

Magical thinking, 2-step tulpa creation & other stuff experimental guide

by Cass & K8

0. Introduction

[Hi everyone. I'm Cassie, the tulpa.] And I'm K8, also known as koko11998, her host.

This guide is all about thinking. It won't tell you how to meditate, what things you should do to help your tulpa develop and things like that; this guide is supposed to help you enter the right state of mind and think about things differently.

[What you need to know, is that this guide may be very subjective - we're discussing matters that are varied for different people. Also, it contains many of our own ideas and concepts. That's why we called it "experimental" - many things we write here may not be approved by other members of the community, but we think it can help many people who don't really get the concept of tulpas.]

I'm writing this part after we've finished, and I can see that we drifted away from the basic plan. Maybe we'll add more content - who knows.

1. Magical thinking

We came up with the term "magical thinking" not a while ago. Someone entered one of general tulpa IRC channels, and started asking questions like: Can I do it with my tulpa? Can my tulpa's form be this and that? How to talk with my tulpa? Etc, etc. And here we come to magical thinking.

Magical thinking - being convinced that there is some magical border in your mind that you cannot cross.

You need to understand what tulpas really are - imaginary friends able to talk and act without their host's involvement. Although this may seem hard to hosts and tulpas who lived together for a very long time, that's just it. I don't say that they are a lesser being - they are beings aware of themselves and everything going on around them, and you should treat your tulpa like another human being, but still - they are created by their hosts imagination. That means they're limited ONLY by their host's imagination.

You can imagine it - you can achieve it.

Voice? Done. Possession? Done. 4D cubes flying around in your Wonderland? If you can imagine it - done.

2. Why you should not create a tulpa.

[As K8 said in the last paragraph, tulpas are created using the power of their hosts imagination. That means, their tulpa can do anything a host imagines.

The question is - should you do it? Is it worth a lifetime commitment to have someone to help you at school or be a living calendar?

The relationship between a host and a tulpa usually goes through a few phases:

1. The decision process, where people decide on the creation of a tulpa. There are usually two reasons to create a tulpa: the "I-am-lonely" or the "doing-fun-stuff-with-my-brain". The first one is usually better - the host seeks a friend, and therefore has a closer relationship with his/her tulpa. The second one is a bit more tricky - sometimes the host has a reason as good as any, and sometimes things get really bad. You need to determine if you should do it by yourself. If your reason fits into the category "I-want-my-tulpa-to-do-stuff-for-me", I have only one thing to say: don't.

2. The creation process, which is usually the time between making a definite decision and your tulpa communicating with you so that you can hold a minor conversation. This part usually consists of the host talking to his/her tulpa a lot, either through sitting down and focusing on the tulpa (active forcing), or describing everything he/she does throughout the day (passive forcing/narration). And here comes in the 2-step creation guide.

Step one: read a lot of guides

Step two: ignore them and do something else

That's it, really. Guides \neq rules! Of course, they help you and tell you how to get things going, but you should not follow them blindly. There are a lot of guides out there, and every one of them is different. I think that you should always follow your own path.

3. Relationship development, the last step on the tulpa journey. As you can see, it's not really defined. And that's okay. From now on, you're free to go - you have a friend in your mind, who will never leave you and always understand you. But remember that a relationship is a two-way thing. Just as a tulpa loves you, you need to love him/her back. Earlier, you could treat your tulpa like a child, because that's what it was. But a tulpa's growth is not restrained by a body, and his/her mind developed faster than yours. After those few weeks, maybe months, maybe even a year, your tulpa achieved the same level as you (maybe even higher), and you should treat her/him like another human being.]

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