

One of the most tricky parts of making a tulpa is the part that the existing guides do not spend much time talking about, imposing them in your world so that you see them as if they were actually there, a true to form persistent hallucination. When I started, that was the one thing that perplexed me the most, and I spent every day working on it, until this point, where I hallucinate my tulpa constantly and I'm quite satisfied with my ability to see her and hear her vividly and realistically most of the time. Here I'll write out some details of what I did. Hopefully this will be helpful to you. I can't say that this can or will work for everyone, or that it's the only way, just that it's how I did it.

Before you even start to try, you have to be able to visualize your tulpa completely. It has to look very much the same in your mind almost every time, and you have to be able to see it from every possible angle with very little effort. While you are practicing visualization, remember to change up the angles and viewpoints you are visualizing from here and there, until you get to the point where you are comfortable with a lot of details about how it looks.

The cornerstone that is essential to making this method work is the daydream state. The daydream state is a state of mind where you are visualizing something, especially a sequence of events, and that visualization shrouds your vision completely to the point where someone could walk right in front of you and wave their hand in front of your face and you might not see them at all. At best, in a daydream state, if someone did that they might snap you out of it and then suddenly you notice that person there whereas you failed to before. If you enter a daydream state while you are reading, your eyes may actually continue to follow the words in the book, but you may or may not have any degree of comprehension of the words. If you get to that state while you are walking, your feet may continue to move, and if you are familiar with the path your body will continue to navigate around corners and even up and down stairs like you are sleep walking, and you may be surprised when you suddenly find yourself at your destination.

Many people are already familiar with this daydream state. If you are, you can just skip this paragraph if you want. For those who haven't been in a daydream state and want to try to achieve it, there are a few things I suggest you can do. You can try spending time in memory land. Try to pick some memorable events that happened recently, and play them back in your mind. How well do you remember? Try to visualize every detail that you saw in every corner of your eyes, and play back details like scents, sounds, things you could feel, and even the thoughts that were going through your head at the time. You can also try reading some books, and visualize all the details of the plot of the book. Try to experience the book like you were there. See the characters, make voices for them in your mind so you can hear them, and fill out details of the setting, especially ones that may not be fully described. I would suppose that people who read fiction a lot are most likely to be familiar with the daydream state.

For anything you see, I believe there are in fact only two places where those images could possibly come from. They either come from your eyes, or they existed in your mind already. Of those that are already in your mind, they are either ones that you remember having seen before, or ones that you create with your imagination. Your eyes themselves are just dim witted light

receivers. They pull in images from the outside and give them to your mind. They don't even orient the image right – they yield an upside down image and your mind has to correct it. You don't see an upside down image, so of course what you actually see is just a copy of what your eyes report.

Hallucinations are sensations that exist in your mind which get mixed up with real ones. An image or a sound gets created in your mind, and then you perceive that image or sound the same way that you would as if there was something outside of your mind which would be the source of that sensation. These senses can often get mixed up on accident, and when they do it can be rather alarming, and it can happen at any moment. It often doesn't matter what you are doing at the moment, what you are thinking about, how tired you are, or how sane or sober you might be. These sensations can get mixed up with real ones in any normal person, and being in a daydream state entails them even taking the place of the real ones entirely. Therefore, being in a daydream state means you are continuously hallucinating.

Being in a daydream state all by itself is only moderately useful or interesting, because even if you could persist in that state all day, it would mean you are essentially blind and deaf, since you wouldn't consciously perceive sights or sounds. This is no good at all, especially if you need to do things that require your full concentration, like driving. To make the daydream state useful then, you need to be able to enter it and snap out of it quickly and readily. In order to continue perceiving your environment while in a daydream state the way you do while you are not in a daydream state, you need to memorize it. If you memorize images of the place where you are at, and you enter into a daydream state, then your perception of the world while in that state can be very close to your perception while not in it. Especially if you are out and about then, to make it work well you need to constantly memorize images, and freely enter into and out of the daydream state, and you need to do it very quickly and effortlessly, and while you are in the daydream state, you can visualize anything you want, and that visualization is also a hallucination by definition.

All the while, as you are entering and exiting this daydream state, you are actually manufacturing artificial memories. Depending on how well you do it, you might feel like you can't perceive anything at all of your hallucination in a particular moment, but then you may remember your visualization clear as day from only seconds before. The better you do it, the closer in time and the more realistic your artificial memories become, until you get to a point where you can turn and look at your hallucinated tulpa, then when you look away you instantly remember having seen it there, clear as day. It is particularly surreal, because you might end up in the daydream state for minutes at a time at some point, and when you do you would see and hear your hallucination very much as if it were real in real time, but then at the same time all the rest of the world around it becomes less real. This is why you have to exit and enter the daydream state quickly and constantly, so that you can continue to perceive the real world and also your hallucinated world at any given point.

It takes a lot of practice to get right, but for me it is very effective, and for me at this point I have been just as startled to not see my tulpa in the place where I expect to see it as I was when I started doing this, and I suddenly did see it there!

It's really like playing a movie in your mind, flipping back and forth, going to and from the daydream state, where each time you enter it is like a frame. If you do it too slow, you see your visualization flicker like you were doing a flip book animation too slowly. In addition, being in a daydream state, you may also hallucinate other senses like sounds, touch, or what have you. It can be a bit unpredictable at times, but it's also a lot of fun. Just remember that it is what it is.

Good luck tulpamancers!