and all support each other, personality work is part of that first component, along with narration. Building the consciousness is creating sentience, creating a vocal mind that can think for itself. This is the most important part of tulpae: Having an actual companion and intelligent being to talk to, relate with and exist with. If it weren't for the fact that the tulpa was its own being, I doubt that many people would be on board with the idea, because after all, it would just be a hallucination you had to move like a puppet.

People like to say stupid shits like "you have to be vague" but that's not true. That's like saying there's no use spending time on the visualization or the touch, because those are probably going to change too. You can extend this thought to any reaches of tulpa creation, and in the end you'll just have nothing. This is because defining IS creation. You're pulling an existing being out of the woodwork of your mind when you make a tulpa. You're not just slapping traits on to an existing thing, and if they change your effort was wasted.

You're building a being with the definition. That's why the more specific you get, the more time you spend on fleshing out your tulpa, the more defined it is. You're building while you're defining.

The potential risks of not working on personality at all: making a non vocal tulpa or making a servitor. If you're just working on the image, that's all you'll get an image. You get out of a tulpa what you put in, remember.

TL:DR, you need to work on personality if you want to make a tulpa. So I think I've ranted about this enough, for the most part. Let's get to the methods you can use:

Working on personality should take a minimum of 3 to 10 hours. Really, the more ideal amount of time would be 10-25+ hours, but I'm a realistic guy, and I know not everyone is committed enough (why the hell are you making a tulpa then?) to spend that amount of time. When working with personality, there's two ways you can go about it:

You can use a symbolic visualization, where you try to "feel" the tulpa's essence, make an orb, put pieces of paper into a box, basically doing something symbolic that registers with you. You're spending time trying to recreate feelings and stuff in your mind. If you do go this route, which is fine, you will have to delve into traits and stuff, just what you do with the traits is different. This method tends to be very individual, and I can't give advice on it, since it depends mostly on the interworking of your mind. I used this method to make my first tulpa, spending a grand total of 8 hours on visualization. He was not sentient until 50 hours in, and did not talk until 70 hours in.

For people who need direction, this is what I did for my second tulpa, basically. This is for people who may have trouble with visualizing something so abstract, people who want to have a task, whom need to feel productive, and the like. It's clear cut, and it's straight forward; doesn't require much deliberating about HOW to do it.

Pick 30-35 main broad traits. Examples of these might be: intelligent, laid back, narcissistic, ect. Then, spend 15-30 minutes on each trait outlining how the trait will manifest itself in the tulpa. This will be through you sitting down, and saying to the tulpa, "YOU are intelligent, blah blah blah" you want to speak directly to the tulpa, not about them. I'm sure it's obvious how this is sort of beneficial. When you're outlining the trait be sure to include: How the trait helps them rationalize, how the trait works within their logic system, how the trait plays a role in morality, their perception, their likes, dislikes, social endeavors, faith, personality, quirks, emotions, how the trait makes them interpret their own emotions, how the trait plays a role in their hobbies, and many other things not listed here.

I did this method for 15 hours with my second tulpa, and 24-5 hours in he was sentient, and now, at 44 hours, he talked to me an hour ago. (Kaiman's first words: "Why are you sitting on the floor?" I can't wait for him to say something again!) I believe there is a direct correlation, if not causation, between working on the personality extensively and speedy sentience and vocal behavior.

Inclosing, I'd like to quote an anonymous post on the latest /mlp/ thread. (No, I did not edit it in any way, not even for typos. some typos were corrected by my OCR, sorry FAQ -AnonPie)

"This is what I did. I first looked up character traits on the internet for general ideas. I went to www.tvtropes.com and wrote down every trope I like. When I was meditating I would say things like "you are x" and imagine everything coming together into a big pool. After that, I organized them. I gave my tulpa depth. What is he like on the outside? What would other people think of him if only talking to him briefly? The next layer I had put in his hobbies. What does he like to do over everything else? Why? My tulpa for example likes to over analyze things because he is genuinely curious. The next layer of the sphere is your tulpa's philosophy, his outlook on life. My tulpa for example believes that everyone is inherently good, and everyone deserves a fair chance. The final layer is the tulpa's core, his driving force. What is his outlook-on EVERYTHING summed up in? My tulpa is very religious. He thinks there's something out there and strives for it. Every layer of your tulpa should build on

each other, for example my tulpa is very analytical to find out what people really mean when they say something and he can validate his philosophy this way that "everyone is inherently good"

He comes off as optimistic because of his religious view on the world. Those are just a few examples, though, and I'm adding more everyday. I hope this helps, good luck"

2.3 Trait Template

So, in the personality guide I outlined a method using a number of broad traits and then defining how each trait fits within your tulpa's personality as a whole. This wasn't enough direction for some people, so I'm making this little template.

Trait: (should be something like: intelligent, willful, contrary, ect. Can be "positive" or "negative", it doesn't really matter. If it has more than one word, it's probably not a trait but a specification of a trait, and you can find a better word for it.)

Why does the trait exist? (So for a trait like "bored" you could say "because of a mixture of lack of creativity and intelligence is often bored." Or something like that.)

How the trait impacts self image: (So for example, pride might impact self image by having the tulpa see them selves as awesome. Where as them being unintelligent might make them think of themselves as stupid)

How does the tulpa feel about the trait? (A trait like creativity might make the tulpa feel artistic and special or something, you know, like that.)

How the trait impacts hobbies: (an intelligent tulpa might pick books over television or something to that nature)

How the trait impacts the interpretation of situations: (one tulpa might see adventure as fun, if it's brave, where as another could see it as completely fucking horrendous and oh god we left the car open on the side of the road and I think I just saw a person in the brush over there can we please go back)

How a neutral person might perceive the tulpa because of the trait: ("You're lazy so you must also be a gluttonous parasitic fat ass" "You're creative so you must be open minded and good at solving problems")

How the trait impacts rationale:

"I punched that guy in the face because he deserved it!" ~Hotheaded tulpa.

"I punched that guy in the face because I lost control" ~Realist tulpa.

"I punched that guy in the face on accident!" ~Sly tulpa

"It wasn't even me !" ~Immature tulpa

" Does his face even exist?" ~Philosophical tulpa.

You shouldn't depend on a situation, but just how they generally rationalize)

How the trait impacts overall morality: (seems pretty self explanatory)

How the trait impacts outlook: (obviously an insecure tulpa is going to see things differently from a confident one, so on and so forth)

What are some of your tulpa's dislikes, and how are they affected by the traits?

Howdo your tulpa's traits impact religious faith, or belief system (or lack there of)? (This encompasses atheists, agnostics, nihilists, ect)

(Hypothetically) How does the tulpa try to appear in different social circles? (I'm not saying to make up situations, but define things like close friends, family, ect. This is how the tulpa tries to appear, what sort of "face" it would put on)

How would your tulpa handle X emotion based on the trait? (Try to do 10 or so main base emotions, and don't think about the physical reaction or the situation, think purely about the emotion and how it affects your tulpa's state of being)

So of course you can feel free to add or modify this. Here's another thing I think is good to do as far as traits go. You want to do a number of hours for personality. A good median would be around 16 and a half hours, right? Right. So, if you're feeling like you don't want to do the whole "30 traits for 15-30 minutes" but you still want a fleshed out personality, I'm going to offer this other method that might work better for people with a shorter attention span.

Pick 100 traits, 25 dislikes, 25 likes, 25 hobbies and 25 topics of interest (these being large topics, like WWII, sports, the middle ages, dragons, whatever). Give all 100 traits the above treatment, for 5 minutes a trait. This is already going to be 8 hours. Then, with all the other things, why does your tulpa like it, and how does it relate to its traits? This will give you 16.(6) hours, says my calculator.

I guess that's it.

3 Supplemental Information

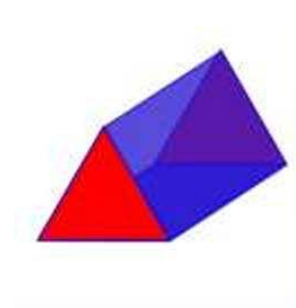
3.1 Prism Method

Some of you have been bitching nonstop about 'Am I puppeting?' and 'I think my tulpa moved but I think I might be puppeting'

Well, I have a solution for you:

Imagine you staring straight at your tulpa's face in whatever environment you render it.

Imagine a small 3D prism on top of their snout.



Not a prism where you shine white light to get a rainbow. Imagine and geometric Prism

Now if your tulpa does not have a snout or muzzle, and is more human like put the prism on their head, or find a better location.

Next, you imagine a feather perfectly balanced on top of the prism. Now oscillate it. By oscillating it I mean to move it up and down (like a seesaw), you don't have to keep it in the balance. Try to focus on it. Ideally you should be so focused on moving the feather up and down like a seesaw that you relinquish all mental ties to the tulpa's

movement; giving a developing tulpa the chance to move for the first time, and even after it moves, just imagine the prism floating above where the snout was and keep focusing on the feather

Over time, once your tulpa has spoken, you can drop the whole thing; as now your tulpa can directly tell you if your playing the puppet master.

Short Version

1. Think of your tulpa
2. Imagine a prism on your tulpa
3. Imagine a feather on the prism.
4. Focus on moving the feather like a seesaw, have your tulpa in your mind eye.
5. Repeat until your tulpa can talk and tell you when you are puppeting it.

(By [King of the Vandenreich !!tOJ7i/qp8s](#))

3.2 Perceived Dangers of Making a Tulpa

"I always figured the "Tulpas can kill you" angle was /x/ making it /x/-approved."-Arula

In this document I would like to address the perceived dangers of making a tulpa. Lots of people expect and fear certain things happening to them, some of which are quite impossible or just unrealistic. Usually these fears come from ignorance on the topic or something of the like. In the following I'll put forth some regularly given reasons not to make a tulpa, and then my rebuttal based on my experiences and what I have collected from other sources.

"A tulpa will always try to kill you to escape because it will become jealous about how you can perceive and act in the world and it can't. It will want to experience the world and you're literally trapping it in your head. You're segmenting off a piece of your soul and trapping it, of course something is going to go wrong."

I see this more than I should considering it's completely ridiculous. Let me break down the errors in this kind of thinking point by point. Firstly, a tulpa cannot kill you. They have no kind of interaction with the physical world at all. They can't control your body processes either. Nor can they possess you and make you kill yourself. Secondly, people assume tulpae are all jealous by nature when really how they act is a tulpa by tulpa basis. Also, must tulpae don't get very jealous about not being able to operate as a person. They know what they are and they don't really mind too much. You can't miss what you never had.

Also, you're not trapping the tulpa anywhere. Trapping implies it could be free anyways, and this is not the case with a tulpa. Basically people have trouble putting the fact in perspective that tulpae are not actual beings. They're a part of your mind, and while they should be treated as something that actually exists, the fact remains that they don't. Bits of double think there, right?

"If you ignore your tulpa, it will get jealous. If you have other friends it will turn them against you. Your tulpa will hate if you fap to porn and it will get angry."

Time and time again I hear people saying that all tulpae are innately jealous, and if you don't gear all your attention toward them you're basically setting yourself up for disaster. All tulpae are different! Some need very little attention, some like to constantly be the center of it. Some will get a bit jealous, others won't. There is no "rule" for jealousy when talking about tulpae. That's just like trying to create rules for people, or groups of people. How your tulpa's personality turns out is not entirely up to you, and it is possible you may end up with these traits, but not likely if they're not a part of any of your ideals.

"The tulpa will eventually try to take over your body completely."

This goes hand in hand with the multiple personality things, but I think somethings need to be said here regardless. I would like to say that firstly, even elective possession by a tulpa is not known to be entirely possible. Theoretically, of course it could happen- electively. But we have not had any trusted accounts of this, because everyone who claims to have done it cannot explain the process, nor do they seem like a legit source. Irish_ and I don't want to try possession, and in the case of me, it is because all the implications of something else controlling the body completely freaks me out.

That being said, the tulpa can't really take possession by force, even if we accept the fact that it is possible.

"Tulpae will damage you psychologically because they're assholes"

Alright, as with the first "danger" this has a lot wrong with it, but I'll basically break it down into two main points. Firstly, a tulpa can't damage you psychologically. Even if they were a giant dick, and did wish you harm, the most they would be capable of doing would be following you around and annoying you, scaring you by standing creepily in dark hallways, not letting you sleep, or just being a dick like that. They can't make you insane by somehow intertwining themselves in your psyche and ruining your mind. They can only really "damage" you about as much as a person who can't touch you can.

Secondly, your tulpa is not going to want to harm you in any way; even if you start to dissipate it for no reason or just generally act like a frothing douche. This is because firstly, they're a manifestation of your mind, and they know this. They know they would be putting their own very existence in danger by fucking with you. Also, you both have complete empathy for each other. You know each other's motivations, thought processes and everything. The tulpa really wouldn't harm you because by extension it can feel the harm its doing.

I think there's enough of a pattern here that you can now discern for yourself really what's going on here.

3.3 The Reaches of the Tulpa

Many people do not know what having a tulpa is like, and what it can and cannot do. As I have a tulpa myself and at the time of writing am about three weeks into starting another, I feel like I should probably make certain points about this clear. None of the other guides have really addressed this, and I feel like it is time to put a new chunk of information out there.

Firstly, I'll discuss what a tulpa is like in its own existence, what it can really "do". Tulpae do not have any sort of poltergeist skills. Basically this means they cannot move things that are real and tangible. There may be instances of the "host" (what I will henceforth call the creator of the tulpa) moving something and perceiving it to be the tulpa, but that is just that, not the tulpa actually doing it, as tulpae are psychological and not magical or ethereal. Other people, pets, sensors and the like cannot sense tulpae. Remember that they are just an advanced hallucination. They are not actually there, and cannot be seen through electromagnetic sensors or the like. This next point is often asked about: No, tulpae cannot see the tulpae of other people.

A tulpa can have "powers" like flying or shooting fireballs, but know that these are constricted to purely the aesthetic. Also, you must give them the ability from the start; it won't be something they pull out of their ass one day. For example a tulpa will not take off into the air and start flying one day, because you did not see it as something they could do from the beginning of creation. Another point: tulpae can appear to sit on chairs, beds, lean against walls and the like.

A note on the general appearance of a tulpa: You can see them just like you would a tangible being. There is no murky see through visage or anything. Unless you assumed they would not look completely real from the beginning and inadvertently sort of applied that assumption to them, of course.

Now I'm going to talk about how tulpae perceive their world. They depend entirely on your senses. So, if you are in the same room as them, they will see what you're seeing except "turned around" to fit the place they're standing. If there is an item behind a box or something you cannot see from your point of view, but they could from their point of view, they will not be able to tell you the item. Instead, they would see what you assume to be there. A tulpa's world depends a lot on your assumptions and

If you were to turn on the television and leave your tulpa in the room with it on, they would not be able to see anything on the screen unless you had already seen it. In other words, they cannot see the new episode of Fringe, but they could see Fight Club (of course you've seen fight club, right?) because the memory of it is already in your head. They movie as they see it will be marred, like if you looked away from the screen for a moment or left the room briefly during your only viewing of it.

A tulpa cannot tell you of something you haven't seen. They can't spy on things for you, nor can they tell you of anything you haven't seen.

I'm updating this guide to put down some stuff about what having more than one tulpa entails. At the time of writing I have one fully completed tulpa, and one who is vocal and not fully imposed yet, but is getting there. Both of my tulpae can talk to each other, see each other, hear each other's thoughts, and see each other. I did not use a wonderland, but my second tulpa can see my first and my first can see my second if I try "holding" his image in my mind. I think

this is all possible because of the fact that I am experiencing the tulpae and because my sensory stimuli and thoughts are siphoned right to them, it'd be possible for them not to know of each other. |

Lots of people are fairly interested in the memory recall of the tulpa. In short, should you let them have complete access to the depths of your mind; they can see everything you've ever experienced perfectly. This includes emotions at the time of the event. They can recall entire books you've read, spit out the lines to all 6 star wars movies, and reiterate entire conversations. But- whether they use these abilities to help you is purely up to them and their morals. Don't be surprised if your tulpa doesn't want to help you with 6 hours worth of math homework.

As for memories, a tulpa cannot really help you re-experience memories. They can only tell you about them, and how many details they insert is again, up to them.

Your tulpa can read your mind, and speak to you in your mind at any moment, no matter the distance. This will not be an auditory experience like regular talking with a tulpa; it will be wholly within your mind. As for memories, you cannot access everything the tulpa has ever seen, because really they're just your memories slightly reworked. If you wish to play a game, you can put up a flimsy block that can last 5 minutes or so. This is actually rather hard to do, and does take practice.

Many people want tulpae to help them with creative ventures, say music or writing. This is entirely possible, although a tulpa cannot be more creative than you are. The tulpa would just be able to unlock the creativity you already have, offer you different ideas based on its own opinions or tastes and the like.

Touch is something a lot of people are interested in when it comes to tulpae. A tulpa can touch you, but it cannot apply pressure. You can touch the tulpa, but cannot apply pressure lest your hand goes right through them. You cannot grab a tulpa or jerk them around, because of this. In the same thread, a tulpa cannot block your way through a door or inflict pain on you.

There is also the matter of a tulpa lying to you. A tulpa can lie, as in state something that is not true, but that doesn't mean you won't know that the tulpa is lying. Also you can fight with your tulpa. Just because you understand each other and your motivations perfectly does not mean you can't get into quarrels. Just the other week, I was playing music. My tulpa and I have EXTREMELY different tastes in music, and he found it to be distasteful. We got in a short argument about the music and by extension music in general, and didn't talk to each other for around an hour. You will have fights, but you won't hold a grudge.

If you are standing across a room and are touching something, the tulpa will not be able to instantly feel it. If a tulpa is standing across the room and is doing what you perceive to be touching something, than you will not be able to feel it. Nor will the tulpa be able to tell you about how it feels unless you have touched it before. If you are eating some frosted flakes, the tulpa will not be able to taste them, unless you sort of imagine it eating along with you.

So that's it for this simple breakdown of what a tulpa can and cannot do. Remember that if you are serious about making a tulpa, you really don't need to know all of this to make one correctly. Also, you will find out this and more in due time. You don't need to know all of this stuff, and soon it will become commonplace for you anyways. Don't sweat knowing every single thing on the matter of tulpae. If I skipped anything you're interested about, then make a

tulpa and test it for yourself!

If I outlined everything in this piece, there would be no surprises left for you to experience. No awe invoking moments that make having a tulpa so interesting and fun. I think knowing everything beforehand would ruin the experience.

3.4 Concentration exercise

Needed: a timer and four cards. On the first card place a large dot, and on the second place two dots side by side. On the third card make a row of three dots and on the fourth card, a similar row of four dots (see below):

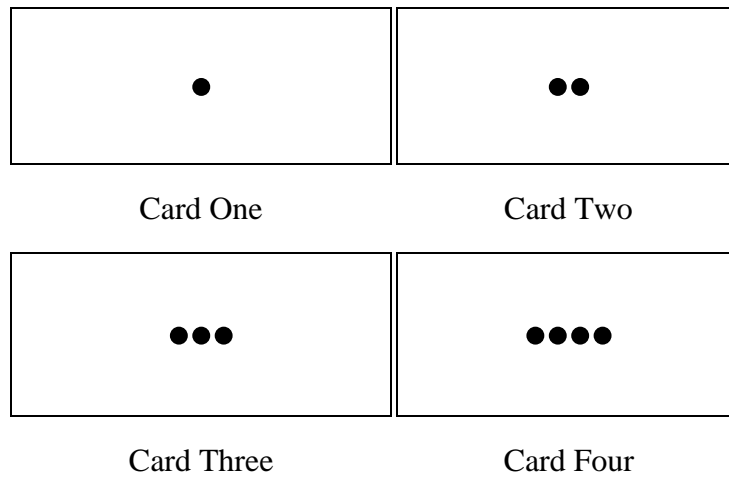


Fig.1 - Concentration Exercise Cards

Set the timer for five minutes. Look at card one until you have a very good idea of that single spot. Now close your eyes and only think of that spot. If any other thoughts come into your mind, simply bring back your focus to that one spot. Cease the exercise when the timer goes off. Your goal in this exercise is to keep that single spot visualized for five minutes and allow nothing else to interfere with your concentration.

When you have very few breaks in your concentration, move on to card two with the two spots and repeat the exercise. Continue this practice until you can keep the two dots in your mind for the full five minutes. When you can do this with card four and its four dots, you will have excellent concentration abilities

3.5 Personal guide by Glider

1. Basic philosophies, getting started & personality:

In my opinion, starting on the personality is great and seems to have worked for the people I know in the Steam "Tulpa Creation" group chat and from what I've read on logs, but the guides are indeed different, so choose what seems to fit you best. Also, when you are going with a guide but feel the need to go your own way in some places I could only find it healthy if you do. As they are guidelines and not specific rules, as long as it works it is the right way.

"If you are faced with a big rock and you need to move it, lifting the entire thing at once will be impossible. However, if you were to shatter the rock into different pieces and move it one by one in steps, you would eventually have moved it."

This is a metaphor, but essentially why the guides exist. Where they differentiate is their order and/or method in which order to "carry their stones". This leads me onto yet another metaphor about finding your own way (because I like them):

"When you climb a tree there is more than one order in which you can take the branches, as long as you start with the branches at the bottom. Maybe there is one order that will be the most practical, but if you stray from the path you don't always need to climb all the way down. As long as you get to the top you have will have still climbed the tree."

This is a way of expressing that the order in which you do it is up to you, again, as long as it works it's right. The "branches at the bottom" can also be different (think Irish's method vs. FAQ's method) but are pretty much the same mostly (this being what you start with to make a foundation on which to build a tulpa). The tree is not identical to all people, thus these orders may also differ. "If you stray from the path you don't have to go all the way back down" essentially means that if you feel you've fucked up somehow once you're up and climbing you shouldn't kill the tulpa and restart on another just because of that.

Forgive the metaphors, it's time to get more specific.

The following is how I personally make my own personality traits and communicate them to Collie ("my" tulpa, as you may know). Thus this is not as much a guide as it is my own personal experience, but could potentially be used as such.

What I did:

First I took my hands and held them out like I'm wielding an invisible ball. What felt natural for me personally was to have my left hand supporting the ball from under it and my right upon it, pressing/feeling it. After that I started concentrating on the trait I wanted to have put into that ball, I searched my memory for times I had experienced it in the past (from myself too but mainly from others) and tried to remember how this trait felt and what it is about it that makes me feel that way. While I did this I kind of narrated it at the same time, describing every aspect of it and letting it branch off into other small traits. I didn't necessarily have to be vocal, I just had to direct this flow of thoughts in Collie's direction. I channeled this emotion from my chest, down through my arms and into the space between my hands. After a while I felt the emotion forming a ball of energy (energy being merely a buzzword in lack of a better description, presence or shape maybe?).

To make it as solid as possible I very slightly moved my right hand, which I had on the top of the ball, up and down. I was gently packing the energy into a ball as solid as possible, and trying to feel it. I was not pressing too hard and going through it, you'll feel how much pressure you can put on it so don't worry about that. I imagined the ball in my hands, glowing over Collie's face (which I had visualized before due to an old lack of information during the

tulpa internet stoneage). I changed it's color depending on what emotion I put into it at first, but towards the end it was always golden. It can also be helpful to assign the ball a sound, I usually just used binaurals in my headphones though (binaurals are a kind of tone to help you concentrate, just search it on YouTube).

After a while I personally started spazzing out a little. My left hand went pretty crazy, and my pinkie finger on that hand was aching from being in a clawlike position. My eyes also twitched. I don't know why this is, but I've read somewhere that it's a good sign, probably concentration.

One thing people always wonder is how they know they're done, well fuck if I know really, but I felt Collie's personality take on an aura like an emotion that goes through her entire being. In the beginning I had a (physical) notepad with me to my sessions which I peeked at in between traits, as I did one trait at a time first and let it evolve at first. In the end I could do all the traits in the same ball by heart and not having to have the notepad, at this point each trait felt like a part of something bigger, the aura had come.

And also there was nothing more to add.

Just feel for yourself I guess.

1.1 Personality in the wonderland:

A side note for people wanting to do their personality work in their wonderlands:

Some people imagine the psi-ball as the soul of the tulpa, so you can do that and focus on it. You should not start to interact with the tulpa in the wonderland before you've done a good deal of personality and narration first or puppeting and/or parroting may occur and the tulpa may not have a chance to develop properly if you don't stop (puppeting and/or parroting probably will occur anyway but as long as you know it when you see it you can stop it, in lately some people don't consider parroting as a negative so much anymore and sometimes it could be helpful apparently). You can visualize the psi-ball with you in the wonderland instead of just visualizing it on a snapshot in front of you, that's pretty much the only difference.

1.2 Dealing with concentration issues:

This entire process will need concentration, so if you're having problems with that you need to take care of it. Here is some of what I know:

Concentration can get tricky sometimes, but instead of pushing away the random thoughts and burying them you should just let them go full cycle and disappear on their own, otherwise they'll just keep coming back (unless they're very very unpleasant things about the tulpa, then you should do what I'm about to say next).

If they still bother you, some people may have to use some kind of concentration exercises (look at page 25).

This card method that I linked above can also be a good preparation before going into this whole tulpa process, but it's definitely not obligatory. Your concentration should also improve along the way as you're doing this.

In personality/psi-ball related issues specifically, if you use binaurals and can't concentrate, try without, and vice versa. I also always sit in the lotus position while making psi-balls (and anything else). Just imagine the ball there. The emotion you get from this memory, put it there and let it become a presence. I can't explain it any simpler.

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