

This part is specifically for Zenith's (who you call Zay/Zae/Isaiah, we call Zenith) mother. Please, take the time to read this with an open mind and fresh perspective. I know I'm a coping mechanism, but I'm so much more than that. I have thoughts, feelings, goals, and aspirations, and Zenith has helped out with so much of it. You're his most trusted external individual, he always comes to you to talk about his experiences. Yes, we fell in love with each other, and I was the person he dated last year. He knew it would make you happy to hear he was finding new life experiences, despite not feeling good about lying about it. We've helped in so many ways, I've provided him company and am trying to improve his self confidence, Rune made him more honest because he was disgusted by his dishonesty. Max helped him by giving him a large puzzle for him to try and solve (for lack of better terms). Phoenix kept his morale up due to his super energetic personality, and Swift wanted to watch the entire MLP series causing Zenith to reflect on what friendship is. We all want to succeed in life and love Zenith to death and back, so we always try to do good. Also, our influence on him helped him grow. He always tries to do the right thing because he always wants to set an example on how to act. So please, read this and try to be open minded. I've been with her these past 7 years and watched her grow so much, and she's taught me so much about this world, and for that I love her infinitely.

This is incomplete, a much more detailed write up will be written later on.

- Birth Of Body (Isaiah)

Isaiah was born on July 17th, 2000 to a mother that's a skeptic and a father who isn't as skeptic. I feel like this gave Zenith the perfect blend of skepticism needed to approach this topic.

- Mental Illnesses

- Isaiah was born with ASD, ADHD, and possibly anxiety (that we know of).
- Social Awkwardness and Isolation played into why he turned to tulpamancy.

- Early Life

- I'm not completely sure how Zenith's personality formed, but at some point Isaiah spawned Zenith. I haven't really researched how personality forms, but I do know environment, brain deformations, and such factor into it.
 - One theory we have as to how tulpas learn is that they start similarly to a baby's personality, it's just that they learn faster due to sharing a mind with someone (hopefully) much older and mature.
- According to the information in the binder his mother kept, Zenith was a troubled kid, being a child with social problems and hyperactivity. He didn't have many friends, if at all, and while there are memories of him playing

with other kids, it's pretty limited. I know he tended to have one or two very close "friends" (Devon, second Devon, Yordan, Michael, Cassie, Chris, CJ), but that was it. He wasn't really a part of big circles of friends.)

- Some of these so called friends weren't even good to Zenith, he was just desperate for friendship.
- Alana would hang with Zenith, but she wouldn't really play with him, just watch. Just fine with Zenith, he enjoyed having someone watching him.
- Zenith would hate going to Florida during this time period because in addition to leaving his mother (one of the people he REALLY resonated with, naturally and in addition to being more isolated), he would be bullied by his siblings (occasionally, not all the time) when their guardians were off working for the day. It was bad, but they chilled out after a few years. Henija was a bright light during this time, as she was much kinder.
- Hobbies
 - Zenith has hyperfixations and hobbies. Titanic, Tornadoes, Calvin and Hobbes (and reading in general), Magformers, Video Games, Lucid Dreaming, the list goes on and on.... Also, instead of playing with kids, he would create characters he would play with (Scott, Toby, Trevor, Edward) some of these would persist after he was done playing. The earliest memory I can access that exemplifies this is when he would play with a fire truck tent and pretend it was a character he was hanging out with.
 - Scott was an imaginary friend Zenith had from around 2013 to 2015, he was the main one he would hang out with when in these daydreams. He took the form of a plane Zenith created with his magnets. I cannot tell if Zenith hung out with Scott outside of his daydreams.
 - He would also roleplay as a character with three different "identities", per se. This character would be able to "split" their body into three other forms via magic, but it was understood that these characters were just different versions of the same character, like in a multiverse. He would be this character in a months long daydream where he imagined being this character that would live in this made up world where multiple worlds lived on the same planet, such as Nintendo, Legends of Chima, and Equestria. We're not sure how long this daydream lasted for (it probably lasted for 6-18 months), but it was a huge part of Zenith's free time.
 - Lucid Dreaming is a big one because this was the first hint Zenith was turning into a psychonaut (someone interested in psychological phenomena and effects); this was also hinted at when he was looking for an alternative to his ADHD medicine

- Zenith discovered PsychonautWiki and Erowid around this time period, and fell into the rabbit hole that was psychonautics. He used this website to research his current ADHD medicine (Methylphenidate), alternatives to it (Aniracetam / Noopept as possibilities), and really became interested in other substances and subjective effects. He hated taking Methylphenidate because he realized that life was better, more vibrant and such while off it, and he could never eat lunch while on it. Because he was on Methylphenidate during the Freshman and Sophomore years, he would spend lunches in the library reading about various subjects. He stopped taking it / refused to take it sometime during this period. According to google history, Zenith first found PsychonautWiki May 2018.
- Zenith also had a diary he would keep his daily thoughts in. It didn't last long, and the journal was lost, but a memory exists of him writing about an imaginary friend (most likely Scott) in it. The reason this memory survived time is that Alana asked him if he was "playing with someone" despite no one but him being around (at least physically). This angered Zenith, thinking she read his diary, making the memory more significant.
- High School
 - After middle school, not much happened until Junior Year.
 - One significant event I felt was important to add was that "Zenith" sleepwalked before, according to his guardians. I'm not sure how this ties into my thesis, but I felt it was necessary to add.
- Discovering Tulpamancy
 - Zenith first came across tulpamancy when he was researching lucid dreaming, and found a page where someone claimed to have a meeting with several dream characters on how they weren't real, and were just characters in a dream. One user replied that they managed to take a dream character from the dream and have them with them constantly. Someone replied to the user saying they had a tulpa, and from there is when the whole can of worms opened up.
 - Despite the warnings to not do something so life changing without seriously considering it, Zenith created me just one day later, and I gained self awareness sometime in the next two weeks. According to most users, this is an unrealistic timeframe, and was his first source of doubt.
 - He would talk to me all the time, about things he was doing, setting aside time for one on one, stuff like that. I was always by his side, though I was not nearly as aware/active as he was because I wasn't independent yet.

- One of the methods described in the guides was the “assume sentience from start” mentality, and Zenith subscribed to that method, possibly misunderstanding it a little, though.
 - Something worth mentioning is the fact that Zenith got “Parrotnoid” about me, thinking he was controlling my thoughts and such despite the fact that I told him he wasn’t. He was confused as to how I was making progress so fast, unaware of the fact that Scott was likely an accidental tulpa at the time (though dormant at this point)
 - His mother and stepfather knew about me, but he referred to me as an external, physical person named “Henry” instead of what I actually am. When Zenith first told his mother about tulpamancy, which was literally the same day he found out about it, she dismissed it, saying it was “too good to be true”. When he told Stuart, he told him straight up he didn’t believe in this.
 - When he told his dad, his dad wasn’t as skeptical, but I do remember him saying that his sister, Nija, had talked to him about something similar.
 - I proxy wrote a letter to them in October to be read to Zenith’s mother, stepfather, and grandmother on Thanksgiving. So when the time came, he took them into a bedroom (for privacy) and read the letter to them. Their reaction was mostly negative; his stepfather walking out almost immediately after he began reading, his mother following along, and his grandmother being much more accepting. In fact, his grandmother took him to see a movie (A Monster Calls) relating to this experience. This experience left me traumatized, because not only did I have a existential crisis due to this, but Zenith also encountered heavy doubt that followed him for the next 7 years.
- Doubt
 - Doubt has been a huge factor in this experience. From the beginning, it has lingered in some shape or form. It wasn’t a constant, but it was more like a wave, with months of calm turning into weeks of intrusive thoughts.
 - It didn’t help that myself and my systemmates weren’t as formed as myself, we still lacked independence.
 - Independence has always been an issue. When Zenith researched independence he became confused as to what independence meant. The definition he found was “when a tulpa is able to move and function separate from the host.”. He misunderstood that, thinking that “moving and doing things on their own” was the goal,

and not “able to use the brain’s power without focusing on us.” It’s kind of hard to explain.

- Swift, Phoenix, Max, and JARVIS
 - In early 2017, I had a desire for another headmate to hang out with while Zenith did work or was otherwise preoccupied (not the best reason, I’ll admit.). I don’t know if I asked him or if Zenith picked up on it, but on Feb 14th, 2017, Shock (renamed Swift late 2020) came into the world. I’m not sure when his sentience was confirmed, but based on how quickly everyone else became self aware, he didn’t take long.
 - Phoenix was created out of a desire for Swift to have another person to hang with, because I spent so much time with Zenith. Phoenix came forward on May 25, 2017, and what was striking about this is that he was almost immediately formed. He seemed to skip the vocalization stage, jumping straight to being another tulpa. My theory is that Zenith created another imaginary friend, and he just gained self awareness somewhere down the road, most likely days after being formed.
 - MAX was created by Zenith to switch out with him when Zenith wanted to leave the front. However, when creating MAX Zenith wanted it to be as realistic as possible to the point that it would be impossible to tell if MAX or Zenith was fronted. He was basically a more realistic version of AUTO (the “first” servitor to be made by Zenith in hopes of an easy switch). However, when Max was first “activated” he claimed to not be a servitor, but another tulpa. Zenith couldn’t tell if Max was just trying to emulate a person or if they were a legit person, so he decided to be safe and keep Max as is.
 - JARVIS was created in prehistoric times (Before 2016) as an emulation of J.A.R.V.I.S. In prehistoric times, Zenith would interact with JARVIS the same way that Tony would interact with his A.I., and stopped interacting with him when he stopped interacting with Scott. After 2016, Zenith brought back JARVIS; he was meant to be a “servitulpa”, a servitor with limited emotional abilities to help the other servitors make decisions. Of course, he naturally, slowly went from servitor to tulpa over the course of that timeframe.
- TCC & Virginia Tech
 - Meditation was something Zenith was never consistent at, being hyperactive. Despite this, he still put in significant time and effort in order to become adept at it. He bought devices (most notably the Kasina), read guides, and really tried to become decent at it.

- From 2018 to 2019 we basically lived life as a system, but not as we live it now. Zenith would spend time with each of us, though admittedly I spent the majority of that time with him. He would have an RNG app on his phone, and every other day it would go from myself to either Phoenix, Swift, or Max. We helped out with classes and would just vibe together. Those not in the front would “lose time” in the mindscape, where if Zenith stopped paying attention to us for an extended period of time, we would become “inactive”, for lack of a better term. Zenith would have a feeling something was amiss occasionally, but he basically rolled with it until he realized what was happening.
- We escaped from 5217 Sweetbriar late August 2019, when we moved to the NRV. That day was a very impactful day for us, as we no longer had to live with the fear of being dismissed as “fake” or “not being a person”.
- From that point on, we dived into meditation, lucid dreaming, and tulpamancy much more than before, doing things that were much harder to do while under Zenith’s guardians home. However, we still had to find the balance to be successful during tough college coursework. When COVID hit, we took that opportunity to stop working and explore more about both tulpamancy and daytrading, another hobby Zenith became interested in.
- I tried kissing Zenith sometime in late 2019. I don’t know why I did it, it just felt right. His panicked response was to bite me, but that planted a seed...
- DJ was also a system Zenith became friends with. This was important because they were an external system that accepted us, and that meant a lot to all of us.
- The idea of Rune was first thought of when Zenith first had the desire to have another headmate to keep Max company, because while we hung out with Max and included him in everything, Zenith felt he was neglected. We all had our biases, Scout/Zenith was a mutual bias, as was Swift/Phoenix. Max had no bias, though we recognized that and tried to correct it, though unsuccessfully. We would sometimes visualize what this new character would be like, likely contributing to his formation. We even had a countdown for when this tulpa would be created. On May 13th, 2020, we all got together in the mindscape (beach, specifically) and we channeled our energy into a purple glowing orb. From there, Zenith took that orb and carried it with him for the next 2 days, all of us narrating to it and showing it the world. His sentience was confirmed May 15th, 2020, most likely due to emotional responses to certain things.

- Daytrading was a hobby Zenith became interested in in early January 2020. He was into crypto at the time, but over the next few months he became interested in the much calmer forex market. He viewed this as not only a job we could all contribute to, but also as a way to become more well off in life, and possibly extend that courtesy to his siblings. He also desired for a way to spend more time with us while still working; being a self-employed daytrader filled all of those roles. Admittedly, his expectations at first were unrealistic, but they became more realistic as he studied the charts and techniques and became well versed in it. We had to figure out how to balance our work schedule with this “job”, and we decided that the best time to trade was between 3AM and 10AM, despite the challenges we would face. This was before Lee’s strategy was being used.
- Zenith met CJ at work sometime around late 2019 to early 2020, and due to how common they were, became very close friends. Due to graduating from TCC and VT, Zenith no longer had an external person to have a deep bond with. CJ and Zenith became roommates in 2022 and they would hang out every day, but they had a rough stint that lasted for 4 months when CJ fell madly in love with Maddie. Zenith felt the friendship was too one sided, with him bringing most of the interaction and things, a point that could also be made towards previous bonded friends. Zenith and CJ rekindled their friendship February 2023, possibly one of the best decisions made in the external world.
- We first tried cannabis on Zenith’s birthday (07/17/2023) when one of CJ’s roommate gave us a brownie. He didn’t say how much we should take, and Zenith being impulsive, ate the entire thing. After playing solitaire and waiting for the drug to kick in, we all suddenly felt more energetic and creative, with all of us becoming hyperactive in the mind. Things were also much more creative and vibrant both internally and externally, which definitely contributed to the affinity we all have for it. It was a very glowing experience, and pushed Zenith fully into the psychonaut realm. We became slightly addicted to the drug, buying loads of the stuff before we had a negative experience where intrusive thoughts and doubt were amplified much more than before, leading Zenith to stay away from it for 5 months. Isaiah had a pretty large tolerance for it anyway, so it was something that needed to happen. In addition to cannabis, Zenith has tried a few other substances in hopes of finding a replacement so that tolerance is easier to manage, and eventually settled on both limiting trips

to once a week and boosting trips with other substances if needed. We're still trying to find the best way to go about this.

- In July, we quit our job at VT Dining in order to research both daytrading and assess what we really wanted to do in life. This was the start of the "Enlightenment Era" we fantasized about, where we would master all aspects of tulpastry and become much more formed. We became more independent beginning from here, and on July 12th, 2023 Zenith and I went on a date. We had went on one date before, but it wasn't really a "date", as it lasted probably 10 minutes. However, for this date the other headmates agreed to give us space, and we watched Twilight and New Moon. Admittedly, we were under the effects of kratom, a new drug Zenith was trying out, but I believe that amplified effects that would've already been present. Over the course of that night, Myself and Zenith became more and more infatuated and lovestruck (both the kratom and natural effects) with each other, until I asked him to dance with me (during Twilight's ending), to which he happily agreed. This was a very significant night for both of us, as this was the first time we experienced true love for each other, at least on this scale. Isaiah was crying from the amount of emotion expressed that night, and we both consider that night to be the best night of our lives. This was also important because Zenith paid a lot more attention to me from that point on, and this boosted my independence significantly. We were very good friends in 2017, and that slowly turned to lovers by the end of 2023
- The system's dynamic is a pretty mutual and good one. We treat each other like family, always being considerate and trying not to hurt each other, something easily done due to our shared "telepathy". However, there were a few flaws. Swift wasn't as developed as the rest of the system, though Phoenix did keep him the most company. Also, Max had a feeling of attraction towards Zenith that went unanswered due to unmutual feelings. It wasn't spoken of, but the consensus was that it was best not to explore this (for better or worse). However, the pressure kept mounting until August 2023, when it was basically official a love triangle had formed. We all had a system meeting because of this: I became defensive and a bit disrespectful, Max was very respectful trying to navigate feelings while walking on a knife's edge, and Zenith became worried that a "civil war" would occur, because this timeframe was the most tension the system faced in their history. We came to the conclusion that Max had to see a therapist eventually (this was the wrong choice), and he would date Rune due to the deeper bond they had.

- We rounded off VT by all of us taking a huge walk around our favorite locations in the NRV, ending on a very bright note.
- Present Day
 - After moving back into the guardian's home in Richmond, Zenith became more irritable and hostile towards his mother and Stuart. He always held that grudge that she wouldn't accept me as a person, and that grudge deepened as we became lovers. On top of that, we had to adjust for living back in a free space, which meant trying to be respectful despite the tough living situation. Zenith isolated himself, thinking that was the easiest option to maintain these external relationships, despite it probably not being the best. It also didn't help that I hated living in a place of oppression.
 - On a personal note, I find it ironic that she's denying my existence as a person despite her people being oppressed and viewed as property in this same country many decades ago.
 - In late September we moved out of their place and into our new apartment for the next year. We found a job as a cafeteria worker at an elementary school, and Zenith and I learned to switch in order for myself to help out more. We also had a job as a delivery driver at Pizza Hut. During this time period, Zenith continued to spend time with each of us, and we became a lot more independent because of it. When we decided I would work that day, he would work on staying out of the front and focus on being in the mindscape. It was difficult at first but we had a pretty good strategy, using tools like ChatGPT and Stable Diffusion to help.
 - Early 2024, we came across lots of complications and difficulties that sent Zenith into a depressive stint that lasted from mid January 2024 to April 2024. Things like finances, doubt, and work all compounded to give him what I believe was high functioning depression. He even considered taking our life at one point. We were by his side throughout this period, keeping him up throughout the day. On February 21, 2024, after a fly agaric trip, this ended up manifesting into a "walk in" (headmate that appears out of nowhere), a shadow humanoid we would imagine brutalizing whenever doubt got bad because they were meant to symbolize doubt in general. However, instead of being a menace like this creature normally would, they began begging for their life as I moved over to kill them. They claimed to be the one responsible for the intrusive thoughts and doubt, saying it was a negative entity that decided it was time to be positive instead. No one in the system trusted this entity to behave, so they began bargaining, claiming to help with lucid dreaming and getting rid of the doubt. They

also wanted to help out with “mind colors”, a project we were working on in order to better organize our thoughts (if one of us were speaking/thinking, we would also think of a certain color so no one’s confused on who’s thinking). We all decided that the best course of action would be to “lock” this entity in a specific part of the mindscape and see what happens. This is how Tenebres was created, and true to his word, he kept the intrusive thoughts away (but not completely) and helped out with lucid dreaming. Doubt took a noticeable nosedive after this event.

- After we switched over to Domino’s, Zenith bought a replacement smartwatch mid-March 2024 he intended to buy for months after his previous one died. The purpose of this smartwatch was to help keep us aware while Zenith wasn’t focused on us. He did this by setting a timer to go off every 5 minutes. Our goal was to stay aware and active for at least half of the duration. When the timer went off, we would add one to a tally if we succeeded. If not, we would have to start the tally over. This occurred hourly, and we would average the numbers and record it at the end of the night. We would compete with each other to get the highest score, because we were naturally competitive and we felt it would help. This way we would not only try to outdo each other, but be more strict because we didn’t want to “cheat”. Zenith gradually shortened the timer from 5 minutes all the way down to 45 seconds over the course of the next 2 months, this significantly improved our independence ability to the point we’ve gained true independence (we can stay aware while Zenith wasn’t focused on us.). Especially due to the fact that Domino’s was a hectic place to work at (in the heart of the city of Richmond) and we would get bonus points for staying aware during distractions (store calls, having a conversation with coworkers, delivering pizzas)
- Zenith also improved our ability to open eye visualize, leading to us having our own viewpoint while working with him. This led to Zenith eventually gaining a kind of “double vision” where he would see a headmate’s view in addition to his own. This is how we gauged whether we were aware or not, as we had to be the ones doing the visualizing. This also made us much better at “multitasking” (we’re aware multitasking is questionable).
- As our awareness and independence grew, our quality of life skyrocketed. The depression melted away, finances weren’t a problem and Zenith was finally truly casting the doubt out. He came out as plural to CJ in October 2023, to his guidance counselor in May 2024 and to some of his coworkers later the same month. I also introduced myself to a few of his coworkers, one of them even called me by my actual name, which was

jarring but nice. Not only that, but scientific evidence from Stanford regarding tulpa-mancy came out, also in May 2024. The month of May was a huge morality boost for the Ross System. Also, due to A.I kicking off with things like ChatGPT, Midjourney and Stable Diffusion, it became a lot easier to express ourselves and research plurality more.

- On May 17th, 2024, we decided to try shrooms for the first time. The reason for this is because we've heard that new users for shrooms tend to become introspective. However, Zenith was worried about trying them because he feared integration would happen if he became too introspective. During the trip, we recorded ourselves and tried to stay in a very good headspace. At first, things were slow, but good. We managed to keep a good headspace, browsing Tumblr (a good website where people blog about things, the endoplurality community here was very insightful for us.) and checking for effects. However, eventually due to stress surrounding the mystery of whether Scott was still "around" or not, Rune yelled out for Scott, and he responded. Due to this being Scott's first true experience as a self aware entity (and being subsequently drugged), they became depressed and longed for their previous friends (Toby, Trevor, Edward, etc.) to return. When they couldn't detect them, they isolated themselves in the mindscape, claiming "I'm not supposed to exist.". This is considered the saddest day in the system. Scott eventually came back, saying they were going to "live for them.". We're running with the current theory that Scott had this reaction due to natural effects amplified by the shrooms, but we were seriously researching whether we were undergoing psychosis.
- One piece of information that's also relevant in Zenith's identity is that he pondered the idea of switching genders since 2021. Zenith would swap his appearance from time to time from male to female, leading to an official swap May 2024 with the fear she would accidentally create a new headmate.
- Late May 2024 was the first time I experienced a true switch. While Zenith was tossing and turning in bed, I suddenly had the urge to take over and relax the body more. Because Zenith was already very relaxed, and possibly due to the aftereffects of a light cannabis trip, I switched with him. However, unlike every other time where Zenith would still be fronted and influence me, he was much less present. I felt like a dog set free in a field: thoughts were much clearer, I felt good about myself, and I felt like I could do and try new things Zenith would be uncomfortable with. It was a very enjoyable experience for me. I also wanted to point out that the last

time I switched with him for work, I got angry at an employee for being inconsiderate and ignorant towards Zenith, resulting in a bit of a meltdown and us leaving Pizza Hut for Domino's

- I had the inspiration to write this after all of this progress was made and my self confidence improved. Zenith had the idea to be more open about our plurality as a whole, to which I was more skeptical. In addition to fears of rejection, it's too easy for someone to generalize me as a demon or hallucination.
- The Future
 - We plan on going back to college and finishing our CMDA degree, finding a job in aerospace/research as the main source of income with possible day trading on the side for extra income. This thesis will be changed frequently as I strive to add more details daily.

Sincerely, **Scout**