

Hello everybody! There have been a lot of posts lately, and, well, forever, asking for help and advice on various subjects of tulpamancy. So, I thought, why not take all that useful advice, and put it into one unified document? And I did that.

Now. You're gonna notice that quite a bit of text down below is underlined. If you click on the links, they usually lead you to some guide or post that goes much more in-depth on the subject of the tip. So click those links.

And, most importantly: If you have any suggestions for what tips to add to this document, leave a comment here, on [.info](#), or on the [/r/tulpas post](#). If your advice is good I will absolutely add it to the list. Or just comment about how bad at grammar and formatting I am. Either way.

Tulpa tips list ahoy!

General:

- FAQ_MAN's guide is quite a bit dated by now, here are some more up to date ones: [\[Winterwind's guide\]](#), [\[A guide by Methos\]](#), [\[DJFlex's Tulpa Overview guide\]](#), [\[Kiahdaj's Absolute Guide to Tulpas\]](#), [\[Jabre's tulpa creation guide\]](#)
- [DON'T DO HOUR COUNTS](#)
- Personality forcing is not necessary, [but doesn't hurt](#)
- If you aren't sure if it's your tulpa, [it's usually best to assume it's your tulpa](#).
- Assume sentience from the start. [But not in that way](#)
- [Expectations shape the tulpa](#)
- Most people worry if they're doing things right or wrong, when the only wrong thing is when you don't do anything.
- Be patient and don't rush things. You will progress at your own pace, everyone's different.
- Don't expect voice out of nowhere. This may happen, but it may also take a long time of listening to quiet little thoughts from them first.

Forcing:

- [Meditating before forcing for 5-20 minutes can greatly improve focus and reduce intrusive thoughts.](#)
- Intrusive thoughts still bugging you? [Try using symbolism to scare them off!](#)
- Quite a few things you can listen to while forcing that, allegedly, improve your experience: [Fede's tulpa tones](#), [white](#), [pink](#), [brown](#) noise, maybe even a [tulpa hypnosis file](#)
- To make forcing less of a chore, play games with your tulpa! [There](#) are a [lot](#) to choose from.
- It's probably a bad idea to force while laying down - you risk falling asleep.
- If you are having trouble visualizing, but find it easy to daydream/spaceout any other time, try open-eyed forcing.
- Forcing earlier in the day is usually better, since you don't have to concentrate on all the stuff that

happens throughout the day so much.

Doubts and motivation:

- Worried about whether you are puppeting or not? There are a [couple](#) of [tests](#) to help determine that.
- [Find reasons to believe in what people have told you. Have they confided something private in you? Have they become good friends and given you no reason to distrust them? Channel their own trust into trusting that your tulpa is real and will prove itself to you in time.](#)
- Take things one day at a time, and try to avoid comparing your own tulpa's progress to that of others.
- [Puppeting, and the difference between forcefully moving your tulpa and suggesting their movements to them.](#)
- [Removing doubts and general meditation technique](#)
- Some tips for those who are getting [parrotoid](#)
- [How do you tell parrotting from actual sentience?](#)

Focus and concentration:

- Here's [a concentration exercise](#)
- And [here are](#) some more.
- [Shokk's Visualization Focus Guide](#)
- [Couguhl's Guide to Tulpa Association for Regaining Focus](#)
- Listening to calm music before forcing helps some people relax and concentrate better.
- Be as awake as possible! The more tired you are, the more intrusive thoughts can come through.
- Try drinking coffee or black tea before forcing, can help improve focus.
- Intrusive thoughts still bugging you? Try giving your tulpa the ability to fight them off for you!

Narrating:

- Forgetting to narrate? Try having something remind you about it! Be it a bracelet you wear and associate with your tulpa, or a reminder you set on your phone, if it gets you talking, great!
- You don't have to narrate out loud, talking in your mindvoice will be just fine!
- If you catch yourself thinking about other stuff when you're supposed to be narrating, just direct those thoughts at your tulpa.
- There are endless things you can narrate about: talk about what you're doing, your interests, your plans for the day, whatever! Talking to your tulpa about something stupid is much better than not talking at all.
- If you still want to narrate out loud, get a wireless Bluetooth earpiece and you won't look creepy to other people.
- Be sure you are actually directing your narration TO your tulpa, rather than just rambling to yourself.
- Reading books to your tulpa is a good substitute to regular narration.

- [Tulpa “cuddling” as a form of narration](#)

Visualization:

- [JDBar’s guide to visualization.](#)
- Having a picture reference of your tulpa can help you greatly with visualisation, as can drawing your tulpa.
- Wonderlands, while not necessary, can be helpful for visualizing a place for your tulpa to occupy.
- Try [writing out their appearance!](#)
- Using a blindfold, or just forcing in a dark, quiet room helps visualization.
- Visualizing your [tulpa’s bone structure](#) could help you get a clearer picture altogether and might fix the problem with your tulpa’s proportions.
- Imagining a [respiratory and a circulatory system](#) for your tulpa could make them look much more lively.
- [It’s good practice to have a mental sense of the space around you — close your eyes and try to mentally picture/feel the location you’re in and try to walk around.](#)
- ‘[Body Sculpting](#)’ - physically running the hands over every part of your tulpa’s body while imagining the internal organs and musculature. Pausing on particularly important components while maintaining direct, focused energy on them helps a lot.
- To practice visualization, start visualizing simple three dimensional shapes. Something like a cube, or a sphere. When you can see them clear, move on to some more abstract shapes, with different textures and structure.
- A method for better visualization using the [mental camera](#).
- A few visualization exercises: [Link](#), [Link](#).
- [Perfect visualization from the half-asleep state](#)

Wonderland:

- When making a tulpa, a wonderland is not required. It’s just there to stop your tulpa from being bored, spending time 24/7 with the host can get tiring.
- Have trouble turning in your wonderland? [Try turning the wonderland itself!](#)
- Wonderlands can be [tons of fun!](#)
- If you have a hard time staying in 1st person while in the wonderland, use the 3rd. It’s easier to visualize if the picture isn’t moving.
- Try utilizing all of your senses to make your wonderland more realistic. Touch everything, smell everything, hear everything you can.

Vocalization:

- Practice, practice, practice, practice!
- If you have a sample of the voice you want your tulpa to have, it helps a lot to listen to it.
- Find things to talk about!
- You could try using [intentional parrotting](#) to kickstart vocalization.
- [Host deafness and how to get rid of it](#)

- [Quantum's nametag method for vocalization](#)
- [Parroting your tulpa to sing something, or recite a poem can help achieve vocalization quicker.](#)
- The [ping pong method](#) can help promote vocality.

Parallel processing:

- [A test](#) to determine how good at parallel processing are you.
- [A useful exercise](#) in parallel processing from [this guide](#).
- [Having your tulpa decide to do something based on what you're thinking about probably isn't puppeting, just them being too young to be very original.](#)
- If your parallel processing is bad right now, don't worry, it's a skill that you can get better at with practice.
- Try having your tulpa solve mathematical equations without your interference.
- Try playing chess! Chess is the game in which knowing what the other player thinks screws up the game. Therefore, you need to create a, sort of, wall between your and your tulpa's thoughts. In the beginning it will probably be very hard, but it will make parallel processing easier.
- A bit of symbolism: make a wall of some sort in your mind, with you on one side and the tulpa on the other. This wall will block thoughts while still letting through mindvoice, speech, visuals, etc.
- [Forcing "Black Box" Differentiation Exercise](#)

Imposition:

- [Ned's leash imposition guide](#)
- [Glitchthe3rd's imposition guide](#)
- Tactile imposition can be a bit easier if you close your eyes.
- For auditory imposition, have your tulpa constantly hum a tune in your ear. It's much easier to start with a constant note than words.
- [Try holding on to your tulpa while visualising. Place a hand on their head, or their shoulder. Even if they are still completely unimposed and you have nothing to hold on to, it'll help you keep track of where your eyes should be going](#)
- [Flash imposition](#) might help you finally see your tupper's face in the real world.
- ["Unfocus your eyes in imposition; focus instead on the space your tulpa is occupying as you would if a person was in it. When everything else in your environment is blurred out, your attention will stay in the foreground where you can better picture your tulpa's body. Even reaching out to touch your tulpa starts to feel realistic by doing this."](#)
- [Fede's Ultimate Superior Imposition Guide](#)
- If you're using the staircase method to enter your wonderland, try walking back up the staircase with your tulpa after your forcing session.
- Having something that smells like what you want your tulpa to smell like can help you memorize their scent. Such as a candle, lighting it and visualizing smelling your tulpa will give your mind the idea that scent is coming from them.

Possession:

- [Testing's guide to tulpa control](#)
- [Oquigi & Koomer Possession starter guide](#)
- Handglove Technique - The Handglove Technique is a way for the tulpa attempting to possess the body, to feel like they are in a sense "wearing" the body or a particular body part, like a sort of suit. A way of doing this is by visualizing or imagining the tulpa "slipping" their hand/arm/body part into the body part of the host, like slipping on a glove. Visualizing the tulpas movement in sync with those of the body at the same time can help in associating a feeling of the body for the tulpa.
- Attempting to make the host mindvoice secondary, and the tulpa mindvoice primary can help make possession/switching feel more authentic. It will also make the tulpas mindvoice more clear and easier for them to think clearly while in control of the body.
- For the tulpa: If your form isn't humanoid, study your host's movements and try to mirror them by imagining yourself in a humanoid body and practicing that form as much as you can in spare time.
- [Sensory sharing](#) as a way of training possession (Need to have imposition down for this)
- If you try to possess while relaxed, try to switch things up a bit - tell your tulpa to possess you while your body is active and the muscles still tense.

Switching:

- [Selfawarebot's Switching Guide](#)
- [Ayla's tulpa and personality switching guide](#)
- [Some ideas and techniques for switching](#)
- Being extremely tired helps to switch.
- If you aren't scared of delving into a bit of metaphysics, you might want to reaserch [out of body experiences](#).
- [Try to put on some music before forcing, using headphones, then put on headphones in the wonderland, then imagined taking off the IRL ones, waiting a short while after each step. Essentially it makes the music make sense in the context of the wonderland but not in the context of reality, so it makes your wonderland seem more "real".](#)

Other helpful info:

- [A warning for any and all potential tulpamancers](#)
- [A glossary](#) for all of the confusing words people use
- [Here's a shit-ton of guides on every conceivable topic](#)
- [Data](#) from the recent community census, a lot of cool stuff there.
- IRC channels where all the tulpa people hang out: [#tulpa](#), [#redditulpas](#) (easily the best one), [#tulpa.info](#), [#tulpa-forum](#), [#tulpa-clubhouse](#), [#tulpa_ot](#), [#tulpa.shoutbox](#), [#tumblrtulpa](#).
- And [here's](#) a list of tulpa-related blogs if you're looking for more personal experience.
- [A list of useful things to read that aren't on the tulpa.info guides list.](#)

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