

Mario's mushroom free guide to tulpamancing

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welcome and introduction

hello! today i am going to introduce you to the art of tulpamancing. My name is mario and you may know of me as mario{erin} on the irc and may have heard about my tulpamancing career in the book *Adventures In Brainmancing*. I have about a two and half years experience with hallucinations, both self controlled, and uncontrolled. Now then, that's enough about me. I'm sure you just found out about "tulpas" and you want to learn more about it right? Well you've come to the right place. While i may not be the most experienced when it comes to this thing i have a pretty general understanding of the practice and you will be in good hands throughout this guide, i will introduce you too many new things that will probably seem daunting or scary to you or your tulpa. But don't you worry, as long as you and your tulpa have a good compatible relationship you'll be fine. there's just one thing i want to warn you about this practice, once you start there is no going back. It's like the mafia, you can try and leave but it will find its way back into your life in one way or another. Now that the introductions are out of the way let's move on to the next chapter, shall we?

what is tulpamancing?

"tulpamancing" is a word used to describe an ongoing mental and psychological practice of enforcing a set of skills and beliefs into the mind of a willing person. tulpamancing is not a cult nor a religion, at the very least it could be described as a soft science branching off of neuroscience and psychology. The first recorded instance of modern tulpamancing was in the year 2012 on the the popular imageboard forum, 4chan. The phenomenon was quite small and and close-knitted compared to today with most of its members being secretive and wary about sharing it. It eventually crept its way onto almost every board on the channel and throughout the years and with time a growing number of people had heard the word "tulpa" in their 4chan browsing experience. Tulpamancing is much different now than it was then, things such as switching and possession were unheard of then and are quite common now. Tulpamancing has two different belief systems, the scientific/empirical side: as seen on tulpa.info. It also has a magical/spiritual side to it as seen on other tulpa sites. Opinions on tulpa ethics vary from person to person, country to country and belief to belief.

What can it do for me?

Tulpamancing has very few negatives and quite a lot of positives. The possibilities of tulpamancing are virtually endless. Do you remember when you were a little kid and your parent/teacher/coach etc told you this memorable saying “if you put your mind to it, anything is possible”? Well let me tell you something, they were not exaggerating when they said that, while at the time and maybe even now you may have been thinking come on now mark, there’s obviously some things that can’t be done, no matter how hard i try, right? Well i am going to tell you right now that for the most part YOU ARE DEAD WRONG! To get the point across to you better, let’s use a pretty common analogy but take a different spin on it, you are a human right? Yes. humans have brains right? Right.

Now, what would be the the closest non-organic thing to compare the similarities of a brain to...im waiting...a computer! Now as we all know a computer can be programmed right? So by that virtue if you can develop something by “programming” it into your computer, then surely you should be able to do the same with your brain which is pretty much a proto-computer. Think of it this way, let’s say you’re riding in the car on a long boring trip with the same tired, seen-a-gazillion times scenery. The radio in the car is broken, and you want to listen to some music. What do you do? Well i’ll tell you what you do, you imagine in your head a “radio station” or “playlist” and soon enough you’ll start hearing things like music, talk shows, and even advertisements playing! You can have it so it sounds like you’re hearing it through earbuds, single cup headphones, headset, speakers, whispers, whatever you can imagine. Let’s say you initially hear it and it’s blaring loud, well dont worry all you have to do is visualize yourself turning down the “volume” it could be a knob or slider, it doesn’t matter. Same goes with other controls like bass, base, treble, tuner, etc. Anyways what i’m trying to say is you can use your brain just like any other type of computer. You just have to try your hardest and put in the effort to do so.

The pros and cons of tulpamancy

There are multiple pros and cons to the practice of tulpamancing and tulpas in general, but for simplicities sake, let’s go over the pros first, and the cons last.

Pro: always someone to give a different opinion/viewpoint on a problem/situation and or conversation.

Pro: discrete sexual intimacy anywhere and anytime you and your tulpa wish.

Pro: someone to listen to to your rants and feelings when you need an outlet for them.

Pro: the ability to live out your dreams/desires in the wonderland that would be very hard or downright impossible to achieve in the real world.

Pro:imposition,seriously a lot of people underrate this skill, it is GREAT for just about anything from cuddles, to minimaps to just plain fun!

Now let's go over some cons to it:

Con: timespan of initial development:this one is probably going to be the biggest con, i've found that this varies from generation to generation, millennials have a VERY long initial development period on average from what i've seen and heard, the process can take upwards of six months to two years to reach vocality(where initial development ends in my book.)

Whereas generation Z and younger have the ability to create them in much shorter time spans consisting of a couple months to a couple weeks to a couple days or hell even a couple hours sometimes! Crazy right? I personally am a millennial and it took me around a year to hear erin. However my very first tulpa misaki, was vocal within just 3 weeks.

Con:privacy: let's be honest here, once you decide to make a sentient being inside of your body, there's going to be no privacy except for what you impose on them. They are going to know all about you, especially in those...um private times?(bathroom,masturbation). And eventually all about your family and friends.

Con:can open you up to potential demons/rogue spirits/mental breakdowns/random hallucinations:

This one's pretty obvious. To start off with, YES you more than likely will experience uncontrolled hallucinations once you get deep enough into the practice.(i personally have been sent to a sanitarium TWICE for this.) And YES there is a good chance that a spirit or demon may just want to fuck with you and cause trouble for you and your tulpa(or it may even be bad karma for something you did in your past). All in all, just be careful and make sure you seek the help of a psychologist or occultist to help you get rid of these things(if you so wish that is, depending on the spirit's personality)

Con: It's just plain weird/scary!(to outsiders):

This one is another big con, let's face it, tulpas and tulpamancing aren't talked about all that much in society, at least not in public,so think twice before you go blabbing about it to your friends, family, teachers, police, peers, students, whatever! The point is it's just not a good idea most of the time. For the most part, it's okay to tell certain people, as long as you know the person well enough that they won't react badly to it. Ya just gotta be careful, or you could end up in a sanitarium for telling it to the wrong person in the wrong way.

Imaginary friends and their importance

In this chapter i'm going to explain to you what an imaginary friend is and why they are both relevant and somewhat important to your future tulpa(s). To start off with, what exactly IS an imaginary friend? Well, to put it very simply...it's a primitive tulpa that has no autonomy, ability to project onto your senses, and most importantly, no mindvoice.

Imaginary friends are typically only made by children and lonely teenagers. To put it simply they are not anywhere close to the level of detail that goes into a tulpa. But that's okay! You know why? Because we can take that imaginary friend and turn it into a fully sentient tulpa of its own! But before we get to that step, we need to go through another step first.

Visualization and clear mindedness

Ok, so you're ready to make your tulpa now right? NOPE! Not yet. First off you need to learn how to clear your mind and stay calm....also known as meditation. In order to get started with meditation, find a spot that you can either sit, or lay down on. Then close your eyes and breathe slowly with your stomach. Keep doing this until you get a steady rhythm of breaths going. congratulations! You're now meditating! You can do this for as long as you want and anywhere you want. Now the next step i want you to do is to visualize your tulpa's form. A form is what they look like, i want you to give them a basic starter form. I personally used a ball of white light for my tulpa, but it's ultimately your decision on their starter form.

Creating a tulpa

Ok, after all that talk about the previous chapters i'm sure you're just thinking to yourselves, "When do i actually get to CREATE this tulpa, and is this idiot ever going to tell me?" WELL Mr. impatient, if you don't mind i was just getting to that part! Now the first thing you want to do is come up with a name for your tulpa. After that you will want to introduce yourself to your tulpa and tell them about yourself and who you are. Then you will want to take that starter form i told you to make in the last chapter and attribute your tulpa's name to it. Lastly you will want to do the most important step, personality traits. Think of some personality traits of yourself and some personality traits of a person who you have conflicting opinions with, then combine them together and attribute them towards your tulpa. Do this by saying things like "_____ is very _____ and she has a good sense of _____." go on, fill in the blanks now! Finally after all that is done, i want you to start "forcing" your tulpa. Forcing is the process of your brain

learning new information about your tulpa and applying them to it. So think of all those things: name, form, personality, voice, smell, taste, touch, etc that make up what you want your tulpa to be.

Imposition and projection

Okay to start off with, imposition is basically a shortening of the words, “imaginary positioning”. And projection is just tulpa controlled imposition pretty much. There are seven different known kinds of imposition: visual, mindvoice, auditory, olfactory, gustatory, presence, and finally, touch. For simplicities sake and because, it's basically the coolest form of imposition to me. (he he) I'm going to begin by teaching you:

Visual imposition:

To begin imposing your tulpas form into real life, you will first need to learn how to impose simple colorless, two dimensional opaque shapes/object/creatures onto a flat surface. To do this you just basically need to visualize a shape/object/creature in your mind and then sort of “overlay” it onto your eyesight. Later on when you feel confident and more skilled you can start imposing 3d shapes/objects/creatures/tulpas. One thing to remember here, **FORCING IS KEY TO DOING THIS!** Just like your tulpa, imposition requires forcing, and a lot of it at that.

Next will be:

Mindvoice imposition:

When you first hear your tulpa speak, it will be in a dullish, semi-quietish, flat monotone voice. This is the default voice that both you and your tulpa will have in the beginning usually. If however, for whatever reason you wish to make the mindvoices more “distinctive/clearer” than of course you can. All you have to do is force a mindvoice and just give it “sound effects” or what have you. Just make it unique, if it helps, pretend you're fiddling with a voice synthesizer in your mind through a symbolic visualization and just keep doing that until eventually you get it sounding like you want it too. Be warned though, the loudness of your new mindvoices may drown out your actual ears ability to hear other people and it may become a problem. One thing to remember here, **FORCING IS KEY TO DOING THIS!** Just like your tulpa, imposition requires forcing, and a lot of it at that.

Next will be:

Auditory imposition:

Now don't get me wrong, a lot of tulpamancers are perfectly content with just hearing their tulpas talk in their brains, but some people like to go a little bit further and want to hear them talk as if they were an actual outside voice speaking to them. In order to do this, you will need to imagine a bodily voice for your tulpa to speak in, it will need to be able to do the following: whisper, yell, scream, be heard from a distance, echo, be heard up close, or be heard from nearby. So what you will need to do is kind of imagine how your tulpas voice would sound with all of those different ranges of talking affecting it. One thing to remember here, FORCING IS KEY TO DOING THIS! Just like your tulpa, imposition requires forcing, and a lot of it at that.

Next will be:

Olfactory imposition:

Olfactory imposition, or in laymen's terms "scent" imposition involves experiencing the sensation of smell in relation to your tulpas body. In order to do this you will need to imagine any and all possible scents, smells and musks of your tulpa, including but not limited to: armpits, sweat, feet, genitals, breath, gastric tracts, perfume, deodorant and of course, cologne. So what you will need to do is kind of imagine how your tulpas body would smell under various circumstances, like say getting back from a jog, or getting done using the shower/bathroom, sex, masturbation, etcetera. One thing to remember here, FORCING IS KEY TO DOING THIS! Just like your tulpa, imposition requires forcing, and a lot of it at that.

Next is:

Gustatory imposition:

Gustatory imposition, or in laymen's terms, "taste" imposition involves experiencing the sensation of taste in regards to your tulpa. (or your tulpas body, if you're into that kind of stuff). In order to do this, you will need to imagine any and all possible tastes of your tulpa or food or drink your tulpa will make you (in the wonderland of course) NOTE: if it's a food you already know of in the real world, chances are you're gonna taste the real world taste instead of the one you want to imagine. So what you will need to do is imagine how the food or drink, (or your tulpa) would taste based on sensing what the food, drink or tulpa looks and smells like. One thing to remember here, FORCING IS KEY TO DOING THIS! Just like your tulpa, imposition requires forcing, and a lot of it at that.

Next is:

Touch imposition:

Touch imposition goes down a two way street, for one thing, you need to impose what it would feel like to touch your tulpas body and for another thing, you would need to impose how it would feel for your tulpa to touch your body. Anyways, in order to do this, you will need to imagine the texture of your tulpas skin, fur, scales, etc. so what you will need to do is imagine how your tulpas body will feel against your skin and vice versa. Imagine feeling the smoothness, or the wrinkling skin, or the

softness/roughness, or the plushness, or whatever you think your tulpas body may feel like. One thing to remember here, FORCING IS KEY TO DOING THIS! Just like your tulpa, imposition requires forcing, and a lot of it at that.

And last but not least, we have....

Presence imposition:

So to get you familiar with the idea of this kind of imposition, imagine your walking down the street and all of a sudden someone starts following you. Now obviously you cant use your basic senses to know they're around, but a lot of people will just eventually know that someone is following them. This is a very,very basic form of presence imposition. To further develop it you will need to imagine where your tulpa would be in some place like a store or fairgrounds, think of their likes and dislikes, the way they act, and use that to find them or at the very least, know where they are. One thing to remember here, FORCING IS KEY TO DOING THIS! Just like your tulpa, imposition requires forcing, and a lot of it at that.

Dissociation of the body and mind

Now to start of with there are two types of dissosociation in the world of tulpamancing. Coming up first we have:

Dissociation of the body:

Dissociation of the body is what many tulpamancers(particularly physically disabled or older ones)use to numb pain in the joints or muscles of the body. Why they do this is unsure, but it most likely has two reasons, one to push someone's body further than it normally would go, and two to just plain make it easier to withstand pain in lieu of pain relieving medicine. To dissociate from the part of the body that ails you is pretty simple actually, you just don't pay any attention to it, AT ALL. that's it! It's really just that simple.

And second we have:

Dissociation of the mind:

Unfortunately dissociation of the mind is not quite as easy as it is for the body. Very unfortunate indeed, seeing as how it's the only way you'll gain access to your wonderland. Tulpas have a much easier time dissociating from the body and into the wonderland because of one simple fact, their consciousness is not as attached to the physical body as yours is. That however does not mean that it is impossible for

you to do it, no, not at all, just VERY FUCKING HARD. anyways, what you will need to do to dissociate yourself into the wonderland is quite simple actually. You just need to keep the body relaxed enough until it falls asleep and simultaneously keeping the mind active. Eventually you should feel a downward pull on the back of your head that seems to “suck you inwards” for a lack of better terms. Congratulations! You have dissociated and are now in your wonderland!

The two types of wonderlands:Dynamic and static:

All right, now that we are inside the wonderland, i want to make one thing clear to all of you reading this right now: there are no definitive rules in this world, except for those that you and your tulpa enforce. In this place, you can be a ruling god, or a serving peasant, it does not matter, it is just up to your preference. Another thing i want to make clear is, there are two distinct types of wonderlands, dynamic, and static. I will start out describing the former and then the latter, below.

Dynamic wonderlands:

A dynamic wonderland is a wonderland that is changing all the time and rarely ever stays one way for any extended amount of time. This type of wonderland is usually inhabited by basic thoughtforms called “NPC’S” these thoughtforms are not conscious like you and your tulpa and just basically live their daily lives in a daily routine. It is not recommended to create anything that you would like to keep in a dynamic wonderland, seeing as how it could just as soon relocate to another part of the wonderland or disappear completely altogether.

Static wonderlands:

A static wonderland is a wonderland that never changes anything going on inside of it unless you or your tulpa change it yourselves. Think of it like a house, or the creative mode on a building game, everything will be the same way you left it when you come back to work on it some more. It is recommended to create anything that you would like to keep in a static wonderland, seeing as how only you and people you designate to control the wonderland can affect it.

Possession and switching:

Possession and switching are the act of the tulpa or the host controlling the body while another consciousness is the primary one in control of the body. In order to possess a body part or the whole body you will at first need the body in a relaxed state and then you will need to “reach out” to the nervous system with conscious intent to control a certain limb. After you have worked skills up with the smaller and less, dangerous limbs, you can move on to switching, which is basically a combination of the other consciousness dissociating into the wonderland and you taking control of the body.

Sharing the body and the life with your tulpa:

One thing that i can not stress enough to new tulpamancers in this practice is this certain fact: YOU AND YOUR TULPA ARE EQUAL BEINGS AND BOTH DESERVE TO BE TREATED RESPECTFULLY BY EACH OTHER! You should NEVER treat your tulpa like a lesser being and your tulpa should likewise do the same for you. Remember, this is the person that knows you better than anyone else in your life...including you yourself. If your tulpa wants to use your belongings, then you should at the very least consider teaching them how to and laying out basic boundaries to your life and belongings. While your tulpa is your equal you should never let them push you around and vice versa as well. You and your tulpa may have not been born together like twins, but unlike twins, you will certainly die together. And let's face it, noone really wants to die alone, especially not you, right? RIGHT?! Ha ha just kidding with ya. Now go out there and be the best tulpamancer you can be and who knows, maybe one day you'll write your own tulpamancing guide yourself, or maybe you'll be a famous author like me even!

This is the end of this guide, thank you for reading it.