

Tulpa creation is a complex and sometimes frustrating process that can take weeks, months, or even years to find success, and usually needs much more than the sort of brief summary I will present in this video. That said, I will still go over everything you need to do to create a tulpa in the next few minutes, but I highly recommend watching the series of videos I will soon release discussing these concepts in much greater detail. So, let's get right into it.

The core of tulpa creation involves training your brain to think for two people instead of just one. Once your mind can start to respond to stimuli from the perspective of someone else at the same time as you, this will usually be the catalyst that leads to a full second consciousness developing. So, how do you train your brain to be someone else while also being you? You talk to yourself.

Okay, well, hold on, you don't just want to talk to yourself. That probably won't get you anywhere. Instead, you should just assume that the tulpa already exists somewhere in your mind, and that you are just waiting for them to learn how to speak up. Do this enough, and if you're like most people, you will eventually start getting responses back from a fledgling tulpa. Listen up, because this part is important: make sure you're listening for responses to everything you say and encouraging the tulpa to *think* about everything you're saying. Otherwise you'd just be ranting and monologuing, neither of which are particularly beneficial to developing a tulpa. Also, for heaven's sake, don't talk to your tulpa out loud unless you are alone. Using your internal mind voice works fine and doesn't make you look crazy.

Technically, doing that alone should produce a tulpa with enough time and patience. However, there are things you can do to refine the process and make it a bit more enjoyable for both parties. If you want a tulpa with a specific type of personality or character, you can go through the process of personality forcing. Usually, this involves symbolically imbuing the tulpa's form with a list of traits, followed by demonstrations and examples of exactly what each of those traits mean. Don't underestimate the power of symbolism, and this simple method can produce drastic personality-altering results. Listen up, this is important, again: do NOT personality force a tulpa that can already talk or respond in any other way. How would you like someone forcibly changing who you are? Also, you don't have to do this at all. Many people prefer to let their tulpas naturally develop a personality through experiences and whatever the subconscious considers natural. However, for those with a specific persona in mind, don't feel bad about doing it.

Another optional but highly recommended process is creating an initial form for your tulpa. Spend a few hours sculpting the visual appearance of your tulpa down to minute details. You could match the appearance to the tulpa's personality, or just choose something you find appealing. If the tulpa wants to change, let them change, but many tulpas very much like their initial forms. You can develop a formless tulpa and allow them to create a form once they gain sentience, but some of my past research indicates that hosts who create their tulpa's first form for them have an easier time throughout the creation process, probably due to their ability to visualize the person they are creating.

There are many different forcing methods you can take part in to add variety to your experiences while still contributing to your tulpa's development. Many people enjoy creating imaginary worlds and adventures to spend time in with their tulpa, to varying degrees of detail. My personal recommendation is to focus your time spent in these worlds on teaching your tulpa, at least until they can talk and think at a substantially complex level. If you're just daydreaming as normal but happen to have your tulpa's visualized form there, you might not be doing much to help them. Many young tulpas also respond well to physical interactions with their forms, both in your mindscape and when using open-eye visualization.

This could be a hug, a hand hold, or my personal favorite, carrying your tulpa like a backpack or on your shoulders.

Of course, no two creation experiences are the same. Although there are common patterns and better or worse ways of doing things on average, your mind and specific situation could be different from how most other people operate. What works for you could be something entirely different, and conversely, what works for others is not guaranteed to be a big help for you. Just remember that your intent is to train your brain to think for a second person, and you should be able to find something that works.

Once you reach the point where your tulpa can talk to you, development should rapidly accelerate. Through two-sided conversation, you can get much more done and begin to teach your tulpa about the world. Some tulpas form with an understanding of the world around them built off of your memories, but others, like both of mine, are formed knowing nothing of the world. Don't fret if that's the case for you, as we quickly learned to treasure the time spent explaining things and showing them the world.

It is impossible to tell how long tulpa creation will take you. A lucky few people can do it in a day, but most take weeks, months, or longer to make their tulpas. I've found that the average creation time sits at around two to three weeks of daily forcing for a tulpa to begin talking, but again, this is highly variable. If you find success on the first day or two, understand that this is exceptionally rare and be careful that you aren't parroting, or creating your tulpa's responses for them. But fast creation does happen: I'm one of the lucky ones who went from nothing to a tulpa within a day.

If you have specific questions about creation, or would like someone to help track your progress and act as a mentor, feel free to head over to the Tulpa Central Discord server, linked in the description below and on screen.