

Day 1 of you Tulpamancing Career:

So you decided to be a Tulpamon Master and came on down to tulpa.info to find some advice huh? Then you came to the right guide, because Lunanite here decided that FAQman and Irish\_'s guides weren't enough. So here on Day 1 I'll tell you about the creation process.

And remember, only read Days 2, 3, etc when it is that day, don't worry, it'll come in time.

Writing:

So today you begin the great journey into the wonderful world of tulpas, and you might be asking yourself, "Can't I just hurry up and have a waifu anon?" The answer is no. This takes time, and if you don't have the patience and love your tulpa needs, now is the time to close this pastebin.

So the first thing you need to do if think, "This is gonna be the person who follows me around for the rest of my life, and my companion and occasional test-taker, what do I want them to be?" All you need to do is make a list of their traits, things that define their personality. A good list includes 10-15 things, and even better a few likes and dislikes. An example would be (don't be lazy and use it, be original..)

Kind

Smart

Witty

Caring

Tenacious

Adventurous

Funny

Forgiving

Romantic (Remember not to have sex all the time, this is your buddy, not a sex doll.)

Dependable

Creative

Likes:

Video Games

Internet

Books

Dislikes:

Hip-hop

Bronies

Bing

(Insert general bad things here)

Now you'll probably be more creative than me on this list, but this is just an example.

Now comes his/her/it's form. What does this wonderful friend look like? Hot waifu? Adorable puppy? A rock? It doesn't matter, just remember that this is your friend for life, so don't have an imaginary rock follow you around for ever.

Now you go over every detail of this tulpa of yours. If it was, par se, a hot waifu, go over how the face looks, those cute eyes, long blonde hair, delicate fingers, etc, etc. You need to have at least 1 detail for every part you can imagine, from head to toes to left pinkie.

So you have all this written out, right? No? Go back and finish it before continuing.

So now you have all this down, time for your first, and certainly not last forcing session. Go find a comfortable place, whether it be a nice chair, bed, tree fort or living room sofa, just as long as its somewhere without distractions and that you won't fall asleep in. Now sit/lay down, and relax. Let out all that tension in your back and relax. Let all those random thoughts about work/school/nagging wife go. Now imagine that your tulpa is there with you, floating in your mind, and visualize them. Remember, this tulpa of yours is there right now, your talking to THEM, not thin air. For now, if you need a background, just imagine a blank black or white wall. Read them the list. Go over how each trait would affect their lives, and how each of those traits may affect how they would react to things. For example, if they are kind and nice, then if they saw someone walking down the street, and they dropped an important file, they'd walk it over to them. Once your finished, do it again. 2-3 times. Don't leave anything out. Now before you go back to the real world, and remember, every time you force, before you leave, remind them that you'll be back soon, and that you love them. I don't care if its an imaginary

rock, you like them right? So remind them that, that your always there for them. Because you are, and you know it.

Now you just finished your first forcing session. Congratulations! \*applause\* But that's not all. Remember to do this again at least once more today. 2-3 times a day is how often you should be doing this. Don't slack, and if you do, try to make up for it, and remind them your sorry, and its your fault, not theirs. Now go, relax and wait for your next session, and come back tomorrow for Day 2 of our Tulpamancing Career.

Lunanite's "Day 2 of your Tulpamancing Career."

Form:

So you finished Day 1? Congratulations! But that's not all. Now you need to work on another vital step of you tulpa, form/visualization.

You remember writing out your tulpa's form, every detail? Well it's finally time to use that more in-depth. Go get comfortable again, calm your mind and focus on your tulpa. See them in your mind's eye, and visualize every detail of them. You wrote out all those details, right? Good, now visualize your tulpa, standing in front of a blank wall, white, black, whatever, something plain. See those big, blue eyes, that long, silky hair. It's ok if it doesn't come well first, you'll get better and better as time goes on. Now go over their trait list and narrate again, talk a bit, and practice hard on visualizing them again. try to spend at least 2 hours if not more, have fun, and see you on Day 3!

## Lunanite's "Day 3 of your Tulpamancing Career"

### Wonderland

So you've got to Day 3, now comes a really fun part. Time for you to not only make your wonderland, but to have your first real "experience" with your tulpa! But first: What's a wonderland you ask? Well it's what it sounds like ; a place you create inside your head that you and your tulpa can have fun in. So, think, what is your dream land/house? An amazing mansion full of marble pillars and red carpets? A forest of metal trees and a steampunk town? A simple room, white walled with a table and chairs to talk to your tulpa in? It doesn't matter, as long as you and your tulpa can meet there, and more details DOES help with getting it stuck in your head, so a white room with plain stuff might not be the best idea. Now, go write out the details of this room. The grain of the oak doors, smooth, cold marble pillars, hot, steamy machines and mechanical deers darting around a metal woods. Maybe even draw it if you are a good artist, or even if your not, just do it to get a good idea of what it looks like. Now when you have all this written down/drawn, go over all those details, and try hard to memorize them. For now, start with the details of the first room, the starting area. Now go get comfortable and calm and clear your head to force. Imagine where you want to show up when you first step into your wonderland, and open your \*mind's\* eyes, and see everything there. Visualize every detail, the wood grain, soft, plushy carpets, etc, etc. Go over all those details and get a good feel for it. Now, once you have this down, comes the real fun. Bring your tulpa into the equation. Maybe have them skydive in, or just appear in a nearby plush chair. Bring them in. Now visualize them walking over, and think to yourself: "If I was my tulpa, and was just "born" into this amazing world, and this wonderful person, my creator, is standing there, what would I do?" If they are a shy person, they might slowly walk over, and ask quietly, "H-hi, who are you?" Or maybe they are a adventurous person, and would walk up and stick out their hand and say, "Hi, nice ta meet'cha!" Now sit your tulpa down, and remind them that it's time for traits. Go over this list with them, and while your doing all this, have her say what she normally would when you talk about their personality. Maybe if they are a boisterous person, they would say "Yes, I'm very smart, and funny too!" Or maybe they would calmly agree with you, and let you do your thing. This part is important. And when the time comes for narration, ask them what they would do if say, someone dropped their wallet. Would they return it to them, or maybe check to see if it had a decent amount of "walkin' round town" cash. And let them answer you. Go over the traits and narrate at least twice, and wrap things up. Say goodbye, and hug/kiss/shake hands, or whatever you and your tulpa would do regularly. Now head on out of your wonderland. Congratulations. Thus begins your wonderful relationship with your tulpa. Now, you just accomplished a lot with your tulpa. You helped your big ol' brain associate your tulpa's form with their personality, and work on how they would respond to things when you talk to them, in a very natural way. Now one big detail is, you aren't going to do this forever. Think of it as this way, if you show someone how to fish, but keep doing it for them, that doesn't mean he will "be fed forever." You need to let your tulpa absorb all this information, and start doing things for themselves. That is what a tulpa is, isn't it? A person, inside of your head, that thinks and decides stuff for itself. So I suggest doing this for maybe 2 weeks, then you need to stop. No more "parroting". When you force from then on, think of your tulpa sitting down, or standing, or whatever is most comfortable. Go over their traits and talk about narration, but don't do it for them. Let them think for themselves, and in time, they will. They may

have a hard time talking at first, you may just hear white noise. But don't be discouraged! If you give your tulpa time, and work hard with them, they will be able to talk to you. And thus begins your long, loving relationship with your tulpa. Thanks for coming this far, I'm so glad you decided to go this far, and I'd love to hear your stories. If you want to know what to do when they become fully sentient, how to impose them, and other things, feel free to ask questions on the tulpa.info forums or on the IRC chat, [irc.rizon.net/tulpa.info](http://irc.rizon.net/tulpa.info)

And as a thank you, when your tulpa reaches crucial points in their growth, contact me, either as a PM on the tulpa.info forums, or on the IRC. I can be found on the #tulpa.info channel, as I don't frequent #tulpa. Thanks so much, and I wish you good luck!

Now go have fun, and remember, ALL YOU NEED IS LOVE, LOVE, LOVE!