

# ***Linkzelda's Image Streaming Guide***

<http://community.tulpa.info/thread-linkzelda-s-image-streaming-guide>

<http://www.dreamviews.com/tulpa-land/145673-linkzeldas-guide-better-narration-storytelling-your-tulpa.html#post2040703>

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## [Disclaimer](#)

The following information is based on the author's experiences and opinions, and should be taken as a supplement for your own progress. The author has the right to change contents within this guide, and updating with new content if needed. This guide is also formatted for readers in mind that may not be aware of image streaming, and its potential use for augmenting their narration skills.

## [Contents at a Glance and What You Will Learn in This Guide](#)

### ***What Image Streaming Is and Things to Consider***

This section will cover topics on what image streaming is, the theory behind it, and aspects to consider before attempting the image streaming exercises.

### ***Exercises***

This section will go in detail of certain exercises you can perform, and examples to get a better understanding of each. They are designed to be used to stack onto each other, and allow you to progressively gain competencies of the overall intention behind your image streaming attempts for narration, and other activities.

### ***Links, Programs, and Software to Consider in Your Sessions***

This section will provide supplementary links, programs, and software that can be utilized to enhance your image streaming experiences. For sections such as the language patterns, examples will be provided.

## [What Image Streaming is and Things to Consider](#)

### [Image Streaming and The Theory Behind It](#)

Image Streaming, coined by Win Wenger, involves going through mental exercises to augment your visualization skills, and being able to build mental rapport with aspects of your mind in finding solutions for many problems. It also involves examining the virtual experiential reality in your mind, and describing them aloud in as much rich, sensory detail as possible (more details on alternatives on how you could describe them can be found in "[Should You Type, Speak or Write Things Out in These Exercises?](#)").

The theory behind image streaming is that by going through certain mental exercises, one may find themselves in engaging in promoting overall brain functioning. This implies that by going through the mannerisms of speaking aloud of the virtual experiential reality in your mind, it would cause the brain to make neural connections that aren't typically there. This also presumes that by developing this neural linking, it will allow one to augment their overall cognition in visualization, and other competencies as well.

For more information on image streaming, check out the links below:

<http://www.winwenger.com/imstream.htm>

[http://psychology.wikia.com/wiki/Image\\_streaming](http://psychology.wikia.com/wiki/Image_streaming)

### [Narration is a Mentality](#)

Narration, in relation to tulpa-related activities, is the host speaking to, or with their tulpa. The idea behind narration is to get accustomed to speaking to your tulpa whether you're just starting out in the creation process, or already made breakthroughs in development (e.g. sentience and mind-voice interaction).

Storytelling is engaging in a mentality, a type of focus and concentration where you can smoothly transition from one event to the next. The more you develop an experiential learning of this, the more you may be aware of unconscious thoughts, and your mind making those connections. This can give you

more assurance to narrate and state stories, experiences through image streaming, and such to your tulpa.

## The Importance of Timing Yourself

The importance of timing yourself in these exercises is to get accustomed to thinking quickly, and relying more on unconscious thoughts to give a mental imagery both naturally, and faster than you are able to plan out consciously. The same applies when you're allowing your tulpa to practice this as well. Both of you are supposed to get yourselves to be spontaneous, and communicating with each other without being too worried of what comes out abnormally. Over time with practice, it will get easier for both of you to filter out the muddy stuff (e.g. anything that you don't feel is appropriate), and things will be more refined, and still have that spontaneity in imagination.

If you feel you needed to do 50 1-minute sessions, do it. If you want to do 10 1-minute sessions, 1 15 minute session, and so on, then don't hesitate to do so! Plan out how much time you think you'll have, and use your best judgment. The underlying concept to get from doing this is that you may be able to direct your awareness in visualization, and other aspects with ease, and mixing things up to what you and your tulpa feel like doing.

## Should You Type, Speak or Write Things Out in These Exercises?

Now, it wouldn't be narration if you don't develop a voice (the same for your tulpa), whether it's through mind-voice, or using your physical voice. Some ways to go about with mind-voice, physical voice, and auditory imposition are:

1. Using your mind-voice and silently speaking out what you're typing/writing
2. Using your mind-voice alone
3. Speaking things aloud (if you're able to do that without distracting anyone or worrying if anyone is hearing you talk to yourself or even your tulpa).
4. Pretend to use a phone and just let your thoughts out (if you were to just speak out without typing or writing)
5. Pretend to use a phone and just let your thoughts out while typing (since you'll be able to keep up the pace with your speech rather than trying to write physically)
6. Use a Recorder and speak whatever is on your mind, don't worry about what comes out, just find a safe place and tell others you're just practicing your oral speech or something to be random as possible.
7. If you're writing things down physically, unless you're a fast writer, just gather the highlights. Don't try to write in detail because that means you're having to focus more on writing things down instead of thinking spontaneously. Note: This only applies if you're trying to write physically.

Things such as the phone and recorders, they can be a safe cop-out from having to explain to others on what you're doing (e.g. you can state that you're talking to a good friend that wants to hear you say random things). Obviously, if you do it a lot, people may wonder what's going on, so just keep these things in mind, and consider to typing and using your mind-voice as safer options. You could also try to physically, and silently mouth the words from your mind-voice if this helps in any way.

## How to Let Go of Self-Censoring and Running in Circles

- It's perfectly fine to be loose and sporadic.

Initially, it may feel awkward if you feel uncomfortable of what your tulpa states that may be inappropriate. However, if you can't allow yourself to overcome this concern, you may be restricting how you'll both learn to practice, and refine how you all utilize the confines of your mind to get your message across to each other. In order to become better at this, you'll have to accept the muddy, and murky elements as something natural.

Don't restrict the creativity from unconscious thoughts. Communicate with your tulpa on this, develop the assurance that you'll both be fine, and that things that seem inappropriate are only as transient as you fixate on them being so.

- Take things one step at a time if you're running around in circles of what to do next.

Even though taking your time, and doing things step by step may seem counterintuitive from the original premise in this guide to be quick and spontaneous, doing so may allow you to reduce how much you find yourself repeating things. Some examples of how being at a deadlock may arise are:

- Being afraid of what will happen next
- Restricting yourself, or your tulpa restricting themselves because they feel uncomfortable
- You're thinking way too much consciously, and trying to make things perfect

If you find yourself in a circumstance where you're repeating things constantly, and there isn't much progression, it's perfectly fine to take things slowly for a bit, and gradually pick up from there.

- Know that sifting through what may be nonsensical thoughts, and accepting them as they are, and trusting you'll make better connections with more practice can make all the difference.



An example of how one may repeat something, and running around in circles through their image streaming sessions is:

*And I find myself jumping around the trees, going at high speeds from tree to tree, landing myself near a tree and getting a chainsaw to cut a tree.*

*I'm continuing to traverse through the woody trees and notice there are monkeys following me as well trying to give me Mangoes from several Mango trees. They're telling me,*

*“Hey buddy, there's this tree that I think you'll like, but of course, you'll have to keep going around these trees as much as you can until you find a clear opened path to get to our special tree.”*

To tackle this issue:

- Stop for a bit.
- Be brave and bold.
- Think about anything that comes to mind, i.e., if you have to change the environment, or any other modes of kick-starting things again, use them at your disposal.
- Once you get a new ideas streaming in, go back, for example, to typing as fast as you can through whatever means of describing the experience.

## How to Make Your Attempts Emotionally Engaging

### Prime Yourself to be in a Specific Emotion or Set of Emotions

For example, if you're in a battlefield, prime yourself to be quick, alert, and calm to deal with whatever comes at you. Or if you're swimming in a pool, prime yourself to be relaxed, calm and alert in what you're doing. Most important of all, imagine yourself enjoying the experience of doing the exercises as well and seeing what your unconscious mind can formulate and mold for you.

### Listen to Music if you can

You can listen to music and in fact, you can go through a session based on the length of the song and making a story/event/situation related to that song. Don't worry much about your mind-voice if you're listening to music, because the music will obviously over-dominate your mind-voice. You want to go for music that makes you feel certain ways, no monotone music that makes you feel bored. And when you're used to emulating certain emotions easily, then you can lower down the music or just listen to low volume instrumental music. However, you can still attempt to use music, or any sounds to train yourself to fixate on your voice, and your tulpa's as well.

### Building a Collection of Stories and Themes

Some things to take into consideration when building a totality of stories and themes:

- Gather as many literary genres as you can, and you don't have to be limited to just that. Look at your favorite shows, movies, books, etc. Anything that involves a plot is something you can utilize as a reference and inspiration.
- They all can have some kind of story; as long as you can gather emotions, a plot, a condition, or anything you feel is useful to derive from, use it! This will allow you and your tulpa to become more versatile, and to get into the habit of formulating something new as well.
- Listen to lyrics to a song, and try to imagine the underlying meanings behind them.

## Be Aware of the Highlights of Stories You Grab

When you're gathering stories from all sorts of mediums (television, books, movies, etc.), don't aim to try and memorize them word for word, because remember, you're not aiming to memorize anything, you're aiming to be creative. Which means you just need to gather the highlights.

For example, Naruto Shippuden for instance, you don't want to memorize a certain manga chapter or an episode to perfection that would kill the whole endeavor of being creative! Just take common things from it (Being a ninja, performing jutsus, etc.)

Another example are fairy tales. Think about:

- Hero
- Damsel in Distress
- Powerful Creatures
- Corrupt Organizations

Go out there and collect as many things as possible, research them for a bit, imagine yourself taking the role in tropes, and motifs.

## Allow Your Personal Stories to Ease into Your Sessions

You'll find that bits of you and your tulpa's personal life will slip in from time to time. And if it happens, let it happen! Storytelling does involve tapping into experiential learning and gaining value from them when you go back to them, and personal and genuine stories of your own is no exception from this.

## Exercises

Some things to take into consideration when doing these exercises is that you're not constrained in having to direct your awareness to your tulpa hearing you talk with, or to them. Although implying and going through this is helpful, these activities can be done for your own development, and may contribute in conceptualizing other concepts (e.g. visualization, imposition, and mind-voice) over time. ***Also, be sure to image stream during all these exercises.***

## Spontaneous World Exercise

Alright, here's a sequential guideline of how this method works:

1. Get in the mindset of being in an abnormal and undiscovered world, and keep these things in mind:
  - Be excited
  - Don't analyze or judge consciously, let things happen, just type/speak/write as you're seeing the mental imagery being portrayed to you
  - Be quick
  - Be spontaneous
  - Do not aim for perfection
  - Accept any mistakes that may come in you speaking/typing/writing
  - Keep moving forward, if you find yourself stumbling or editing, you can edit, but try to reduce it (you'll noticed you might be able to type a lot faster with little to no error with practice)
  - Don't worry about how it's going to end. Move along and guide yourself with the situations being presented to you visually.
2. As soon as you start the timer (try doing several 1-minute sessions as a warm-up and build up when you feel comfortable), be spontaneous in your thinking, allow any thoughts to come to mind. Notice how the more you practice, the easier it is for these thoughts to come in, and the easier it is for you to see that your unconscious mind is playing a huge role in mental imagery. Imagine you being with your tulpa, or just yourself.
3. Just keep going until the timer ends and STOP yourself immediately when the timer ends. Then take a break if needed, and then go back to repeating the exercise.

It's simple as that! Personally, this type of exercise is a good warm-up to do the next exercises. This exercise is to get yourself into being accustomed of how easy it is for unconscious thoughts to be formulated, and directed to your awareness for limitless potential of what to do for each session.

## Don't Worry About Aiming for Perfection

Be sure to check out several examples of the exercises in different time ranges, and notice that aiming perfection isn't the intention at all (e.g., wanting to backspace on a sentence, and reformatting it). Let things happen, and don't restrict directing your awareness to unconscious thoughts. If there's perverted thoughts, let them occur, because with practice, these things will be refined, and you'll be able to connect the dots better whether or not you know about it.

## DO, Don't "Try"

It's important that you DO this exercise several times, don't "try." You'll begin to notice that if you stumble a lot, compare it to how you would talk to your tulpa. A reason behind the stumbling may be because you're consciously trying to judge everything from start to finish, and this exercise is to portray how to eliminate the doubts, and see your unconscious as an ally.

## Word Pair Exercise

Here's how you would go about doing this exercise in sequential steps:

1. Pick two random words (objects preferably). It doesn't matter what they are, just think about any two objects. Here are some examples that came off the top of my head:

- Oranges and Ginger Ale
- Screwdriver and Water Bottle
- Tennis Racquet and Jar of Peppers
- Bamboo Tablet and Checkbook
- Chicken and Sneaker
- Light-bulb and Sandals
- Machine Gun and Toothpick

Seriously, don't worry too much on what the two objects need to be. You're going to be doing hundreds, if not, thousands of combinations over the days, months, and years, and you'll see you're going to enjoy seeing how your mind can come up with things to think about! It's better to go through hundreds, thousands, and beyond rather than trying to polish up one “good” and “detailed” exercise.

This helps you see how your unconscious mind molds a story, and again, let things happen naturally.

2. Just let it happen, don't judge, the only thing you need to “remember” is the two objects you have in mind. Remember, you don't have time to think, only time to remember those two objects and trusting in your unconscious mind to carry out the rest of the mental imagery.

3. You can just think about yourself in the mental imagery, or your tulpa alone, or you and your tulpa! It doesn't matter! You have to allow yourself to imagine yourself and your tulpa in as many situations as possible! The more you do it, the more you'll see them coming easily. The more you'll accept the thoughts coming in, the more you know they help you grow and your tulpa grow as well!

4. STOP immediately when the timer is up, take a break if needed, and go back at it again. Move up the scale of time when you feel comfortable. I've done 2 sets of 30 minute sessions with this exercise in one go. It's really easy when you just accept imperfections, because they will be refined and improved on with practice.

## [It's Okay to Go into Digressions](#)

If you find yourself being distracted, and going into a different train of thought and awareness, don't stop yourself there! The intention behind this exercise is to try and see if you can make things related to the two words you're going to be using, but if you end up having to think about two more new words to derive from, feel free to do so! And if you end up doing something where it feels like you're doing a Spontaneous World Exercise, direct your awareness to choosing two new words, and move on.

## [Three Word Association Exercise](#)

This exercise is just like the word pair exercise, except this time:

- You add another object
- You can (optionally) make a List of sequential stories to talk about (for example, but not limited to):
  - First story: Oranges, Screwdriver, and Rotten Banana [10 minutes]
  - Second story: Butter, Nail Polisher, New York Map [10 minutes]
  - Third Story: Sword, Manila Folder, Tile Remover [ 10 minutes]
  - Fourth Story: Hair Clip, Thumbtack, Pack of Cards [ 10 minutes]
  - Fifth Story: Paper Airplane, Tulips, AH-6 Over-watch(mini-Attack Helicopter) [10 minutes]
    - Total time: 50 minutes

You just do the same process of letting things happen, and just keep in the back of your mind of the objects (three this time) and letting your unconscious mind give you the mental imagery. You'll be able to describe what's going on without criticizing it. You have the option to try to keep things within a circle. Now, I know you're wondering, "isn't that just restricting myself?"

Here's the thing, when you do the two above exercises and eventually do this one, this is where you'll find yourself being able to keep things within a circle with the three objects you have. For instance, notice the three objects and words I mentioned for the example you can do for the fifth story (which is really just your 5<sup>th</sup> attempt). The words are: Paper Airplane, Tulips, AH-6 Over-watch (mini-Attack Helicopter from Call of Duty). Think about how those words would associate with each other.

One obvious association is aerial combat and landscape, and with a Tulip, there has to be a surface right? You're not going to outer-space with an AH-6 Over-watch or with a Paper Airplane. You can do that IF you want to, but this exercise is mostly catered into being spontaneous, and also associating the objects you have a lot better in practical environments and conditions.

## [Quick Example of Three Word Association Exercise](#)



So let's go through a brief example of what you could do. Remember, this isn't something that has to be perfect or the best story, just something that comes off the top of your mind.

Watch and notice how I'm able to associate the three objects with ease and still come full circle with them.

*As I'm holding onto a paper airplane I made for Eva, I find myself walking through a vast green field filled with Tulips. And as I'm going through this field, I can feel the wind around me blowing across my chest and other body regions.*

*Suddenly, a tulip detaches itself from the ground, and I immediately aim my paper airplane with perfect accuracy to grasp the tulip between the creases. The plane is able to come back to me, like a boomerang, and I steady my hand to prepare for its descent back to me.*

*Then the paper airplane is destroyed by what seems to be firing of machine guns. Instantly, I look up to see what the big deal was, and noticed there's an AH-6 Over-watch above me. There's someone operating the flying vehicle, and they tell me,*

*"You seriously need to update your IRS bank statements."*

*I reply, "Okay, but why did you need to shoot my paper airplane? I was just trying to save the poor tulip so that I can plant it back on the soil so that it'll be able to grow!"*

*"Come with me mister." said the AH-6 Over-watch operator with slight anger.*

*The AH-6 Over-watch slowly lands down, and I duck my head to make sure it doesn't get chopped off from the rotating wings. The operator comes out and opens up their helmet, and then take something out of their pocket.*

*"I got this for you, sir." said the operator.*

*I quickly put my arms back in place and noticed that she's giving me a purple tulip.*

*"I got this instead and decided to destroy the red tulip you were trying to catch because I figured you wouldn't want more than one tulip." the operator declared.*

*"Wow, you went through all that just to make sure I choose your purple tulip huh?" I asked.*

*I go towards the female operator and give her a huge hug. Feeling her warmth, I begin to notice that she smells familiar. I look up and see that it's Eva. I shake hands with her and asked,*

*"Mind letting me control the AH-6 Over-watch?" I asked.*

*"Sure! But make sure you pay attention to my instructions so that we don't crash into this tulip field." she replied.*

*I take one better look at Eva, noticing her pilot outfit that consists of a dark swamp-green color. She smiles at me, and tilts her head a bit wondering what I'm probably thinking about her. I take her hand*

*and we both go into the AH-6 Over-watch. I am able to operate it with ease and we both head over to a random house.*

*I land down perfectly with the help of Eva's instructions, and we both go inside of the house to take a break from flying around so much. I noticed that Eva's already sitting down and making something out of paper, and I realized she's making a paper airplane.*

*"I'm really sorry that I shot down your paper airplane, let me make it up to you! Mind letting me borrow the purple tulip I gave you?" She says as she tilts her head in profile view towards me.*

*I give her the purple tulip and she gently places it between the creases and puts it near the window to the right of us.*

*"Thanks a lot, Eva!" I stated as I go up to her hugging her.*

*We spend the rest of the time just casually talking to each other.*

Now, you'll notice that it wasn't the best story in the world, but that does not matter. This is something I came up within a few minutes (didn't time myself because I was just trying to make an example for the sake of this guide). The thing is, I can go back to this story, and I can imagine the scenarios and objects being portrayed easily in different settings. And most importantly, I can identify Eva in her pilot outfit, the house, the paper airplane, everything, all without having to consciously judge anything!

Not only will this refine and polish your storytelling skills that you developed from the other two exercises, but it will help you interact and imagine with your tulpa as well. Words alone can be interpreted differently from person to person in terms of mental imagery, which makes this exercise and the previous two so flexible in imagination!

And you can do the same thing with the word pair exercise, and personally, don't restrict yourself to these sequential steps I've given you. Remember, these are just guidelines to be used as supplements. In fact, I encourage you to break the rules a bit, because you're going to be improving constantly either way.

Now, imagine for a moment of what it would be like to do this 100 times, 1,000 times, or more than that through the course of your life with your tulpa. You'll be able to tell stories left and right like no-body's business! Literally!

## Music Association Exercise

This exercise involves you listening to any kind of music that you want to, and you can organize a playlist, and depending on how long you want to do a session, you can pick songs of a varying time ranges to get near the estimated time you want to do. You can use whatever medium that can play music, and I have a video link of my first attempt with this exercise right after this section.

1. Have the set of songs you want prepared in a playlist, or if you feel confident, just listen and type as you go. You want to immerse yourself into the song, and it's really not that hard to do since you'll notice you get into a trance state when listening to a song (and it's hard making your own thoughts obviously if you have it a bit loud). This will help a lot with making you describe the visualizations and other types of senses you experience rather than criticizing or judging them.
2. Try to do things as fast as you can, but again, if you find yourself stumbling a lot, just remember what you learned from the previous exercises to get yourself back on track.
3. Keep going until the song ends, take a break if needed, and move on to the next song. If you're feeling a bit bold, prepare for the next song if you have a playlist that plays one song immediately after the other and go at it. If you find that the music is too loud, change the volume accordingly, you want to be able to maximize your time describing and less time being annoyed by music that's too loud or too quiet.

## Music Association Exercise Video Examples

These will be examples of the Music Association Exercises covered in the guide

**Here's a link for a video I did of my first run with the Music Association Exercise:**

<https://www.youtube.com/watch?v=1LnPHeETeeg>

Although this isn't really "music," it's my first attempt at binaural beats with this session, and you can find how I felt in the link [here](#)

**Here's my second run on this technique with Binaural Beats. I used an Alpha Binaural beat ranging from 8 to 13 Hz, and personally, I might use this in conjunction with other techniques.**

60 Minutes of Second Music Association Exercise and Pastebin link [here \(pastebin\)](#) and [here \(video\)](#).

## [Links, Programs, and Software to Consider in Your Sessions](#)

### [Language Patterns to Consider in Narrating with Your Tulpa](#)

Here are some links where you can use over 52 Language Patterns to practice on in your sessions. You don't have to use all 52 in one go obviously, just pick and grab a few (2-3), but most importantly, to master using them, experiment and practice. Check out the examples in the links below:

Sources:

<http://www.scribd.com/doc/20655304/52-Cards-With-Language-Patterns-From-NLP-Milton-Erickson>

<http://www.slashdocs.com/ihqzwn/52-cards-with-language-patterns-from-nlp-milton-erickson.html>

### [How to Use Language Patterns](#)

Now, before I go into showing you an example, here's what you should notice as you're reading the example (I'm going to time myself for 30 minutes), I'm just going to think on the fly with this with a few language pattern words in my narration to Eva):

1. I go in first, I imagine the scenario of being able to narrate with Eva. I don't question how, I just know it will happen. Just let it happen, prime yourself to believe you have the mannerisms of talking with your tulpa. It doesn't matter whether or not they're talking or responding to you, **this is one of many ways to treat them as sentient and sapient individuals.**
2. I go through a session, for example, like the Spontaneous World Exercise. For this one, I would go for maybe 30 minutes, or even an hour! I time myself and just let loose, and pay close attention to how I'm narrating to Eva, acknowledging her more and more, and giving the implication that she can imagine these things as I'm imagining them.
3. Keep going and just let things happen until the timer is over.
4. Thank your Tulpa for listening and interacting with you

Simple as that! The more you do this, the more you build confidence, and the more your unconscious mind will make those connections, and so will your tulpa. They will listen to you more, because you're treating them as sentient.

## Example of Using Language Patterns in a Session

Narration involves fitting yourself in the role of a narrator and speaking things out with your tulpa, and you have to build confidence that your tulpa is listening to you. And this is where you're going so fast and you're going to be able to imagine yourself and your tulpa together. So don't be bothered if you think this is role-playing, if you want to have engaging conversations with your tulpa, you have to be able to step in first and imagine, and eventually, they will be able to do the same (especially if they practice these exercises as well).

***Warning:*** It's important that if you're operating machinery (other than a laptop/computer/etc. obviously), stop what you're doing and focus all your attention in the following below in *Italics*. As soon as you're ready to read, get seated comfortably, and as you're seated comfortably, you'll be able to learn and derive from this example below! Remember, this is something that will go on for 30 minutes. There will be mistakes below, but I'm leaving them there on purpose to so how I would actually do this.

*As soon as you're ready to focus all of your attention towards this storytelling session, Eva, I would like you to sit down comfortably, relax, and enjoy the process of us improving our imagination and so much more together!*

*Now, in order for both of us to have a good time building rapport with each other, we have to imagine ourselves of where we want to be, and how we'll get there. We know that all we need to do is just to just trust in our unconscious mind to give us the mentally imagery, and both of us will be able to imagine and describe with ease of what's going on.*

*But you don't have to worry about the describing Eva, I want you to simply relax, sit back, and enjoy listening to my mindvoice as I'm going through describing what comes off the top of my head. And as you're sitting there comfortable listening to the sound of my voice and the images that pop into my head, you'll have growing assurance in your ability to listen to me and being able to respond to me with ease.*

*As soon as you're ready to learn this with me, let's get started!*

*I find myself standing on top of a ship with an infinite horizon beyond us. Can you see it Eva? You might being to notice that there's a sun descending, perhaps, clouds floating about as well. Maybe a few seagulls flying around blissfully in the air. I find myself noticing there's a lot of treasure on the ship, ranging from very rare looking swords and all sorts of gold lying about.*

*There are some crew members that are having the time of their life, speculating on what they'll do with their share of the wealth. And when you find yourself speculating on what you can do with that sort of wealth, it gives you the sense of relief that things will be alright, that you'll be able to take care of the necessities.*

*And as you're sitting there, Eva, being more aware of your feet on the wooden ship, you can feel the swaying motions going left and right. You can synch yourself with the waves, and your feet are now one with the ship. All you have to do is to simply relax, and enjoy the experience for a while.*

*Pay close attention, Eva, to the sensations augmenting and surging through your body. You can feel the warmth of the crew member's happiness of their hard work of finding this rare treasure, and all that we*

*need to worry about now is getting back to the homeland safely and with as many people alive as possible.*

*The sun is slowly setting down, and night seems to be approaching very fast Eva, can you feel the sudden change in weather? Perhaps you feel a little colder than before, and you may have the temptation to rub your arms a little bit to heat yourself up. These things may come naturally, as if it were a reflex that's ingrained into your mind to allow you to survive and notify yourself that you must go to warmer regions on the ship.*

*And as you're continuing to rub your arms a bit and warming them up, you may have the sudden urge to eat something to feel even warmer. Would you like to eat now, or would you like to eat later after you've eased yourself into the ship Eva?*

*Alright, what would you like to eat Eva? There may not be much of the bigger meals, since it was to prepare everyone for a long journey and potentially encountering other tribes and creatures lurking about in the New World. So you'll have to pay close attention to what you're eating inside of the ship and making sure the rations are shared equally among the men and other members of this ship.*

*There are only basic foods that can be heated up very quickly over a spit roast fire, so this means we'll have to be sure to use some layering before actually setting up the equipment. We have quail, chicken, duck, lamb, or warthog to heat up, Eva, which would you like to have a piece of?*

*Are you sure that you want the quail Eva? Yes? Okay, I'll get one of the cooks to help us set up everything. I'll be right back, Eva, and as you're waiting for me and the cook to come back, I want you to continue feeling more relaxed and at ease with yourself, allowing more thoughts to shift into your mind so that you'll be able to use the unconscious mind to give a mental imagery of whatever you want to think about.*

*Just let things happen naturally, and just be yourself, I'll be back very soon. My voice is getting further and further away, and you're paying more attention to your own voice now Eva. And as you're listening to my voice going away from your hearing, you'll find yourself being able to hear your own mindvoice now.*

*You might also realize how easy this is simply because you're now able to focus on your own voice Eva, and as you're increasing your receptivity to your own voice, you may also find notice how you can express yourself as the mental imagery from the unconscious mind distributes itself naturally to you.*

*And as soon as you're ready to allow those unconscious thoughts to be sublimated through your conscious awareness, all you have to do is just describe to yourself of what's going on. So you're saying you're now in a battlefield, right Eva? Yes, I'm starting to see what you're thinking as well, you're in an environment where there are piles of cars crashed in together, as if there were explosions before am I right?*

*That's right.*

*What else do you see Eva? You see a fish? Where exactly Eva? It's floating on top of the surface and is still able to breathe? Are you positive on this Eva? Okay, maybe we should summon a fish tank so that the fish won't die, don't you agree?*

*Now, imagine what it would be like for you to summon a fish tank Eva, how do you feel you would be able to do so? Start with the base? And perhaps have it filled with water, right? Alright, good! What else do you think we'll need Eva? A base to put under the fish tank that also has wheels right Eva?*

*Okay, very good Eva! Describe to me the color of this base with wheels on it. It's light brown with a milky texture to it? Okay, what else is there as well? Fish food? Oh good! Now we'll be able to feed the fish that's probably going to be hungry after not being the water for quite some time now.*

*I want you to quickly move over to the fish as fast as you can, and as you prepare yourself to run Eva, I want you to be able to notice the slight wind that accumulates as your speed increases. That's right, notice how easy it is to ease yourself into having your body movements happen at an unconscious level Eva.*

*Okay, now that you're close to the fish, go ahead and pick it up for me by bending down on your knees a bit and making sure you hold the fish as delicately as you can okay Eva? And the more you have a fragile grip on the fish, the more you'll find yourself being able to quickly dash back to the fish tank and slowly letting the fish slide into the water.*

*As soon as you're ready to do that Eva, you'll feel more relaxed and confident that the fish will be alright, because you allowed unconscious reflexes to enable you to move a bit more smoother and fluidly, just like how easy it is for the fish to move about in the water.*

*Good job Eva! Now, what do you think you should do next? Feed the fish right? Okay, now, there seems to be two bags here. One is red on top with a black-brown bottom, and the other is a blue top with a violet-green bottom, which would do you feel is right for the fish? The blue one? And how do you know when you're going to feed the fish that it will be the right amount for it?*

*Most people can, Eva, find themselves taking small bits of fish food at a time to ensure that none goes to waste. So as you're cupping your hands together in order to get the right amount that you feel is right for the fish, you'll be able to imagine yourself as a fish Eva. Yes, that's right, just pretend for a moment of what it would be like to be a fish. You may notice how light you're feeling so that you're able to be more agile and flexible right Eva?*

*Perhaps you may begin to notice how easy it is to move about and breathing in and out water through your gills. When you find yourself breathing in and out more, you'll be able to identify how other organs in your body are light, and you may also begin to notice how light your stomach is as a fish.*

*Now, I want you to continue imagining that sensation for me Eva of how much you think you would be able to eat as a fish in terms of small bits to eat. Three to five bits? Eight bits? Are you sure Eva? Six? Okay, let's go with six now. Be sure to not allow any of the bits to spill, and just let your hands glide towards the top of the fish tank.*

*As soon as you're ready to drop them off, you'll be able to notice how easy it is to make an unconscious reflex to guide the fish food bits into the fish tank for the fish to eat.*

*That's right.*

*Continue pouring the remaining bits of the fish, and as you're on your last one, I want you to focus your attention on how quickly the fish is able to gather the food. Just like how the unconscious mind is able to*

*gather thoughts quickly with ease, the fish is able to collect the food with ease, because it's a reflex that enables it to use as little energy as possible and let things happen naturally.*

*You should remember that this same principle applies to how you're able to give your thoughts out towards me easily and naturally, because we're both in synch with each other and can share our thoughts much easier because the unconscious mind is more expansive in how we go about using it to get our thoughts out.*

*And every time you're using unconscious thoughts to formulate your own speech, Eva, you may begin to notice how that will practice, you can speak to me naturally and safely to the best of your abilities. And as soon as you're ready to speak to me, you'll find yourself being more fluent in your speech. So let's prepare for that now, Eva.*

*One, shifting your awareness back to your feet, paying close attention to the swaying motions I mentioned before of being on the ship.*

*Two, gaining more awareness of your chest, arms, legs, and head regions as you continue acknowledging the swaying motions of the ship.*

*Three, allowing yourself to become more aware of your vision.*

*Four, you're able to see more thoughts come to you at a rapid rate.*

*Five, you're now able to speak to me naturally.*

*Thanks for taking the time to listen and go through this narration with me now Eva.*

### [Review of Language Patterns Example](#)

You'll notice that there were several spelling errors, but like I've stated before, you don't need to be perfect for this. You're already getting the idea, and your unconscious mind will get the meaning as well, it re-formats and connects things to their proper order, and the same will go for your tulpa reading and listening to your mind-voice as you're aware about what's being given. Also, for this exercise, I went a little bit slower to actually hear her thoughts out when I asked her questions on what she would like to do. And the more you're interactive with your tulpa, the more they feel that can change something rather than only sitting around and listening to you.



## [Video of Using Language Patterns for Narration](#)

Here is a video of the above example I did for 30 minutes.

<http://www.youtube.com/watch?v=ltj4CBH41Ro>

I sped it up by two times, and it's really not that difficult to do the exercise, especially if you did the previous exercises for a good bit. It doesn't need to be perfect, you just need to get your mind going, and also if you're questioning your tulpa on what they would want to do, slow down a little bit to hear their response. Unless you know for sure they can speak rapidly, then take your time for a bit (not too long, you're being timed remember?), and then just keep going.

## [Folders Sequence Creator](#)

<http://www.softpedia.com/get/Office-tools/Other-Office-Tools/Folders-Sequence-Creator.shtml>

This program lets you create and organize folders in certain formats or a custom format. You can set it to a new location, and can even create sub folders I believe. It's useful for me organizing my own sessions in certain time ranges.

It's fairly simple to use, here's a video tutorial:

<http://www.youtube.com/watch?v=TIIm9kRT-DDE>

## [Free Countdown Timer for Windows](#)

<http://free-countdown-timer.com/>

UPDATE: Thanks to member on tulpa.info, please be careful where you download the Cool Timer program I mentioned before in this guide. (Thank you synsta and Rylai for the scan) I'll take the download link out of the guide since there doesn't seem to be a reliable download link now (unless someone informs me). If you downloaded the program (Cool Timer), you might want to check these links out to remove the Adware in the link below (thanks to member synsta and Rylai):

<http://www.microsoft.com/security/portal/threat/encyclopedia/entry.aspx?name=Adware%3aWin32%2fWebCake&threatid=198788>

<http://botcrawl.com/how-to-remove-webcake-malware/>

I apologize to anyone that may have downloaded the software and may have had the adware installed. It seems it was one of those programs that still had one software install even if you skipped all of the offers. I'll be posting a mini-tutorial in this guide for the Free Countdown timer and how to use it for your sessions later on.

You can still use the Cool Timer Program, but just approach it with caution. I haven't had any problems on my end with the program, but just putting this out there.

Here's a post of a few scans I did with the Cool Timer Program and Free Countdown Timer here:

<http://community.tulpa.info/thread-narration-linkzelda-s-guide-to-better-narration-storytelling-visualization?pid=78449#pid78449>

### **[More Video Examples of Exercises](#)**

For more video examples of the exercises mentioned above, check out the link below:

<https://www.youtube.com/playlist?list=PLOLPnl2pYX5BMe5rxRU7duEFfv2jBN859>

### **[Final Thoughts](#)**

I hope this guide has helped you in your forcing endeavors. These exercises are simple, but very powerful, and anyone can do it if they put in the effort! Feel to distribute this guide to anyone you feel may need help in visualizing, and narrating with/to their tulpa, or even just wanting to be more creative in general! Just be sure to reference me, and I wish you the best, thanks for reading!