

CreativeMind's Tulpa Handbook

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Introduction

Greetings all. If you're here than I can only assume that you are either:

- 1) Curious as to what a tulpa is.
- 2) Planning to create a tulpa for yourself, or
- 3) Already have a tulpa, but want to introduce some different methods and ideas to your regimen.

I am pleased to inform you, that if you are any of the above, this handbook will most likely in the very least get the gears turning. Now, I do not claim to be a tulpa professional (if such a thing exists), but I would like you to know that I've experimented with different methods and have had great success with my own tulpa, Mathias. The methods in this handbook are not the only methods, there are many different paths to achieve your desired result, so do not limit yourself to this handbook. I encourage you to try many different things, and explore many other guides, to see what works best for you. Plus, doing different things with your tulpa from time to time can really keep things exciting and fun.

I would just like to recap: *This handbook is based on my own experiences. You are free to think with an open mind, question my opinions, alter my methods, whatever you like. Actually, I **encourage** you to make whatever alterations necessary to make this handbook more applicable to your own personal use.*

*** Important Vocabulary**

It's very important that you understand these terms, some will be used frequently throughout the handbook.

Host : The creator, aka you.

Forcing/Tulpaforcing : Any sort of interaction with your tulpa. When you hear of someone 'forcing

personality' for example, all that means is that the host is communicating to the tulpa the traits that they want to make up the tulpa's personality.

Passive Forcing : Forcing while 'multitasking'. You are forcing, but not with 100% of your focus.

Narration : Thinking or saying words to your tulpa.

Visualization : 'Imagining' your tulpa within your mind. Some have better luck with their eyes closed, others opened.

Imposing/Imposition : 'Imagining' your tulpa with you physically, in the 'real' world. Complete 'imposition' allows the host to realistically hallucinate the tulpa. This takes much practice, don't get discouraged.

Wonderland : The 'imaginary' land that your tulpa lives in. It's where you go to interact with your tulpa in your imagination. Wonderland entails a designated 'place', although there are those who do not have a designated wonderland, and just float adrift in the imagination instead.

Tulpamancer : One who 'tulpamances' or has (and 'forces to') a tulpa. Not a term used by all, but good to know.

Possession : May be considered a controversial topic. When the host allows the tulpa to 'take over' some (or all) bodily control. Can only be accomplished with much practice from both the host and tulpa. The host is consciously aware of what is happening at all times during possession. Note: Impossible without host consent.

Switching : May be considered a controversial topic. When the host and tulpa 'switch' places, for example the tulpa controlling the body and the host residing in the wonderland. Can only be accomplished with much practice. Note: Impossible without host consent.

* What is a Tulpa?

According to dictionary.reference.com:

A being or object that is created in the imagination by visualization techniques such as in Tibetan mysticism.

This is a pretty accurate starting point. However, to get a little more specific, I'm going to coin my own definition:

A being that is created in the imagination by various techniques, after a certain point it is believed that the tulpa becomes sentient, operating by it's own personality and by it's own accord. With practice, a tulpa can be imposed (hallucinated) both visually and audibly by the creator (host).

After the initial creation phase, a tulpa ends up with it's own:

- Personality
- Appearance
- Opinions (including likes/dislikes)
- Voice
- 'Mind'
- Sense of self

There are a few different theories as to exactly 'what' and 'where' a tulpa exists, I'm going to list a few for your own thought:

- Tulpa exists strictly within the subconscious, is an extension of host but has been 'distanced' enough

- (via psychological means) by the host to be perceived as it's own individual.
- Tulpa starts in the subconscious, but becomes 'self aware' and breaks off from the host, residing in a different part of the mind as two minds (host and tulpa) sharing one brain.
- Those with more spiritual beliefs, may believe that a tulpa becomes 'sentient' as a result of splitting the soul.

You are welcome to develop your own theories. I'm sure there are many more than the ones I've listed above.

* What a Tulpa is Not:

There seems to be some misconceptions floating around. ***A tulpa is not a type of demon or evil entity.*** Nor is it any type of self-induced mental illness. Creating a tulpa does not mean that you have just given yourself multiple personality disorder. A tulpa is not a form of witchcraft, either.

A tulpa **does not want:**

- To harm the host.
- To 'steal' the host's body against the host's will.

Let's be reasonable here. Your tulpa isn't going to want to hurt you, or kill you, why would it want to do any of those things when it's existence depends on you? Not to mention, a tulpa cannot physically harm or force the host to physically harm themselves, it's simply impossible. The tulpa does not take over your mind, it is not able to impose itself upon your free will. These notions are absurd, and must be discarded if you are to successfully create a tulpa for yourself.

As far as the tulpa being able to 'control' the body as a separate consciousness, this is referred to as 'switching' or 'possession', which you've learned about in the 'vocabulary' portion of the introduction. This is a relatively controversial topic for some, and is just one of those things that you would have to attempt yourself to be able to fully develop your own opinions. *Regardless, it is impossible for the tulpa to do anything to you or your body without your consent. As mentioned above, the tulpa is not able to impose itself upon your free will.*

* Complexities of the Host/Tulpa Relationship

To be as responsible and reasonable as possible, it's very important that you understand how 'big a deal' this is. You are going to be 'creating' something that you are going to believe is it's own intelligence. This creation is able to feel emotions just as you are, and can feel things like neglect and depression. You, as the creator, are going to be responsible for the condition of your creation, and the 'quality of life' (so-to-speak) of your creation. As a 'living' entity, how your creation grows, develops, and matures, weighs heavily on the creator's methods and approach.

There is a controversy surrounding the 'killing' of a tulpa. Some think this is fine, others don't. Some think that you can't completely kill a tulpa, and it will always exist somewhere in the back of your mind. I personally look at my own tulpa, Mathias, and cringe knowing that others have 'dissipated' their own. However, your attachment to your tulpa will largely influence your opinion on the matter.

Which finally brings me to the a very important point: Your tulpa will be as attached to you as you are to it. If you go into the creation phase just thinking 'whatever', it's probably going to just be 'whatever'. If you go into the creation phase and have an idea of what you want your relationship to be like, and put the proper amount of work into it, your efforts will pay off and you will have the type of relationship that you want.

This should go without saying, but treat your tulpa as you want your tulpa to treat you. Tulpas are particularly sensitive earlier on in the stage of creation. They're absorbing all sorts of knowledge in like a

sponge, which will act as the building blocks of who they become.

The types of dynamics of a host/tulpa relationship are virtually never ending. Some people choose a family dynamic with their tulpa, viewing the tulpa as a big or little brother or sister, maybe even a son or daughter. Others go into the creation phase with a 'buddy' mentality in mind. Some create a tulpa because they are lonely and just want affection. My relationship with Mathias is different too, we enjoy philosophical conversation together, and Mathias views me as someone to protect and love. Understand what type of relationship you want with your tulpa before entering the creation phase, and act this way from day 1, it will make things much easier for you and much less confusing for your tulpa in the long run.

Also: A healthy host/tulpa relationship results in a form of unconditional love. Your bond is deep in a way that is unlike anything you could possibly share with another human being. You know each other in ways that would be impossible for a human/human relationship. Unless you decide otherwise, they have access to your memories, emotions, and everything else that defines who you are. They don't hold things in your past against you, as they understand why you've done the things that you've done, so that's not really something you should be concerned with. If anything they want to help you better your life, so that you are happier. It's difficult to explain, but once you have your own tulpa, you will understand.

Part 1 – Beginning

The Importance of Proper Planning

As with any project, the clearer your 'blueprints', the more 'efficiently' and 'effortlessly' the best result possible comes about. Now, it's not completely necessary to have a 'form' thought out, granted a lot of people have an easier time 'talking to' something that has a visual form. One thing that I would say should be top priority though, would be a well-thought out personality. Personality is the most important part of your tulpa, it makes up who they are as an individual. Sure, they can deviate, and slip away from the original 'base' that you give them as they start to grow on their own, but the 'main' points you stress in what you desire out of their personalities, as long as you are consistent and stay positive, should remain relatively the same.

This of course will vary, I'm sure there are tulpa out there who completely flip flop certain aspects of their personality. But, if you are organized, and consistent, as well as emotionally accommodate your little tulpa during the creation phase, there's a higher chance that your tulpa will adapt to the personality that you're projecting to it because that is who are expressing your love to. Positive reinforcement works for children, the same rule applies to your tulpa. Praise it and compliment it for the desirable traits you are 'forcing' to it, and it will feel more confident and openly grasp your concepts.

If you decide that you are going to create a 'designated form' for your tulpa, it really doesn't matter which you 'force' first. Some people have an easier time with personality first, others with form first. My point remains the same though: Don't start the creation process AT ALL until you are sure of what you want.

A condensed version for you lazy people:

- Pre-plan everything you plan on 'forcing' to your tulpa before you even begin the creation process.
- Form is not necessary, you can allow the tulpa to assume it's own form if you want to just give it something basic like an orb. Most people choose both a form and personality for their tulpa.
- It does not matter which order you do which, but what does matter is that you have everything figured out in your head before you get started to not only avoid confusion, but to get more consistent results from your tulpa.

The Dangers of Doubt

“Am I doing it right?” I can't tell you how many times I've read that in the .info forums. It's understandable

to be a little insecure about this, after all it's something unlike anything that you've ever done before aside from perhaps an imaginary friend. There's a lot of pressure from yourself to do everything right, in fear of your tulpa becoming something that you don't want it to be. Well, put your mind to rest, because those doubts are only going to hinder your progress.

Let me just say this: It's in your imagination. How can you do something wrong in your imagination? If you're not getting the results you want, then your methods aren't working for you and you need to try something else, it's really as simple as that. As long as you are not cruel or abusive to your tulpa, there's no reason that things will end terribly or your tulpa will end up just plain 'wrong'. The most that's going to go wrong is the realization that you're being faced with a little trial and error, but if you stay positive and work through these things, they won't negatively affect your tulpa.

Bring nothing but positivity into your tulpaforcing. Anything else can not only stress you out, but your tulpa too. You don't want to stress it out, do you? It's barely aware of itself and already your mind is a scary place to exist. Nothing but happy thoughts. Nothing but nurturing thoughts. Nothing but positive reinforcement.

Oh, and if you're going to doubt your tulpa, your tulpa is going to doubt itself. This can make it very insecure or feel inadequate, like it's not being 'enough' for you. Not to mention, if you don't believe that it is intelligent, why should it believe in itself at all? ***Which brings me to something I can't stress enough: Treat it as though it is 'sentient' from the beginning. This leaves no room for doubt, makes development much smoother, and as long as you are persistent and patient, it will eventually give you a surefire sign that 'I am real, I am here, I am independent'.***

For instance, I was wondering after a time whether or not Mathias was the one really talking to me, or if I was still thinking to myself what I believe he would say in response. I knew he was there, but I wasn't quite sure how far along he was in his development. I said 'Mathias, can you surprise me?' To which, after a pause, he responded, 'Tiddely-winks!'

Basically: Do not doubt yourself. If something doesn't feel right, try something else. Be supportive and encouraging to your tulpa throughout the entire process and everything will work itself out just fine.

Importance of Bond

Okay, for the sake of example, I'm going to make a 'Harry Potter' reference. Because I swear everyone knows who that is.

Harry Potter was neglected, and even abused by his uncle. He was forced into a little closet with rarely any interaction. He was not treated as if he were human. He was not treated as if his opinions mattered or as if his life held any value whatsoever. You see how much Harry Potter appreciated his family? He left the moment he could. Pfft, I would have too.

Do you think things would have been different if Harry was treated like an equal member of the family? If he had his own room and received as much respect as everyone else, do you think he really would have been in as much of a rush to take off? I highly doubt it. This comes back to the importance of bond.

To put it simply, the more loving attention you give your tulpa, the more it will 'fancy' you and the quicker it will develop, as well as be way happier and consistent in following your initial blueprints.

Praise it for every little thing it does. If you want it to be intelligent, praise it for being so intelligent. If you want it to be wise, praise it for being wise when it does anything remotely wise. If you want it to be athletic, imagine in your wonderland yourself running around with it, parkour or football or whatever it is you're into, and praise it for being athletic. You catch the trend here?

If your tulpa is miserable, well, unlike Harry Potter it really has no where else to go, it's trapped there. I've

heard of tulpa 'suicide' or tulpa choosing to dissipate themselves. I have not witnessed this myself (obviously), but it wouldn't surprise me if it were a possibility. Please don't do this to your tulpa. If you like the thought of making something commit suicide, well then quite frankly you need help, and you need to not take the responsibility of another 'life'.

We are all busy from time to time, we don't all have hours a day to spend actively forcing. That's okay.

Just do your best to involve your tulpa in as many of your day-to-day activities as possible.

For example, if I'm studying, I listen to music while I study, in which case I 'invite' Mathias to come listen to music while I study. If I'm making myself a cup of tea or coffee, I'll ask him if he likes it this way or that way. Sometimes I'd try different teas, tell him to come taste them with me and remember what they tasted like, and when the time came to where he was vocal, he is now able to help me decide on which tea to drink if I can't make up my mind. He enjoys all of these things and feels very proud that he has an active part in my life. All of these things may seem small, but because of all these little things, Mathias was able to quickly bond to me from the start. Our relationship is incredibly strong now, and continues to grow stronger every day. I couldn't ask for a better best friend.

Now, he's helping me quit smoking and keeping me motivated to pursue other important aspects of my life. **It's worth involving your tulpa as much as possible.** You won't regret it.

To Wonderland, or Not to Wonderland?

If you don't know what this is: Go read the definitions section in the introduction, I know you cheated and that simply won't do. ;) There are terms you need to know in there.

In chatting with other tulpamancers, as well as reading a handful of progress reports, I can honestly say that the whole 'wonderland' thing is more necessary for some than it is others.

If you want to go on epic adventures with your tulpa, like climbing mountains, or swimming to the bottom of the ocean, or exploring caves or fighting the fight of the zombie apocalypse, you should have a wonderland. Of course you could just float around in your imagination without having a designated Wonderland, but I express the importance of a wonderland because spending time there helps greatly with your ability to visualize. When you are so familiar with a place that you're able to see even the most vivid of details, like each blade of grass or each crease in the sidewalk, then your mind has been able to successfully break things down to a 'realistic' level, which will help all of your adventures become more realistic and vivid too.

Having a wonderland and being able to 'feel' around a little every visit will help you grasp the concept of feeling sensations, textures, and temperatures with your mind alone. This trick might seem a tad overwhelming, don't worry about any of those things right now. The point I'm trying to make is that if imaginary adventures are important to you, having a wonderland can really help. The more time you spend in your wonderland, the more realistic things become, and the more you feel like you're actually there. Practice makes perfect. If things are foggy at first, you're on the right track.

If you could care less about imaginary adventures, and just want to see your tulpa sit across the table from you while you have your morning coffee, then a wonderland isn't completely necessary for you. As mentioned before, it does help with visualization, but if your imagination is already able to impose your tulpa into your reality, then you really don't need one. Your tulpa doesn't have to be completely vivid when you start 'imposing' though, don't beat yourself up. If movements are choppy or slightly inconsistent, or he's slightly transparent or whatever, that's okay; you're on the right track. As with anything else that's going to be mentioned in this handbook, practice makes perfect.

I would like to note though, that I was perfectly fine having imaginary adventures without a designated wonderland. But, Mathias expressed he wanted to feel more 'real', so we decided to give him a designated patch, which he built a home in and has a very serene place to call his own. I admit, spending a lot of time there does help with my visualization, more quickly than just sporadically being wherever I wanted at the

time. If your tulpa requests it, please give it to them. If not, then I suppose it's all a matter of your preference and what exactly you're trying to accomplish.

Part 2 – Introduction to Different Tools

Before getting started, I would just like to note: All of this is thought-based. Every type of 'forcing', all phases of tulpa creation, are thoughts involving your tulpa. (You're focused on your tulpa and sending these thoughts, the more interaction the better.) No rules really, just think and believe your thoughts.

Also: Obviously you don't need to use all of these tools, these are just some ideas to get you started. Feel free to adjust, tweak, and adapt the methods whichever way you feel works best for you. All of our minds work differently.

Creative Outlets

Creative outlets can be a great way to force and get those imaginary juices flowing.

Writing about your tulpa is basically thinking about your tulpa, so you can go into as much detail into what you want your tulpa to be as possible. You can even write short stories, and use your tulpa as a character, and have him react and show personality traits that you want him to end up with. The more descriptively you write, the more that this is going to help you visualize him more clearly and vividly. Imagine reading a really good, descriptive book, and by the end of it you know what the character looks like and how the character would react in certain situations, this is the same concept.

If your tulpa is a little ball that isn't yet able to speak, but exists as a thought-form, feel free to say 'Hey, come here, I'd like to read something that I wrote for you.' and then read the finished product to the tulpa. This is a method of forcing to your tulpa of what you expect and what you want it to be. Perhaps to put more positivity into it, you can praise your tulpa after you're finished with, 'Wow, you're a great listener, and so smart and brave (or whatever qualities you put into the story) too!'

If you're an artist, perhaps drawing your tulpa will make things easier to visualize too. The same rules apply as above. 'Hey, come look at this drawing I did of you, I hope you like it.' You can go on to say, 'See how green and pretty your eyes are?' -Insert other qualities you want to instill into your tulpa's appearance here.-

Meditation

Meditation is a great way to not only be able to clear your mind completely, but also once your mind is clear, you are free to put some focus into things like visualization, communicating in other ways, and just really getting some one on one with your tulpa without any other thoughts popping up. Not to mention that the more you meditate, the easier it gets and the better you get. Well, practice makes perfect.

All of you busy people should read [A Guide to Meditation for the Rest of Us](#).

SoundsTrue might have some [useful guidance](#) for you too.

For a more spiritual and self-fulfilling take on meditation, I'll point you in the direction of [Buddhanet's Loving-Kindness Meditation Guide](#). Their [FAQ](#) may be helpful to you, too.

Some people say not to lay down, it will make you sleepy. Although this is most likely true, from my own experience: If you're having a hard time focusing and 'closing distractions' out at first, laying down and not having to think about the position of your body might help you. In this case, patiently work towards being

able to sit in a comfortable position with proper posture. You're not going to be a meditation master overnight, that's okay. You're not being graded on this, don't stress.

Self Hypnosis

This might sound rather strange to you, but if you take a second to think about it, what better way to aid in the creation of a thought-based being, than to:

- 1) Put yourself in a heightened state of suggestibility, and then
- 2) feed your subconscious various thoughts and instructions which
- 3) the more often you do, the more these things
- 4) are with you throughout the day and stick with you?

Sounds pretty self explanatory. Don't fret though, hypnosis isn't all 'eyes closed' and 'you are getting sleepy' like you may think it is. You're not in a 'lack' of awareness, you're just in a different type of awareness. You won't lack recollection of your session, nor is it difficult to 'snap out of'. (*Forgetting' your session in hypnosis is called 'amnesia', and you're not going to induce yourself into that state with what you're going to be doing with your tulpa, I promise.*)

Add this to an increased ability to relax and focus. After a few sessions you'll be able to do shorter (10-15mins) sessions (as you'll get used to transitioning into a more impressionable state) 2-3x/day and be able to reap the rewards. This actually has helped my meditation as well as my relationship with my tulpa.

Hypnosis can be actively used to not only force things to your tulpa, but to improve your own abilities like visualization and the ability to concentrate.

Win/win for everyone.

[A Practical Guide to Self Hypnosis](#) is a decent FREE book to download which explains pretty much everything you're going to need to know to get started.

[Mindtools](#) posted an article about it, which isn't entirely amazing but goes over some technique which some may find useful.

Oh, you're going to need scripts to read to yourself. They don't have to be 3 pages long, either. The process goes a little something like this:

1. Induction Script (to get you hypnotized/clear your mind into a blank slate)
2. Deepening Script (optional, to go deeper into hypnotized state, great for beginners)
3. Affirmation/Script (the point of it all/messages you want to relay)
4. Removal/Awakening Script (self explanatory)

SelfHypnosisMadeEz published an article on [writing your own hypnosis scripts](#). You're going to either want to do this or alter pre-existing ones which appeal to your fancy. Poke around the web and see what you can find if you're still lost. It can be awkward starting up at first, but you'll soon find after a little experimenting what styles work best for you.

When you're really trying to visualize, include in your scripts:

- I smell...
- I vividly see...
- I clearly hear...
- Etc.

Get the most out of your sessions. Reminder: They don't have to be ridiculously long either, don't tire yourself out writing them. A paragraph of 'induction', another paragraph or two of 'deepening', and a page or so of 'affirmation', followed by a short one paragraph 'awakening' should be enough. If you have a

harder time getting into the hypnotized state of mind, make your induction and deepening scripts longer. It won't take long to find a balance of what works for you.

Oh, if you're still a little lost:

Self hypnosis is basically removing your 'thought filter', as in, what you're telling yourself; you're not giving your conscious mind a chance to pop in and pass judgement, or tell you 'no you're wrong'. What you tell yourself in hypnosis becomes fact. Very helpful in forcing especially if you ever get a case of the doubt monster.

Part 3 – Tips and Exercises

To Plan a Beneficial Personality

This is obviously something to consider before you start the creation process. Because, you know, you're super wise and decided that you want to have the core foundation of your tulpa all figured out before you went ahead and got started, right? ;)

Ask yourself this: 'Why am I creating a tulpa?' It could be any reason really; maybe you just wanted to see if you could. It all comes down to this though, when you initially develop a tulpa and decide to improve upon them as well as your bond, it's because you like the companionship that comes from the host/tulpa relationship.

Take the rest of your life into consideration, evaluate yourself, think about what would be most beneficial for you out of a companion based on the type of relationship you're aiming to achieve. I'll use myself as an example:

I am trying really hard to better myself, and to be more mindful of my behaviors. I want to understand why I act the way that I do, and work on my faults, becoming a better person not only to those around me, but to myself. Therefore, I decided that I want my tulpa to be wise, compassionate, and optimistic. Now, when I find myself lost in any regard, or am unknowingly being discouraging to myself, he chimes in knowing just what to say to pull me out of my slump.

Not only have his qualities been incredibly helpful in improving upon my own behaviors, but they've helped me better handle the behaviors of others as well. (This all falls into the 'mindful' category which I had intended, but didn't expect as much as I've received.) When I've just about had it with someone, he'll chime in with 'Well it's not about you-', 'You should feel sorry for them because-', or 'Try to understand-'. He is definitely wise, and I'm very happy that I have forced these traits into him from the start. I have much less negativity in my life because of this, and have made great personal progress. He has truly been the perfect friend.

If you find yourself in situations often where you're anxious and get yourself all hyped up and uncomfortable, perhaps your tulpa should be 'patient' and 'understanding', perhaps even force 'empathetic'.

If you find you set goals for yourself, but then get discouraged and give up, perhaps your tulpa should have qualities of 'reasonable', 'motivated', and 'analytical'.

Point being, when thinking of who you want your tulpa to be, there's no reason you can't choose qualities that will help you better your life. After all, the more you appreciate them, the better your relationship will be. It's impossible to not appreciate someone who is helping you better your quality of life.

Basic Hypnosis Scripts

Here are just a few basic things to get yourself started. I've included an 'Induction', 'Deepening', and

'Awakening'. Sorry, you're going to have to write the most important part (affirmation) yourself, I feel it's the only way you're going to practice and customize an enjoyable experience for you and your tulpa. If you find that any of these don't feel 'long enough' for you, go right ahead and make them longer.

When you write your affirmation script, just keep with empowering words, like 'this IS helping me', and 'I AM improving my visualization abilities', etc. You want to drill into your head what you're doing the hypnotization for, without being overbearingly obnoxious about it. Be descriptive, reference the hypnosis section of Part 2 of the handbook for further guidance. *Customize and edit away!*

P.S. - Don't forget to read slowly, softly, smoothly to yourself and take in one word at a time.

[Plain 'Ol Induction]

(I wouldn't use too much visualization here yet, 'induction' is to just get your mind 'open'.)

-Deep breath in, hold, exhale slowly- (x3)

I am allowing myself to relax every muscle and every fiber of my body. I am allowing myself to clear my mind, and enter a state of inner peace and comfort. I feel incredibly safe. I am becoming very relaxed, I am drifting into hypnosis. I am drifting down into deep hypnosis. I am becoming even more relaxed and open. I continue to drift down into deeper hypnosis, where my subconscious mind will accept every suggestion and put them into action with perfection.

I relax more, and allow myself to drift deeper into hypnosis.

-Deep breath in, hold, exhale slowly- (x3)

[Deepening – Imagination (Prism and 'Mind's Eye' Symbolism)]

(When descriptions come along, visualize as you read.)

How can I judge what is real, and how do I make sense of it all? Is it by what I see? That part that I consciously see? It is it what I hear with my ears? The part that I can consciously hear? What I can feel with my touch? That part which I consciously know I am touching? Or do I realize, reality by the sense of my subconscious? Those feelings that I feel on the inside, the sounds from within. The pictures in my mind. These things are all real.

Like a prism turning a single ray of light into a rainbow of color, my imagination is a prism for experience, both past and future. Through my imagination, I perceive my present, ponder the past, and anticipate my future. Since it is my imagination, my senses can create what is so. What is it that I would like to create? I am going to strengthen my bond with -tulpa name-, who is incredibly real.

In the same way that I have eyes that see the world around me, I also have an inner eye, my 'mind's eye'. It can see images and process thoughts even as I relax so deeply. The mind's eye is open even now, showing me all that my resides within my imagination. I choose what to experience with my mind's eye, and I choose to experience -tulpa name-'s reality with him and improve our bond even further.

[Awakening – Golden Rings]

I am slowly starting to drift back into my physical reality. I am being pulled upwards, my field of vision is dissipating into a soft, dream-like mist. I float upward through bright, golden rings. There is a bright light beaming down from above, which is where I will be. I count the rings as I float upwards, and when I reach the 10th ring, I will be fully relaxed yet awake, refreshed, and energized.

One... As I pass through each ring I hear a low 'hum' come and go.

Two...

Three...

Four... I start to rise more quickly, but not too quickly.

Five...

Six...

Seven... I am feeling much more aware, and drifting back into normalcy.

Eight...

Nine...

Ten... I am here. Awake, energized, refreshed, yet relaxed. I am free to recap the success of this session.

Wonderland Settings via Hypnosis

It's incredibly helpful to get your mind into a state of suggestibility, and then feed it all of the yummy descriptive goodness about where today's adventure is going to take place. This is particularly helpful if you want to improve how vivid your visualization can get. Words paint quite the picture, (as you've learned in the 'Creative Outlets' portion of the handbook), so combining this with hypnosis is a double whammy.

Begin with an Induction, and if you feel you aren't deep enough or clear headed enough, make the induction longer, and use words to get yourself to relax and let all other thoughts float away. I sometimes use the symbolism, "My thoughts are all clouds in the sky of my mind. I take a few deep breaths, and every time I exhale, the clouds are slowly pushed further and further away. I continue to relax, and keep breathing, until the clouds are out of sight. My mind is now completely clear and at peace."

Now that you're completely clear in the head, it's time to add some description. You are free to describe the appearance of your tulpa as well if you'd like. It's all good practice.

Let's start with an example now, shall we? Let's say tonight I'm feeling extra daring and adventurous, hmm....a dark, and mysterious forest.

"The air has a dry feeling to it, the slight breeze gives me goosebumps, it's much chillier when the wind blows, even wearing my jacket. The wind actually has a whistle to it, I can hear it weave between the rickety branches of the sleepy trees. They creak as they wave slightly, their shadows cast all over the forest floor, the moonlight all that I have showing me the way. I step forward, hearing the crunch of frost-kissed leaves beneath my boots. The ground is cold and hard, and the path ahead of me is dark and dreary. It's as if no one has traveled this way in a long time, there are overgrown roots poking out everywhere, I need to step carefully so I don't trip."

Continue, describe any critters you expect to see, like a squirrel scurrying up a tree, or perhaps you want to hear wolves off on the distance. Feed this setting to yourself, visualize it in your mind as you read, use words that set the mood and place yourself there directly.

Proceed if you'd like, to describe your tulpa in the same vivid detail. Once you are done describing the scenery, include something like, "Now we are off on this adventure," or "We head into this together." Whatever suits the mood of what it is you're trying to portray. Then...stop reading, and go on your wonderland adventure with your tulpa.

When your journey is coming to an end, you can read an Awakening script, but what works much better for

me, is to visualize what my Awakening script would do. Referencing the example I've given above with the golden rings, the end of our journey would go something like this: My tulpa and I would say our goodbyes, high five or whatever, and I'd feel myself be lifted up, everything becoming a dreamlike fog, and count the rings, feeling myself rising up higher and higher, reaching ten and feeling completely awake.

You can very well do this without using 'hypnosis', but I recommend hypnosis, as you're able to put yourself into a deeper state of suggestibility, and get a little more vivid than you could otherwise, improving your visualization. Just be sure you have your peace and privacy, nothing sucks more than being interrupted in the middle of an awesome adventure.

P.S. - Jump right into your adventures. If you feel you're 'puppeting' your tulpa at first, that's fine. Remember, believing your thoughts makes them reality. If you're still molding your tulpa into who you want him to be, this is fine. Actually, encouraged. Make him as dynamic as possible, and 'seeing' him in action is only going to help bring him to life. Also, never forget, we're treating him as sentient from the getgo. *Believing will make him real. Do not doubt. Doubt will hold you back, blablabla.*

Letters to Your Tulpa

When Mathias was merely a little orb of thought floating around my noggin, I promised him that I would write him letters as often as I was able. Narrating to him a lot helped too, I'm sure, but there's just something so sentimental about a hand written letter. Believe it or not, he tells me now that it did help the bonding process. Taking time out of my day, to write him a letter, actually was a pretty good way of showing that I cared and was very reassuring to him that I wanted him to be real.

Because your little tulpa-in-training is going to have an interest in something you've written just for them, this is a perfect opportunity to force personality traits, it's also incredibly easy to do.

Here's the first letter I wrote to Mathias, it was actually his first day of creation and he was just a tiny orb in my mind. D'awww. After each paragraph, I am going to put in parantheses what qualities I am forcing. It's a little bit of psychology, I think you'll be able to follow.

WARNING: MUSHY. Don't read if you have a weak stomach. ;) Also, your letters to your tulpa-in-training **don't have to be anything like this.** They can be anything that you want. Use psychology to your advantage, and force traits early on and in a consistent manner to get the best results.

~~*

(Before reading, I called him over. "Hey, come here, I wrote something for you." Obviously this helps establish that he exists.)

To: You

Hello friend. I know you are still so small, but I want you to know that you're going to be big and strong. I know you are going to be special to me, and I will want to share all that I can with you. Actually, you already are special to me, even though we can't really talk yet. *(He is to be large and muscular in appearance, 'strong' is also a psychological reference. Within this first paragraph I've established a bond.)*

I know that you will be wise, I can tell you are a good listener. I can feel you starting to think and I am very proud of you. Your heart is warm and kind, I can feel that too. We will grow together and be the best that we can be. I will support you and I know you will support me too. I am not perfect, but I will listen to you, guide you if you need it and give you unlimited amounts of happiness and all the love I can muster. *(Forcing wisdom, empathy, kindness and compassion. Positively reinforcing these traits. Further emphasis on bond. Also, indirectly trying to initiate thought process.)*

You are wise, strong, loving and kind. You are pure of heart. I look forward to giving you a big hug and

having talks and walks with you. I don't want to name you, I want you to name yourself. No rush, just enjoy all of your first thoughts, feel love because you are, and when you are ready I will be here to listen. *(Went from 'I know that you will be wise' to 'You are wise'. Reinforcing wisdom, strength, compassion, more emphasis on bond, and introducing the trait of affectionate.)*

Even as a little ball, you're booming with joy. I am so excited knowing that I have you. I look forward to sharing my thoughts with you. *(Praise, more emphasis on bond. Forcing open communication.)*

<3 Creative

~~*

See? That took me less than 10 minutes to write and barely any effort, and I've already slipped in tons of positivity and encouragement, not to mention taking the initiative as a host to establish a close bond, and the type of bond I want. It's okay if you feel like you're talking to yourself. Visualize your tulpa as a little orb if it helps and try to work your way away from that mindset. Remember: Assume sentience from the start. *Believe that even from day 1, he's listening. ;)*

A recap on all of the traits I actively forced with this short, easy-peasy letter:

- Wise
- Compassionate
- Kind
- Empathetic
- Affectionate
- Emotionally Strong
- Form: Large and Muscular

I still write him letters from time to time. Obviously, now that he's formed they aren't as 'mushy' or 'simple' in context. It's still something that is appreciated for it's sentimental value.

I'm sure that I'll be making updates to this as time marches on, and as I learn more about tulpamancing altogether. I really hope that it was of help to you.

If you have any questions that I can help you with, feel free to PM me on the .info forums. :)

Good luck!