

Tulpa Guide

- *Requires commitment (check the above box only when you feel you have “completed” your tulpa)*
- *Optional: Start narrating to your tulpa, or whenever you feel it is applicable (see below)*
- *Important: Assume tulpa sentience (individual personality / mindset) from the beginning and throughout the course of your tulpa experiences*

Personality

1. Pick 30 – 35 Traits
2. Spend 15 – 30 minutes on each trait, outlining how it details the tulpa:
 - How it helps rationalize
 - How it works with their logistics
- How it plays a role in: Mortality, Perception, Likes, Dislikes, Social Endeavors, Personality, Faith, Quirks, Emotions, Hobbies, Etc.

Visualization

- *Wonderland optional*
 1. Think of a form; what your tulpa will look like
 2. Visualize tulpa naked, for about an hour
 - Add clothes and continue visualizing
 3. Focus on individual body parts until each one is perfectly imagined
 - Faces and eyes are the hardest; should be done last
- Once done with visualization, you should be able to recall the image of your tulpa swiftly and accurately, even on a whim

Touch

- *Note: There will be no solidity*
 1. Imagine your tulpa in front of you
 2. Stand up and walk over to them (in first person)
 3. Stick out your hands and start feeling your tulpa
 - Imagine everything about your tulpa (how their hair feels, how their muscles feel, etc.)
 - Once this is mastered, move on; you should feel temperature, texture, etc.

Smell

1. Smell your tulpa
 - Don't smell everything, just create a general smell for them (perfume, scent, etc.)
 2. Create a smell for some other parts as well (hair, clothes)
- Make sure they have the same smell every time

Body Language

•*Note: Facial expressions should be last*

1. Work out your tulpa's posture, gait, arm swing, gestures, facial expressions, body language details, etc.

2. Send out random thoughts, imagine your tulpa's reaction

•Don't do the same facial expressions over and over, this counts as parroting

Subsequent Tulpaforging

•*Do this every day, for what would be considered your normal session timespan*

•*Combine senses and hammer into your head (commit them to memory)*

Sentience, Narration and Voice

•*Start narrating from the beginning or wherever you feel necessary*

•*Waves of emotion and self-acting are good signs of sentience, when they appear will vary*

•*Note: Headaches are normal*

1. Go on about your life to your tulpa (daily events, anything in particular)

-Don't parrot (force your tulpa to respond)

2. Continue until your tulpa says something back to you (you will know, it will feel alien)

-The voice of your tulpa will feel generic at first (sounding robot-like, like a GPS)

-The voice will become more distinct as time passes

•If you have a preferred voice you would like your tulpa to have, imagine them saying random snippets in that voice

-Otherwise, it doesn't matter

•Your tulpa might change their form (from what you'd prefer), you should accept the changes openly

Opening your Mind

Be sure you have the following accomplished before continuing:

Your tulpa talks to you in complete sentences

Your tulpa has its own opinions

Sometimes your tulpa does unexpected things (acting of its own accord)

1. Sit down, inform your tulpa that you're opening your mind to it

2. Imagine walking through a door (or something similar)

-Your tulpa will now be able to see your subconscious, and will know your memories, how you feel, and you as a person (you in general)

•Wait until trust is built before doing this, otherwise your tulpa might take it for granted

Imposition

•*Note: Takes a while to master*

1. Imagine your tulpa walking behind or with you (remember their body language)
 - Do this at almost all times until it becomes natural; you should be trying to smell / feel it's presence
2. Impose tulpa on your peripheral vision (only bits and pieces should be seen)
 - Smell it, have it lightly brush your arm, etc.
 - Force it upon all your senses, all the time (it will be there soon enough, for it takes a while, but don't rush)
3. Begin to fully see, smell, hear and touch your tulpa, keeping it in full view (all the time)
 - Seeing it entirely isn't as easy, but with the peripheral vision training it shouldn't be *too* challenging
4. While sitting, imagine your tulpa daily for your normal tulpaforcing timespan
 - Imagine it talking, performing the same tasks you normally would do

Completion / Notes

•*When your tulpa is first imposed (into reality), it might seem see through (this will change)*