

Linkzelda's Guide to Better Narration/Storytelling & Visualization

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Threads and Links with this Guide can be found here:

<http://community.tulpa.info/thread-narration-linkzelda-s-guide-to-better-narration-storytelling-with-you-r-tulpa-visualization>

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

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[1.0] Disclaimer

Attention: I would like all of you to be informed that any information that I provide within this guide is based on my own experiences and opinions, and should be taken as a supplement towards your own progress. I have the right to be able to change contents within this guide to improve on and make things more refined as I'm learning. I will also be updating this guide with new content if needed, as long as I'm still alive (sorry, I don't have immortal genes).

Do not take things here to absolute law, and as you're reading this guide, you may find yourself using it as reference to see how things will become easier when you DO the exercise. Do not attempt to "try," DO the exercise.

This guide is also built in a way that presumes the reader isn't aware of how narrating/storytelling can be the skill that encompasses all other methods. This means it's assumed you're getting into this for the first time, so if you're aware of what narration is and how it can help with

tulpaforcing, simply skip to the section with the generalized overview of the methods and the explanations of the methods.

However, with that said, I still suggest that you take your time reading this guide, read it in chunks if you have to and go back to it as reference from time to time. Trust me, you will be able to see how much you're progressing the more you're doing these exercises.

And these exercises can apply for your tulpa of course, especially if you're proficient in switching/possession and such.

So as soon as you're ready to read the contents of this guide, sit back, relax, and enjoy the process of becoming better in Narration and Storytelling in your tulpa-related and other endeavors!

[1.1] What This Guide is Training You to Develop & How It Eliminates Common Doubts When Tulpaforcing

Pay close attention to what this guide will be helping you to develop:

- Increased awareness in the things you (and your tulpa) can visualize and imagine
- Exercises you can practice daily and at your own pace
- Trusting Your Unconscious Mind & Seeing it as Your Ally
- Eliminating Doubts When Tulpaforcing (Examples):
 - Parroting
 - Parallel Processing
 - Visualization
 - Vocality
 - And much more
- Developing You & Your Tulpa's Ability to Think Spontaneously
- How Narration/Storytelling is Essential and can encompass other skills with tulpaforcing
- Increases Your Intelligence in General

[1.2] Seeing Your Unconscious Mind as Your Ally

As you're reading this guide, you may notice that it's portraying to you on how your unconscious mind is always playing a role into this whether or not you think so. Most people can, you know, find themselves realizing how their presumptions of thinking they're consciously parroting is

actually just them being more aware of the unconscious mind being an important factor towards their progress.

Now, I want to inform you in advance that when I use the term “unconscious,” “unconscious mind,” and such, I am not aiming to imply there's dualism between the conscious and unconscious mind. It should be taken as a concept, and how you can build rapport with the aspects of your mind when you see them as your ally. So it's important that as you're reading the information in this guide, you'll begin to notice how it's very hard to presume you're consciously parroting everything, especially when you time yourself.

Most people realize eventually that thinking you're consciously parroting your tulpa or being able to plan everything from start to finish consciously is nearly impossible. If you think you can override the power of your unconscious mind's imagination, think again. We are only able to consciously remember and process a few bits of information while the unconscious mind can process millions, if not, even more than that.

[1.3] The Importance of Narration & Storytelling and How They Encompass Other Methods of Tulpaforcing

Storytelling is a natural ability that we all have, imagine for a moment on how you were able to tell a personal experience you had to someone without much effort. And how things flowed in and out without having too much critical analysis of what you're saying. And as you're busy pondering those moments, you may notice that your mind's eye is able to easily create a mental picture.

Narration in relation to tulpaforcing and other tulpa-related activities is the same thing. Being able to express yourself to your tulpa, treating them as sentient and sapient beings can be augmented tremendously when you can imagine and think of things on the fly. Now, in order for one to do this, it takes practice and finding exercises that trains your visual prowess and other abilities.

Imagine what other guides are aiming for, they are aiming to give you exercises to train yourself so that your unconscious mind will be able to make those neurological connections to make future attempts much easier to do. However, some people may not be able to get the underlying meaning behind those guides because most will just be symbolism, metaphors, and such that might distract the reader. This ends up with the person trying to learn (pay close attention to how I say “try”), making a patched up blanket of guides in their mind, and not knowing where to go.

Instead of “DOING” the methods, they're busying “TRYING” to get the underlying meanings, which can cause frustration and eventually leads to a lack of motivation or indolence to DO things. Now, my aim for this guide is to cut all of the symbolism off and giving you the mental exercises in its most blatant and fundamental form. Most good storytellers and narrators develop their skills because they practice the fundamentals and how they encompass all of the things they do.

And because storytelling is based mostly on experiential learning, being able to practice these methods also enables you to see more value in personal stories you can remember easily. And the more

you practice, the better you can imagine yourself in those moments and doing the same in anything else! There is no bag of seeds of secrets, no tricks up the sleeve, this is an ability we all have ingrained in our minds, and it's a matter of tapping into it consistently that will allow you to build rapport with your tulpa, unconscious mind, and yourself.

So as you're preparing yourself to try out these methods, trust in your unconscious mind to be able to give you the mental pictures, imagery, etc. Because it's something you've been doing naturally all your life with your friends, family, and tulpa! Now that you know what you must do, let's talk about how storytelling is really a mentality you go through.

[1.4] Storytelling is a Mentality

Imagine for a moment of a situation you've experienced, whether with another individual, your tulpa, television, and other mediums of media of people being gregarious with each other. You may notice that there are people who are able to talk for hours on end with each other, they literally go through a mental dance, a type of rapport or harmony with each other.

And as you're imagining these situations, you might realize you're able to keep the imagery in your head for a good bit. It's as if when you learn how to trigger those unconscious responses, the easier it gets to have them in front of your mind's eye and just describing those moments as they are being laid out for you.

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 do it, the more you know your unconscious mind is making those connections, and you have better assurance to narrate and tell stories better to your tulpa!

Most people can find themselves being able to predict or know what may happen in their interactions with their tulpa, and this is simply because when we're trying to build rapport with ANYONE, we may find ourselves matching and mirroring our gestures, mannerisms, body language, and other forms of direct and indirect expressions. Just like how I asked you to imagine a situation where you were able to listen to a good story and find yourself lost in the harmony with the person(s) you're having a conversation with, the same principle applies when you're talking with your tulpa.

However, here is a misconception with Parroting and Tulpa saying things without your conscious judging, every time they find themselves being aware of what's going on in their attempts, they confuse it with them being able to predict things from start to end. Now, in order for you to consciously parrot your tulpa, you're building predispositions that you can organize and plan in advance their rhythm, tonality, body language, gestures, etc. and being able to do that while doing other things.

If you seriously believe you can fathom all that processing at once, you're sorely mistaken. There's a difference in being aware of your tulpa's presence vs. thinking you're consciously analyzing and formatting things in advance before you're able to consciously see it happen. Are you noticing the

major contradiction in this?

When you find yourself identifying this, you'll begin to notice that you're simply expanding your awareness of things and how your unconscious mind is collaborating with you. This is why you “feel” as if you know what's going to happen, because your unconscious mind is also the storehouse of your emotions! Think about it, if you think your emotions only occur consciously, that implies you're able to store every emotion you can go through consciously.

Now, you can choose to think it's only done consciously, but you're only deluding yourself, and storytelling is about tapping into the aspects of your unconscious mind (subconscious and such) to make things easier for you and your tulpa. As soon as you're done understanding this section, allow yourself to absorb the information in the next section on Image Streaming

[1.5] What is Image Streaming & Transderivational Search?

Image Streaming is essentially going through mental exercises to augment your visualization skills and being able to build mental rapport with your unconscious in finding solutions to your problems. Here is the link for the phenomenon below:

http://psychology.wikia.com/wiki/Image_streaming

Now, before you read the Overview of the types of methods to become a better narrator, it's important to know that they are derived from image streaming, and many other things. They allow you, with practice, to tap into your subconscious/unconscious' ability to make mental imagery of things, and you being able to speak, type, or write them out. There are other things that this phenomenon trains your unconscious mind, such as Transderivational Search, which is explained in more detailed in the link below:

http://en.wikipedia.org/wiki/Transderivational_search

Transderivational search is basically an automatic process of the unconscious mind to dig within the experiential totality and its implicit knowledge to relate to the vagueness or broader concept. It has many other terms, such as (but not limited to):

- Unconscious digging
- Unconscious priming

And what these exercises will do is allowing you to not only visualize your tulpa with ease, but also the environment, situations, setting, and much more! When you can imagine it and put it into words (speaking, typing, or writing), you become better at seeing the value behind them and being more creative! The possibilities are literally endless just from deriving from these fundamental exercises!

These exercises can be universal in many other things such as:

- Recalling Your Dreams Better
- Comic Book/Manga/Novel Creation
- Writing Essays/Brainstorming
- Hypnosis
- Meditation
- And much more!

The more you trust your unconscious mind in being able to formulate the technicalities, the more you'll begin to realize how that the conscious mind is the one that creates the basis with intention. This is how you build rapport with your unconscious mind. You make the intention, the desire, and your unconscious mind will follow! The same principle applies with your tulpa building their own sense of self and utilizing the confines of your mind to make themselves unique and a more refined implied “separate consciousness.”

Pay close attention to why I state “implied,” because your tulpa are still part of you, but not in terms of just only your conscious mind, they’re associated with your unconscious mind as well. That's what makes them unique, and this is why there's so much potential with having tulpa. They are able to build sentience, sapience, and much more because of this, which is why you don't need to worry about the concept of parroting.

As soon as you're ready to read the overview of the methods and how they are useful, sit back, relax, and enjoy yourself learning both at a conscious and unconscious level!

[2.0] Overview & Explanation of Methods & How They Are Useful

So you're just waiting to know the types of mental exercises that you and your tulpa can engage in right? Notice that as you're reading through the generalization of these methods, they're actually foundations common in most guides you see on tulpa.info and other tulpa-related forums.

So allow me to begin to portray to you what you would need to do in each method in general, and note that I may add more methods, but you'll notice they're derived from 3 Main Exercises, which are:

- Spontaneous World Exercise
- Word Pair Exercise
- Three Word Association Exercise

Here's the general outline of a story you should keep in mind:

1. Have a path, a process, a routine
2. Break that routine (with transition words like “suddenly,” “instantly,” etc.)
3. Have some type of change
4. Bring back together the concepts

Keep that in mind. And use a Document Processor as well in these sessions if you're typing of course (Microsoft Word, Open Office, Word Pad, Notepad, Etc.)

[2.1] 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 warmup 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 WARMUP to do the next exercises.

Have a go with this mental exercise for ONE MINUTE for 10 times, which is 10 minutes in total, and you'll see how you HAVE to rely on your unconscious mind to give you mental imagery. You don't have time to think consciously, or else you'll just be stuck. This primes you to access those unconscious thoughts and describing them better! This is how you can warm yourself up and get rid of critical judging what's going on, and thus allows you to do the other exercises with ease.

And be sure to check out several examples of this exercise in varying time ranges (1 minute, 5 minutes, etc. being stacked into 30 minutes or even an hour). I'll be adding more links of future practice sessions I go through. Be sure to notice how it's not supposed to be perfect, just let things happen, don't

restrict your unconscious mind. If there's perverted thoughts and/or inappropriate thoughts, let them occur, with practice, you'll be able to refine things and connect the dots a lot better whether or not you know about about it, because connecting the dots is the job of the unconscious!

It's important that you DO this exercise several times, don't "try", DO! And you'll begin to notice that if you stumble a lot, compare it to how you would talk to your tulpa. Notice that if you're stumbling so much and having a hard time talking to your tulpa, it's because you're consciously trying to judge everything from start to finish, and this exercise is to prove how to eliminate the doubt and see your unconscious as your ally.

Again, be sure to do this exercise as a warmup, trust me, one minute is going to pass by VERY quickly! Imagine just doing 5 as a warmup, and then 30 minutes of the next exercise and stacking them together daily, you'll be building your intelligence in telling and thinking of stories and narration much better with your tulpa. And your tulpa will be able to do the same!

[2.2] 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.

It's helping 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 tulpagrow 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.

[2.3] 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 keeping in the back of your mind of the objects (three this time) and letting your unconscious mind give you the mental imagery and you being able to describe what's going on without criticizing it, and 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 5th 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 an Paper Airplane. You can do that IF you want to, but this exercise is mostly catered into being spontaneous, but also associating the objects you have a lot better in practical environments and conditions.

[2.31] 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 was the big deal, 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 the female operator and give her a huge hug. Feeling her warmth, I being 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 more good 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!

[2.312] 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 is 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.

[2.3121] 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. I doubt anyone is going to watch the full 60 minutes, but if you skip through in chunks, it's not really complicated to set up and actually do:

[Please Watch in HD] - 60 Minutes of Second Music Association Exercise & Pastebin link [here](#).

<http://www.youtube.com/watch?v=SPYPrbHLCx4>

[2.32] Links to Language Patterns to Use in Narration/Storytelling With Your Tulpa & How To Use Them

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>

Now, in a moment, I will be giving you an example of how I would go about narrating to my tulpa. Yes that's right, by using a few of the language patterns, it's as if I'm going through a session with my tulpa to imagine. That's right, you go through implications, because these language patterns are actually words that force the unconscious to dig through in order to match and mirror the situation at hand. These are ways to approach that phenomenon so that both YOU and your tulpa can go into a trance.

Anyone can do this, but it takes practice, and actually DOING it! Don't worry about being perfect, that will all come in time the more you do things. As soon as you're ready to read the example below, sit back, relax, and enjoy seeing how easy it is to narrate with your tulpa through typing (by knowing the concepts behind the other three exercises).

[2.33] Example of Using Language Patterns in Narration/Storytelling Session

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.

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 mental 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 be 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 laying 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 your 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.

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.

[2.34] Video of Example 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.

[2.4] Importance of Timing Yourself In These Exercises

The reason why you want to time yourself as much as you can in these exercises is that you're going to be forced to think quickly, to rely more on unconscious thoughts to give the mental imagery naturally and faster than you're able to plan it out in advance. The same goes for when you're letting your tulpa practice this as well, they're supposed to allow themselves to be spontaneous, and just communicate with each other that you both acknowledge that they can let themselves be free in their writing. There's nothing wrong if they say something out of turn or abnormally, allow them to get out the muddy stuff and with practice, they'll be able to become more refined and still have that spontaneity in imagination.

I can't really explain it more than that, just keep practicing and go at a pace that's right for you. If you feel you need to do 50 1-minute sessions, do it. If you want to do 10 1-minute sessions, 1 15-minute session, and 1 30-minute sessions, just do it! Just plan out how much time you think you'll have, and spread it around accordingly. I've done a few 1 hour sessions as well with using the word pair exercise alone, and 30 minutes or so with the three word association exercises. They allow you to build and increase the mental edge in both you and your tulpa's creativity, and no matter what you do in them, you're always increasing your IQ! It's a win-win situation for both you and your tulpa.

[3.0] Should You Type, or Speak, or Write Things Out in These Exercises?

Now, it wouldn't be storytelling or narrating if you don't develop a voice (the same for your tulpa). And how you go about with the voice are:

1. Using your mind-voice and silently declaring 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.

When I mentioned phone and recorders, this is a safe cop-out from having to explain to others what you're doing. Just say you're talking to a good friend that wants to hear you say random things. Obviously, if you do it a lot, people might start to wonder what's going on, so just keep that in mind and resort to typing and using your

mind voice more to be safe.

Unless the tulpa phenomenon is accepted by most people (that might be a while, who knows?), just using your mind-voice and/or silent mouthing the words in your mind-voice will suffice. And the same applies for your tulpa's mind-voice obviously, except if you can hear them as talking to any other person as well, you're scotch-free of course.

I know it feels like I'm stating the obvious here, but you never know when you'll get the urge to just talk things out around other people, so this is just a precaution for you to keep in mind.

[4.0] How to Let Go of Self-Censoring and Running in Circles

- It's perfectly safe to be loose and sporadic

Initially, it may feel awkward for those of you who feel you don't want your tulpa to say things that may be inappropriate, but if you do that, you're just restricting them learning how to practice and refine how they utilize the confines of your unconscious mind to get their message across. If anything, just keep those sessions to yourself if you feel they're too dirty, raunchy, perverted, too much profanity, etc. In order to become better at this, you need to accept the muddy and murky elements as something natural. Don't restrict your unconscious' creativity. Communicate with your tulpa with this, know that you're both going to be fine, and you're both just learning how to improve on this.

- Take things one step at a time if you're running around in circles on what to do next. I know you're wondering why you should take your time and do things step by step, but you may notice at some point, you'll find yourself repeating some things, and this could be due to:
 - Being afraid of what will happen next
 - Restricting yourself or your tulpa restricting themselves because they feel uncomfortable
 - You're thinking way too much and you're trying to make things perfect

Now, like I've stated before, these exercises involve both you and your tulpa understanding you have to learn how to shift through the nonsense thoughts and accepting them as normal, and trusting that you're going to make better connections the more you practice this. Seriously, let yourself free in this. Like the example with the narration script, I wasn't worrying about what I was going to type, and I did just for a quick 30 minute exercise with Eva.

Now, the examples you'll see later on (the Personal Practice Session Examples), have a bit more profanity in them, but not too much. Let yourself free, and know you're always learning no matter what you and your tulpa are putting out. So for example, if you're jumping around trees, and you find yourself saying something like this too much:

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.”

Just stop for a bit, be brave, be bold, and think about anything that comes to mind. You must not allow yourself to be afraid, nothing bad is going to happen to you or your tulpa. They won't regress into lesser beings or negative individuals, they're learning and you are too! So if you have to pause for a few seconds, by all means, do so, but the moment you see a new idea come pop in, go back to typing as fast as you can using your mind-voice describing the experience.

[4.1] 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 will come 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. In the future, I may post a few examples of me doing this. I've done it before, so if you see any singers in the examples later on in this guide, presume I was listening to a random 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.

[4.2] Expanding Your Narration/Storytelling Abilities

Here are a few ways for you to expand your narration/storytelling abilities!

[4.3] Build a Totality of Good Stories

- 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 use as reference and inspiration.
- Video games (especially RPGs like Xenoblade Chronicles, The Last Story, Final Fantasy, etc.) can especially be helpful! I often find myself gathering elements from Xenoblade Chronicles

and The Last Story myself, mostly the first because I just love it. They all have stories, and you don't have to be limited to just RPGs, as long as you can gather emotions, a plot, a condition, anything useful to derive from, use it! You're being as resourceful with what you're aware of and things new to you as well so that you and your tulpa will become more versatile!

- Listen to lyrics in a song, make your own meaning from the song(s).
- Tvtropes.org is a huge database with themes, motifs, and common trends

[4.4] 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 is Fairy Tail, and this can be a good example of “fairy tales” ironically. Think about (but not limited to):

- 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, motifs, themes, etc.

[4.5] Allow Your Personal Stories to Encroach 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 this.

[5.0] Personal Practice Sessions of Exercises

Since examples are the best ways of how to go about these exercises, I'll be putting some pastebin links of practice sessions I personally went through. Notice how there's going to be tons of errors in my sessions, but I'm not aiming for perfection, just getting my thoughts down. You may not even be

bothered by those errors because your mind is going to get the bigger picture either way!

<http://pastebin.com/eggYhTT2>

<http://pastebin.com/FZ4JN8im>

<http://pastebin.com/n9jh0dv5>

<http://pastebin.com/ttrESxhp>

<http://pastebin.com/HDpHwpkE>

<http://pastebin.com/HafbPeH2> [60 Minute session #1 with eyes closed]

<http://www.youtube.com/watch?v=CK6CVi4HOFg> [Video of above 60 Minute Session #1]

[6.0] Programs to Consider in Your Sessions

[6.1] 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>

[6.2] 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>

[7.0] Final Thoughts

I've been going through these exercises (I erased most of them, which is why it looks like there's few right now), and I'm able to visualize Eva and even Ada easily in all angles and in any situation I pick from the exercises. And I can do this after I'm done with those sessions as well, and I can talk with my tulpa with their mind-voices. Still aiming for the type of vocality where I listen to them as any other person talking to me, and I know I will get there with them.

These exercises are simple, but very powerful because anyone can do it! There's barely any symbolism, it's something you can do at your own pace, your tulpa can do the same, and you're always increasing your IQ doing this!

I will be updating this guide as long as I'm still alive, and will be going over it for a few times to check for minor corrections in spelling, grammar, etc. Please send this guide from the Google Docs link to anyone you feel may need help in visualizing their tulpa and just being more creative in general!

[8.0] FAQs (Frequently Asked Questions)

Just putting this here for later use.

