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WARNING: Tulpamancy can be incredibly dangerous if not handled correctly and depending on the type of tulpa you have or if you possess any mental disorders/illnesses that can affect your reality or cause dissociative states (DID and Schizophrenia are two examples)! Do not mishandle or ignore the warnings, or you may get mentally damaged, traumatized, or can end up in a very tough situation, **do <u>not</u> go against the warnings or steps!** If you attempt something dangerous in Tulpamancy or go against the warnings, that is at your own risk! **YOU HAVE BEEN WARNED!**

Another thing to note: Make sure you are **completely sure** that you wish to spend the rest of your life with another being in your mind, as developing a tulpa takes time, responsibility, love, and effort! A tulpa is just the same as anyone else, and they deserve to be treated just like any other person, and that they are **not** disposable!

Section One: Introduction

Such an unknown art to humankind despite it existing since ancient Tibet with Buddhist Monks as a way to train against their fears, this art is known as **Tulpamancy**, the art of summoning or creating a sentient being within your mind that can take any form they wish, develop near-otherworldly powers, and be beneficial in numerous ways. Purpose-wise, a **tulpa** can have a myriad of things they can perform from being a normal friend, lover, moral support, and/or can fulfill the role of a family member, but most

Tulpamancers create a tulpa for general companionship. Tulpamancy is an obscure practice that has survived the millennials with relatively small numbers of Tulpamancers compared to the population, but the exact number is only in the mere ten thousands. Despite the outweighing factors, Tulpamancy has still remained within society as something that is considered strange, outlandish, and demonic in some ways when viewed by certain religious parties. Before assumptions are made, Tulpamancy is not the work of a cult, magic, or anything that is considered mythical, but a theory pinned on the creation of a tulpa by how the human brain creates a separate network (the tulpa's conscious) via the use of **mirror neurons**. A practice such as Tulpamancy is incredibly difficult to evidence due to it being within one's mind, but it is also described as a "experience it to know it" practice due to the lack of neurology done on Tulpamancy, thus leading to less of a scientific answer for the inner workings of the practice. Creating a tulpa can be a lengthy process-- spanning over the course of an instant to many weeks of forcing before the tulpa becomes sentient along with developing other skills; the amount of forcing it takes for a tulpa to become sentient is a variable and cannot be accurately gauged. Many skills such as **independence, vocality, visualization, imposition, possession, switching, parallel processing,** and **fusion** are some of the main skills, as not all skills of Tulpamancy are well known. Each skill will be delved into on how to practice and train said skill and to generally develop a tulpa efficiently with several techniques for most skills along with the two types of **forcing** involved as well as other **mental constructs**. There are not only those skills, but disorders such as **LSS/SLS** and **FLS, the three types of tulpas and how each one develops differently, ethics with the practice** and the varying **zones regarding a tulpa's possible threat level** that they could possibly own. For readers who have been entranced by the art of Tulpamancy and wish to learn it, this guide is meant to tread upon unheard of skills and abilities along with the more obscure (and precarious) aspects. First of all, the process of creating a tulpa is necessary before anything else.

Section Two: Explanation of a Tulpa

To put it simply, a **tulpa** is a sentient, mental construct that is his or her own being that is bonded to the host's mind, but can think independently from the host, have a different personality, and can gain a set of skills over time. A tulpa can take the form of anything one's mind can conjure similar to that of an imaginary friend and they can perform any action that can be thought of such as spawning a creature or item into the host's mind, the physical plane as a vision or using the **mind's eye**, or a **mindscape.** Almost anything about a tulpa can be incredibly varied from voice, form, personality, it is simply to the limit of the host's mind. However, a tulpa **cannot** interact with the physical plane unless **switched** with the host or **proxying**, but can create the illusion of interacting with the host and only the host using the five, basic senses with enough practice known as **imposition,** or controlled hallucinations. In addition, a tulpa can indeed appear in the real world only in the host's perspective either by being seen through the host's **mind's eye** or literally with the practice of **visual imposition.** Where a tulpa is most of the time is personal preference to the tulpa and can of course vary from constantly being on the physical plane or within the host's mind or even both as an even balance. To be rid of a tulpa is the act of putting the tulpa into **dormancy**, which can be done in two ways: forgetting about the tulpa, or putting them into dormancy yourself. Luckily with dormancy, a tulpa can always be brought out of dormancy by focusing on them once more, but dormancy is described as slowly fading out of existence and it is generally indescribable, as the tulpa loses consciousness. How it has been described by some such as one of the researchers for this guide described his tulpa, Kai going dormant by starting off by Kai appearing to be asleep, but he eventually decomposed into nothingness. The capabilities of a tulpa is near limitless, as they can perform anything a person can do without interacting with the physical plane, but they can do even more than an average thanks to the powers they develop over time or with enough practice.

Section Three: The Three Types of Tulpas

Tulpas can be categorized into three different types of tulpa depending on how they were created, and each type of tulpa develops differently and can be more difficult or simple to develop depending on their origins. All three types of tulpas include: **natural tulpas, summoned tulpas,** and **semi-natural tulpas.** Summoned tulpas are the least likely to be a threat, and it is debatable of which of the other two types are more dangerous. Being the least dangerous, summoned tulpas are created willingly by the host and develop the skills **vocality, visualization,** and **imposition** first before the other two. Natural tulpas are created by the host experiencing an a incessant and powerful emotion over an extended period of time and natural tulpas start off as **offshoot personalities** before becoming a natural tulpa; they develop **possession, switching,** and **fusion** the quickest in standard scenarios. Semi-natural tulpas are a mix of the two and are created by intense obsession with something (most likely a character of some sort) mixed with an extreme emotion to create a semi-natural tulpa, but they can also be created by focusing on said emotion for long enough; they appear to develop **vocality, switching,** and **imposition** from what information has been gathered. Depending on the type, each develops at a different pace and develop different skills, but the safest type of tulpa to have is a summoned tulpa due to the skills they typically acquire first and how they are willingly created by the host. Reasons as to why semi-natural and natural tulpas are generally more volatile simply lies in their origins and intended purposes-- especially with natural tulpas. Skills not initially developed can be caught up with enough time and practice to where all three types can be equal in capability-- just that each one faces their own adversities during development and some more than others.

Section Four: Basic Creation of a Tulpa

Repetitive actions exist within all living beings as a means of survival and evolution, but the same even applies to the creation of a tulpa in a general sense. No matter what type is chosen, a tulpa is created in a similar fashion to that of a habit-- through repetition of the action until it becomes second-nature. Training and general development of a tulpa can be compared to that of raising a child and watching them develop and mature. Failing to focus on a tulpa via either **passive** or **active forcing** will eventually cause the tulpa to go dormant, but it becomes more difficult for a tulpa to go dormant depending on how long the tulpa has existed since a tulpa is more and more difficult to go dormant the longer they exist. A lack of forcing in a tulpa's early days after being created can result in dormancy quite quickly, thus it is pivotal to focus on a tulpa the most during their early days similar to that of feeding an infant constantly the first few months after creation. Goals for a tulpa in terms of development first start off with **independence,** or more simply becoming sentient and not relying on the host's thoughts unlike a **servitor.** Independence is achieved through either the two types of forcing and with due time, but the signs of the tulpa becoming sentient are when you cannot dispel the tulpa like a servitor, the tulpa has different opinions than you, and when the tulpa can hold an interesting conversation with you. For all three types, independence is the first step in development, but then each of the three types branch off into their separate pathways. However this may be, each of the three types originate, develop, and even act differently, thus before deciding on a type, it is incredibly paramount to know about each respective type before making a decision.

Section Five: Creating a Summoned Tulpa

Easily the most tame out of the three types of tulpa, summoned tulpas are completely created willingly by the host and they generally develop the least manipulative and possibly harmful skills first. To begin creating a summoned tulpa, it is recommended (not required) to plan out the tulpa's personality,

likes and dislikes, appearance, and even their gender and speech pattern before beginning the creation process. Drawing or creating your tulpa (such as 3D modeling) first can assist with visualization. Creating a tulpa based off of any well fleshed-out character, living/deceased friend, or relative is **not** recommended due to the fact that the tulpa would most likely have an identity crisis unless a character is based off of the tulpa themself, or they are told that they are not that character and that they simply possess the form of that character-- especially if the character is from other media that is not created yourself, or based off of someone in real life. Once preparation has been completed, it is time to begin focusing on the creation of a summoned tulpa-- which there are multiple ways to create a summoned tulpa. With recent surveys and studies, **meditating** while **active forcing** can be actually be slower than simply just interacting solely with your tulpa or **passive forcing** since the mind would be blocking out the tulpa to remain empty and clear. One way to create a summoned tulpa is by focusing on the form, personality, gender, and speech pattern/voice of the tulpa in your mind over the course of a day to up to a few weeks until independence is achieved, thus is why meditation was mentioned earlier. Meditating on the tulpa is considered active forcing, and a generally quick and effective way to develop any tulpa. Summoning a servitor (much easier done if the tulpa is based off of an original, self-created, well fleshed-out character) and keeping it around long enough will eventually result in the creation of a tulpa, but it is a generally longer process due to the need to constantly passive force with the servitor until it becomes sentient. Depending on how well fleshed-out the character is, the longer or shorter it could take for independence to develop. Over time, the summoned tulpa will eventually gain independence and begin to touch upon the other skills within Tulpamancy with due time and the addition of either **active** or **passive forcing**. Compared to the other two types of tulpa, the creation of a summoned tulpa is the safest, least intense, and least dangerous type of tulpa to create.

Section Six: Finding a Natural Tulpa

Surprisingly common, natural tulpas are not at all created willingly by the host, and are usually not wanted for obvious reasons. For the creation of a natural tulpa to occur, the host must experience an intense emotion of some kind or even a mix of emotions such as rage, sadness, and fear, and the host must experience these emotions for a fair amount (not exactly known, it varies from person to person) of time. Causes of a natural tulpa are also if the host is extremely stressed by something, as the purpose of a natural tulpa is to remove the source of the stress, or to aid the host in coping with said stress. Although the intentions have good purpose, a natural tulpa's methods are incredibly outlandish due to their nature before **deviating** into something less primal depending on what emotion they originated from. Rage is easily the most dangerous, as the tulpa's personality would be heightened rage and their methods as to dealing with the source of stress are the most questionable, and they are the most likely to **force-switch, force-possess,** and even **force-fuse** when enraged (which it is very easy to get a non-deviated, natural tulpa to be enraged) without the host even realizing it. The emotion the natural tulpa originated from can be summarized as the host's possible, suppressed emotions in some cases, and the emotions they originate from are largely exaggerated as they are again, the embodiment of the host's suppressed emotions. Reasons as to why someone would wish for a natural tulpa instead of a summoned tulpa are little to none, as a natural tulpa is far more dangerous, hard to notice, and they can be unpredictable. One thing to note about natural tulpas are that all natural tulpas begin as **offshoot personalities** (not to be confused with DID), but will become a natural tulpa once given a form. Reasons as to why natural tulpas are more of a threat than summoned tulpas are the skills they develop first-- skills such as **switching, possession, and fusion,** as each has to do with manipulating the host's body in one way or another in an attempt to literally shield them from whatever is causing the host's stress, or to remove said source of stress. Abilities such as vocality, visualization, and imposition are not of top-priority when it comes to the lone development of a natural tulpa, thus they fall a little behind in terms of those skills. As previously

mentioned, many people actually have offshoot personalities without even realizing it, but one can even search for his or her natural tulpa within his or her own mind if they show the signs of possibly possessing a natural tulpa. Written by Darkflame, he has listed the signs for possibly having a natural tulpa by the simple questions that he asks people, "Have you had any strange dreams, thoughts, hallucinations, or feelings? Do you have feelings of not being in control, voices in the head? What about limbs seeming to move on [their] own? What about reappearing forms, people, or pictures in your mind? All of these signs are signs of a Tulpa, if you experience some, or even all of these, you may have a Tulpa." Not all signs need to be present if a natural tulpa is present, however. Ironically enough, natural tulpas (especially the ones created out of primarily rage) almost always do the complete opposite of what their purpose is, as they generally causes even greater stress then relieving it. In conclusion, a natural tulpa is rarely ever desirable compared to a summoned tulpa due to their 'quirks,' but it is important to know the signs of having one, discovering the natural tulpa, and getting them to deviate before they become too powerful and/or volatile as time goes on.

Section Seven: Aiding the Creation of a Semi-Natural Tulpa

Simply unheard of, this is the rarest type of tulpa, as cases of **semi-natural tulpas** are extremely few in number. To put it simply, a semi-natural tulpa is either an obsession come to life or a purposefully made natural tulpa that the host influenced the creation of. From the amount of cases studied, it appears semi-natural tulpas are a mix in terms of skills they develop, as they appear to learn **vocality, switching,** and **imposition** the quickest compared to natural and summoned tulpas, thus again, being a hybrid of the two. Because not much at all is known about semi-natural tulpas, it is not exactly recommended to aid in the creation of one-- especially only the sake of study, as that is extremely unethical. But creating a semi-natural tulpa does have paths to take in terms of aiding in the creation of one, as depending on how the semi-natural tulpa is created determines how possibly willing the host is. Having a deep and complete obsession for someone-- especially a character of some kind where the host's life revolves around it over an extreme amount of time (possibly years), and is not exactly the recommended route due to this. Focusing on a deep emotion for an extended period of time and giving it traits is the second way to create a natural tulpa, but it is **not** recommended to use negative emotions such as (especially) anger, sadness, or fear, let alone a mix of the three or even two. Emotions and obsession are the part of a semi-natural tulpa's creation that relates to their natural tulpa side, and the willingness or aid (especially with the emotional method) are the sections of a semi-natural tulpa that relates to a summoned tulpa. Overall, a semi-natural tulpa is more of an experimental route due to its lack of knowledge, and is not entirely recommended due to this, but is a method of having a tulpa nonetheless.

Section Eight: Active and Passive Forcing

With the tulpa found/created/helped, they are now present in your mind, most likely sitting there or doing something else depending on the type of tulpa you possess, but most importantly, you do not want the tulpa to go dormant. Passive and active forcing are similar to feeding someone; it gives them strength and energy and also nourishes them to grow; that is an accurate comparison to what active and passive forcing are in an essential view. If you active/passive force with a tulpa on a daily basis, then they are bound to grow in strength and it prevents them from going dormant, the same goes for the inverse. Both methods of forcing work, but there are advantages and disadvantages for both, but it is mainly up to time constraints and personal preference. **Passive forcing** is similar to keeping a thought in the back of your mind, as you are essentially multitasking; the tulpa is present while you are working on other things and you are able to manifest them to the physical plane and you are still able to interact with them. A method such as passive forcing is more suitable to others who are decent at multitasking and/or do not

have the time to **active force** with his or her tulpa, but however, this method is indeed slower than **active forcing. Active forcing** is when the host solely focuses on a tulpa for a set amount of time while interacting with the tulpa inside of the host's mind or in a **mindscape**, this method is more effective, but requires focus and time to do on a regular basis. Other things cannot be done in the physical plane, as the host's focus must be on the tulpa, so it as not as flexible as passive forcing. Either of the two methods are essential on a near-daily basis to keep the tulpa healthy, to keep the tulpa developing, and to prevent the tulpa from going dormant. Dormancy is imminent if the host does not active or passive force with his or her tulpa, and is essential to know when practicing Tulpamancy.

Section Nine: Methods of Deviating a Tulpa

This is pivotal to know when one possesses a natural tulpa, as most natural tulpas begin as unruly and chaotic-- especially if made of rage; **deviation** is when the personality of a tulpa changes-- usually for the better in most cases. Of course, any type of tulpa can deviate, but some tulpas do not deviate at all on their own, or some simply deviate naturally from what they once were like. It is important to know at least a few methods of deviation just in case a tulpa is out of control, or you so happen to have a natural tulpa, thus is why some methods were made. Method one involves a system as a way to form trust, but this system is made solely for natural tulpas, as it requires the ability to **switch** with the host. Created by Darkflame, this method begins with the tulpa being allowed to switch up to five times each week, once a day; the tulpa gains a switch to up to seven times a week if the tulpa behaves for an entire week, but they will lose a switch if misbehavior occurs while switch, and the host is required to switch back immediately. Not only that, but the tulpa is recommended to wear a collar that saps the tulpa of its power to prevent misbehavior as well until the tulpa deviates, and once the tulpa fully deviates, the system is allowed to disbanded. The collar is only necessary if the tulpa is incredibly unruly and constantly attempts to force-switch with the host, force-possess, or cause illusions to the host. Another method involves a point system to where misbehavior results in negative points and good behavior results in the addition of point, and if the tulpa reaches -100 points, then the host would force them into dormancy, while certain milestones of negative or positive points can result in a loss or gain of abilities such as being able to **switch, possess, fuse,** or use **imposition** as time goes on until the tulpa entirely deviates. One final method would to be the least kind and refers to expressing dominance and using fear as a way to scare the tulpa into deviating, but is not exactly kind towards the tulpa and could easily backfire depending on what the tulpa is like. Deviation is almost required when you have a natural or semi-natural tulpa, as some tulpas (especially natural tulpas) can start out incredibly unruly, manipulative, and/or chaotic, thus deviation is incredibly pivotal to prevent havoc from being caused by an unkempt tulpa.

Section Ten: Independence

Note: this step in tulpa development can be skipped if you have a natural tulpa or a semi-natural tulpa created out of obsession over a set amount of time. **Independence** is when a tulpa becomes sentient, and is the first step into developing a tulpa. Giving a tulpa independence is simply done by passive and/or active forcing with them over a variable of time until the listed signs occur: the tulpa is able to have an in-depth conversation with the host, the tulpa does not rely on the host's thoughts to speak (which is also part of **parallel processing)**, and if the tulpa is able to experience normal emotion without it being inflicted upon them such as like a sentient being. Another thing to note is that this step is required as a branching step for the other steps of a tulpa's development to begin, and all tulpas must have some skill independence before anything else.

Section Eleven: Parallel Processing

For a **tulpa system** to function properly as a legitimate system, **parallel processing** is an important step in tulpa development, which parallel processing is the skill a tulpa can have with being able to act and think independently from the host and not depending on them to function. Parallel processing of course can be developed over time via active and/or passive forcing, but there are also exercises that can be done to hasten the process as well. Various parallel processing exercises can be found below:

Method One, Tulpa See, Tulpa Do:

This method requires at least proficient skill in **possession;** this possession game involves the tulpa or host to mimic the other's movements by the tulpa controlling half of the body, and the roles of the movement creator and the one to mimic the actions can be switched as certain rounds. As time goes on, the movements should become more difficult for the tulpa or host to mimic as rounds go on, and it is encouraged for tulpas especially to be the one to make the moves to think of their own movements, and attempt to create more complex movements. Creating more intricate and varied movements for the host to mimic each later round can develop parallel processing and even functions as possession training simultaneously.

Method Two, Guessing Game:

For this practice to function properly, you must prevent your tulpa(s) from reading your thoughts and vice versa, which can be done by simply thinking of it, using symbolism by summoning a barrier of some kind around your mind/memories, but it may take a few attempts before both parties are unable to scan the other's thoughts for the answer. Looking for the answer during the game can be accidental, even with the preventative measures, so it is advised to practice a few times until both are sure that they cannot accidentally look through the other's mind. Have the opposing party have an object and mind and the other will be allowed to ask a specific number of questions, then attempt to guess what the other is thinking. Especially important for tulpas, attempt to make the item something that the host will not expect from you while they are guessing, along with the same should be done for the host as well to allow the tulpa to ponder and develop parallel processing by attempting to think of what the item is.

Method Three, How Many Ways:

Math equations are perfect for this practice, as this method involves taking turns to find different ways to solve an equation, puzzle, problem, etc and see who can find the most ways to solve the problem. **Switching** and/or **possession** is optimal, but not a requirement. Using this practice can allow the tulpa(s) to think of how to solve it while not being allowed to use the same answer that the host or another tulpa/mental construct has used until all solutions are found. It is also desired that another **system** entirely gives the problems for the other system to solve, so that accidental access to the answers between tulpa(s) and host does not occur, and can be a way for two systems to challenge and compete-- giving incentive for the tulpas involved to attempt even more to solve the problem and further their parallel processing capabilities.

With these methods and due time, parallel processing will allow your tulpa(s) to think and function independently, and they would eventually be able to surprise you when they have mastered the skill along with being able to think completely differently from you. For general life and tulpa development, this skill is pivotal to being able to switch and still be able to think without relying on the host.

Section Twelve: Vocality

Vocality is when a tulpa possess a unique, distinct voice via what is referred as **mindvoice** and this is where development steps differ from tulpa to tulpa-- especially depending on the type of tulpa; summoned and semi-natural tulpas are usually the first to develop this step compared to natural tulpas. Training vocality can be simple by having your tulpa speak constantly by holding conversations with them, or asking them questions, or even by having small talk with them regularly. Eventually, the tulpa will develop a distinct voice either that of what you wish or what they wish, or even a completely new voice out of the blue. At first, the tulpa's voice may constantly change, sound off, sound distorted, or you may barely be able to hear them, but his or her voice will eventually become distinct and clear the more you practice and the more time that goes on.

Section Thirteen: Visualization

Usually a prerequisite to **visual imposition**, **visualization** is being able to see your tulpa clearly in your mind's eye or simply in your mind without any lack of detail, distortions, inaccurate sizes, or deformities. There are many ways to practice visualization, and each method works differently and for better or worse depending on the person. A common method is for the artists out there, and it is simply drawing and/or modeling your tulpa to use a reference to visualize them, but it is not the best, as it is done in the physical world, and can only be done for reference; it also depends on the host's drawing or 3D modeling skills as well. Scanning is another method that involves slowly moving up from the bottom of the tulpa to the top while looking up-close and in extreme detail until finally reaching the top, then gazing upon the entire tulpa; this method allows the tulpa to be seen in a much more clear sense both in the host's mind and in the physical plane. Similar to scanning, visualizing each limb separately in great detail, then placing them all together also aids in forming a clearer image than before. Over time, the image of your tulpa should stay clear, then you are ready to begin practicing **visual imposition**, but not without being able to visualize your tulpa clearly. Both vocality and visualization are gateway skills to **auditory** and **visual imposition,** and are almost required before advancing further.

Section Fourteen: Imposition

With visualization and vocality required for two of the different forms, **imposition** is literally being able to see, hear, touch, smell, and even taste your tulpa in the physical world as if they were actually there. Easily the most popular, **visual imposition** is being able to see your tulpa in the physical world without needing to focus on them and without seeing them in your mind's eye. Several ways of practicing this form of imposition are known; one method is constantly having your tulpa follow behind you as an actual person-- even opening doors for them if no-one who is not familiar with Tulpamancy is around, but the estimated time until you begin physically seeing your tulpa is unknown due to it varying from person to person; being skilled at **auditory imposition** is an aid, as you can simulate your tulpa's footsteps behind you as well to give a more realistic effect. A blank wall is required along with mastery of visualization, but placing your tulpa on a wall in a 2D fashion for a set amount of time, seeing how they

move about said wall then moving around again will place them on the 3-dimensional plane with enough practice will grant them the ability to be seen normally, but perhaps not in full detail. Dim lighting is recommended, and you must not move your head much while practicing as well. Lack of detail, deformities, or lack of parts of the tulpa are normal at first, and the full image of your tulpa will eventually be seen on the physical with enough practice and dedication. One final method is constantly visualizing your tulpa(s) on the physical plane until they can physically be seen without looking through your mind's eye, but it does take a long time to achieve. Even without practicing imposition, a tulpa will develop these skills (albeit a lot more slowly) over time normally as long as the tulpa does not go dormant, so practicing imposition is not a requirement to eventually master it, but it is highly recommended for those who are interested in it. **Auditory imposition** is being able to hear your tulpa(s) in the physical plane without the use of **mindvoice;** there are two ways of practicing this form of imposition without simply forcing or waiting until the skill develops on its own. Telling your tulpa to hum a consistent tune (they need to physically be humming, not just in mind voice) until you begin to actually hear his or her voice, but it requires consistent humming and the tune can become possibly stuck in your mind over time. Having a conversation with your tulpa responding with his or her voice while manifested on the physical plane is another method of developing auditory imposition, but is indeed a slower method, as it is not constant and you need to wait for the tulpa. Simply having your tulpa physically speak in both planes is another method, but is also slower than simply humming. **Scent imposition** is being able to literally smell your tulpa on the physical plane to where they possess a smell, and can be practiced by linking them to a certain smell. Meditating with a scented candle with the scent you wish to link your tulpa to is one method along with meditating while focusing on the desired smell is also another method. Focusing on a certain smell while simply active forcing or having the smell around at all times while passive forcing will eventually link the smell to the tulpa as well, but doing so while passive forcing may be a slower method than the others. **Taste imposition** is the ability to (as odd as it may sound) taste your tulpa(s) in the physical plane without imagining it, or realistically taste any item(s) you or your tulpa(s) spawn in. Recreating a set taste that you wish to give to a tulpa during active forcing is a method of practicing taste imposition, or constantly attempting to taste items that are spawned in the physical plane can also be a form of taste imposition practice. Said taste of the tulpa(s) or item(s) may come out as nothing, then possibly dull or inaccurate, then finally to a realistic taste the more it is practiced; indulging items in the physical plane can also be a method of practicing **tactile imposition** as well since mimicking the texture of the item also does come into play when tasting an item or tulpa. The last of the five types of imposition is **tactile imposition** where you are able to physically touch your tulpa in the physical plane, but it can only be a light touch as you would phase through your tulpa otherwise. Tactile imposition can be practiced by physically attempting to touch your tulpa or your tulpa touches you until you begin to feel them along with their presence whenever they are present in the physical plane. Touching them while active forcing within a mindscape is also an effective method to practice tactile imposition, but may be slower than other methods that were spoken before. All forms of imposition can come naturally over time, but can take years if not practiced normally.

Section Fifteen: Possession

Possession is when your tulpa takes control of a limb or the entire body, but not the mind unlike **switching.** This is one of the more advanced skills that is slightly harder to learn, but it does vary from person to person and especially the type of tulpa that you have. **Dissociation** allows a tulpa to possess a limb much easier, but requires prolonged relaxation of whatever limb that you wish to be possessed before it becomes dissociated. Another method can involve your tulpa's essence flowing into the desired limb while you allow them to do so, meaning you should have absolutely zero defenses up. Having the tulpa visualize them slipping their arm/limb into your like a glove can also be another method of possession, or

even them controlling the limb via puppet strings or even a remote control for creativity. Possessing limbs normally as practice will also increase a tulpa's possession skills, but if you master switching first, then possession comes along with learning how to switch with your tulpa. While fused, the host can possess his or her own limbs, and the host would also need to train his or her own possession skills while fused the same way a tulpa would normally unless the host mastered switching first. Similar to that of visualization, possession is another gateway skill but with switching instead of imposition, but is not required to master first, and can switching can cause the tulpa or host to master possession if they master switching before possession.

Section Sixteen: Switching

Switching is when the host and tulpa switch places to where the tulpa takes control of the host's mind and body while the host is reduced to a literal tulpa; switching is an advanced practice that may take a long time to master or even perform a switch for the first time. Three known things can occur to the host when they switch: they can fall unconscious or into a state of **blackout**, can impose themselves in the physical world like their tulpa, or place themself in the mindscape to work on something else. Methods regarding switch training are plentiful and of course, every method to switching does indeed work, but the success of certain methods vary from person to person. Practicing possession can aid in learning how to switch; possession can be a gateway skill to switching along with both types of forcing also are forms of pre-switching skills. A few switching methods can be seen below (Note: most methods seen are symbolic methods instead of practical methods using trances since some people have issues going into relaxed trances to switch, or "letting go". All but two of these methods require no state of serious relaxation and can be done near-instantly with enough practice unlike the last two methods as long as you are not in a massive state of distress or panic, which they can still be done if trained to a high degree):

Method 1, Orb Method: Have you and your tulpa conjure an orb that represents you and your tulpa respectively to where you have two orbs representing each of your essences, personalities, and spirits. Depending on the essences respectively, the orbs may appear similar to your tulpa's orb, or even completely different, such as my orb being a fuchsia pink with a slightly magenta center and my own tulpa's orb being light green with a flame within it. Next, exchange orbs with each other and make sure that the orb you were handed becomes a part of you; a way of doing this is each of the two respectively placing the other's orb within his or her own chest. Make sure you are spawned within any sort of **mindscape** with your tulpa present, or manifest your tulpa in the physical plane while attempting to switch with this method. Conveniently, this method can also be used for **fusing** as well. If nothing occurs after the orbs have been exchanged, then either the host or tulpa are too fatigued, you are incapable of switching just yet, or this method may not be suitable for you.

Method 2, Barrier Method: Both the host and tulpa must be on the same plane whether it be within a **mindscape,** or on the physical plane for this method to work, which this method involves using a barrier between the host and the tulpa; the word "TULPA" is on the side the of the barrier that the host is on, and "HOST" for the side the tulpa is on. Work together to pass the barrier at the same time to switch places, which may take some effort varying from person to person. If nothing has changed after you have both successfully passed the barrier at the same time, then it could mean fatigue, still unable to properly switch, or the method is not optimal for you to perform.

Method 3, Course-Running Method: This method is mainly used by natural tulpas, as this is how they usually stealth-switch with the host, but this method can be used by any other type of tulpa and can also be used normally. Let your tulpa attempt to switch with you, and as they do, you would most likely

begin to feel a generally tense feeling that becomes more intense the more the tulpa attempts to switch, but the detail of said tense feeling is different for everyone; it can be where it lasts a few seconds and where your muscles lock up for a few more seconds, or an incredibly tense feeling that makes it so you feel as though you are drowning in the emotion that is constant rather than for just a few seconds. To switch using this method, let the feeling take over and let the tulpa do his or her job until the switch occurs. As with the other methods, if nothing occurs, then it most likely again means fatigue, unable to switch quite yet, or the method is not suitable.

Method 4, Meditation Method: Meditation is an addition to the Course-Running Method, but is generally easier with a cleared mind during meditation to switch. Attempt to meditate until your vision darkens, then attempt to have your tulpa switch with you similar to the course-running method, and it is the same in terms of reasons as to why it may not work apply to all methods.

Method 5, Essence Method: Drain yourself of your own essence by relaxing yourself-- starting from digits such as the toes to larger limbs all the way to the head, then let your tulpa fill the empty space, which should result in a switch. Letting the tulpa perform **full-body possession** and allowing their essence to fill the body naturally, then taking control of the mind can work as well. Do this while lying down, but do not fall asleep during the draining process, or it would most likely not succeed. Same reasons for failure apply here as well, such as with all the methods listed.

There are many methods, or more or so an infinite amount of methods depending on the amount of creativity you have, but some of the methods listed above are some of the most well-known and successful methods. Something to note is the anatomy of your tulpa is important to remember while switching for the first time, as a naturally quadrupedal tulpa that does not have a bipedal form will most likely have issues walking on two legs, or a tulpa with digitigrade legs may actually walk using digitigrade legs when switched, or if they do not have five digits, they may only use the amount they normally have or have a harder time adapting to using five digits if they possess more than five digits. It is recommended **not** to switch in public until your tulpa has adapted to using a human form unless they are incredibly human-like or already have a human form. Vocal cues are another notable thing, as your tulpa may naturally possess a different voice from your own while switched, and said voice can be possibly too different from your own to be used in public, or may damage your vocal cords if they are strained too much by the voice. Training to use a different vocal cue or having a set of vocal cues could be required if you wish to switch in public. Falling unconscious for an extended period of time such as several hours will usually undo a switch or a fusion unless the one in control has contracted either **LSS/SLS** or **FLS** and/or unless the tulpa has had enough training/done it long enough. The amount of time it takes to perform a successful switch depends on the type of tulpa and from person to person; it can take less than a month for a natural tulpa, or even less than two months for a summoned tulpa, but that is not part of the norm. For a summoned tulpa, it usually takes more than two months, usually over a year or many years for some. Attempting to switch using different methods everyday will eventually result in a successful switch, but it may take a long period of time, or even happen with due time without practice, as the tulpa naturally develops.

Section Seventeen: Fusion

Fusion is when the host and one or more tulpas fuse personalities, or two or more tulpas fuse personalities or literally fuse together to create a new entity known as a fusion for a temporary amount of time while **merging** is when the host and one or more tulpas or two or more tulpas permanently fuse or

fuse for an incredibly prolonged amount of time. Considered a controversial practice, fusion is debated as the most advanced skill in Tulpamancy, but it can be mastered before switching. Only one method is known for fusing the tulpa and host, which that involves merging the tulpa's and the host's orb together to create the fusion; a method to fuse two tulpas other than using the orbs is literally fusing the two together, then switching. Recently discovered, **fusion forming** is when the fusion is given a mental form instead of having to be in control and anyone whether it being the host or any tulpa can switch in while the fusion is still present. To unfuse, simply separate the orbs respectively or separate the two or more tulpas that are fused after switching back. Genetics but with personalities is a good way to describe fusion, as said fusion's personality is a mix of the two or more personalities, but with a few unique traits surfacing the longer the fusion has existed. At first, the fusion will be similar to the host, but likely bewildered as to what has just happened, but the fusion will become more unique over time. Random fusions can occur to where the host fuses without even realizing it, but the fusion will become more obvious if the fusion becomes aware that they exist. However, it is **not** recommended to fuse very often (such as several times a day normally) or for very long, as the personalities of the tulpa(s) and host could blend into each other permanently, and fusing multiple personalities is also considered quite dangerous. An example of a mixture of traits is when my own fusion, Rylanus walks with one foot in a digitigrade style or uses four digits in one hand/foot without even realizing it due to Arcanus' own traits. Another thing to note is that it could be possible that a fusion can accidentally become a tulpa if fusion formed for too long, or if you are fusion formed for too long (this has not been proven yet despite recent testing), which if the host and tulpa(s) fuse normally if the fusion becomes a tulpa is unknown, and is **not** recommended to fusion-form for several days at a time or even for an entire day. Moreover, fusion can be interesting, but caution must be taken when fusing more than one tulpa, as the results can be quite dangerous if personalities conflict, if the fusion was unwillingly, or if the tulpa takes a form that conflicts personalities; fusion can cause permanent damage to the host and tulpa's personality, so please be careful when performing fusion.

Section Eighteen: Other Mental Constructs/Thoughtforms

Tulpas are not the only type of **mental construct** or **thoughtform** out there, as there are multiple constructs that do not have to be sentient or even have all the abilities a tulpa normally has. **Servitors,** for example are mental constructs created to serve a purpose whether it be simple or advanced, are not sentient, and can be despawned at any time, but can become sentient if kept around for too long and if it is an advanced servitor; take caution when spawning in advanced servitors for prolonged periods of time. **Mindscapes,** also known as **wonderlands** are areas within the mind that can be based off of real-life locations, areas in media, or completely made up by the host, and provide an area for a tulpa to dwell in normally if they do not mind being within the host's mind. Places such as mindscapes can be used as places to active force with your tulpa, bond with them, and even practice skills there as well. **Items** are literally items spawned in by either the host, tulpa, or fusion that can be used as any regular item depending on the mental strength of whoever is using it. **Custom constructs** are mental constructs that you dictate what they do specifically, and are generally unique in a way that differentiates themself from a tulpa or a servitor, such as a pet-like mental construct or spirit animal(s); custom constructs may or may not be able to be despawned depending on the construct. A tulpa can spawn in his or her own servitors, mindscapes, items, and even tulpas if the tulpa is strong enough to do so; it is wise to block a tulpa's ability to create his or her own tulpa unless you give them your consent, however. Usually, each construct serves a purpose in one way or another, but all of them are not sentient unlike a tulpa or fusion.

Section Nineteen: Danger Levels of Tulpas

This is incredibly important to know for natural and semi-natural Tulpamancers, as their tulpas **can** be incredibly dangerous due to how they develop compared to summoned tulpas, but summoned Tulpamancers also should heed this as well out of caution, but this section can be skipped for summoned Tulpamancers; an undeviated natural or semi-natural tulpa (and summoned tulpas in **very** rare cases) can be incredibly dangerous depending on his or her strength, thus a set of different levels for how dangerous a tulpa can be were created by Darkflame to categorize them:

1. Safe: The Tulpa poses absolutely no threat to anyone once-soever.
2. Low-Violence: The tulpa does not pose a threat very often to anyone else.
3. Violent: The tulpa **can** pose a medium threat, but cannot cause serious harm, and usually to specific people.
4. High-Violence: The tulpa can often pose a threat to everyone.
5. Emergency: Always poses a threat to others, and should be dealt with as soon as possible.
6. Full Alert: Must be dealt with as soon as possible, no questions asked, as they can cause serious harm to the host and everyone around them.

Although a tulpa may have the potential to be a level such as violent, this may only mean that they are capable of doing so, not simply being hostile and willing to cause chaos. Keeping a tulpa within the violent level and lower is generally where a normal tulpa should be, and anything higher than that should be dealt with as soon as possible before they get out of hand. Any Tulpamancer should be aware of his or her tulpa's level and ensure that they are **equal** in terms of power with his or her own tulpa unless the tulpa is an undeviated tulpa that is hostile in the violent level or higher. Simply because a tulpa is *capable* of force-switching if they are only riled enough, or can cause hallucinations via imposition does not mean they need to deviate, but preventative measure should be taken to prevent force-switches-- especially with natural tulpas made of primarily rage if the source of the host's stress if irritating them immensely. But however, sometimes, letting a tulpa force-switch can actually help the tulpa relieve stress and have more control over themself, as Darkflame reported from his natural tulpa, Darkflame reported, "it gives him [Finsternis] more mental space to fill," as Finsternis has more control over himself, and is not as volatile while switched in knowing that he now holds limits and that he can ruin his host's life if he makes a wrong move. Depending on the situation, it may actually be a wiser option to let said tulpa switch instead of letting them suffer while in tulpa form, let them calm down, then switch back after the tulpa eventually calms down. Being aware of these levels can allow you to know whether or not to help your tulpa deviate, or if you need to train to become equal to your tulpa in terms of strength instead of them being more powerful.

Section Twenty: Disorders and Methods of Communication

Even with Tulpamancy, disorders can occur due to random factors of stress, irresponsible switching and/or fusing, and can be a serious issue depending on the reason why said disorder occurs. **Switch Lock Syndrome/Lock Switch Syndrome (SLS/LSS)** is when the host and tulpa are stuck switched, even when laid unconscious for an extended period of time, and this can occur with constant, prolonged switching, or if the tulpa is incredibly stressed by something while switched in. Ways to cure LSS involve removing the source of said stress, letting the host regain the ability to switch back until the host and tulpa are able to switch back permanently again; a way to know if someone's LSS is cured is if the host wakes up as themself normally. LSS can last several days normally, but in extreme cases can last several weeks at a time, and the host may become stronger or weaker due to training, the source of stress, and how LSS was caused; the host can lose the ability to temporarily switch, possess, and even possibly the ability to manifest themself onto the physical plane in extreme cases. **Fusion Lock Syndrome**

(FLS) is very similar to LSS, but instead of being stranded switched, you are trapped into a fusion, which FLS is just like LSS in that regard in everything else from the causes of it and ways to cure it. Occasionally, you may feel what is known as **head pressures** as a way that your tulpa is trying to communicate with you, and it is considered one of the most primitive forms of communication between tulpa and host, and systems to understand these head pressures can be established until your tulpa is capable of using **tulpish** or vocality. **Tulpish** is another basic form of tulpa to host communication that is when the tulpa communicates to the host via mental images, emotions, and interpretation of what the tulpa is saying, and this form of communication is usually used before vocality or when the tulpa is unable to use vocality due to stress or other factors. It is important to understand the possible ways your tulpa may communicate you with before learning vocality; it is also important to know the possible disorders and how to treat them if they are ever to occur.

Section Twenty-One: Power-Passing

Discovered fairly recently, **power-passing** is when a tulpa hands another tulpa his or her power as a way to speed up the growth of a second and beyond tulpa, and the tulpa giving the power even regenerates the power back while the receiving tulpa retains the power after it has been regenerated. Of course, this ability does not apply to someone who only has one tulpa, but power-passing is also a good way to help a natural tulpa deviate while another tulpa benefits. Place a collar onto the tulpa that needs to deviate that saps the power of the tulpa to where it cannot cause any harm, and direct the power that is being sapped to another tulpa as a way to give them power; this of course includes abilities such as possession, switching, and fusion as well. And after the tulpa eventually deviates, the collar can be removed and the tulpa can regain all of the power and both tulpas benefit from the process, as the tulpa that does not need to deviate gains extra power and possible abilities and the other tulpa is able to deviate while helping another tulpa out. However, this method of deviation may be too oppressive for some, and those who believe that may wish to search for a different deviation method. For summoned Tulpamancers that also have a natural tulpa, this can be a great method to speed up the process of teaching their summoned tulpas the skills a natural tulpa is naturally good with as well and the same can be said about summoned and semi-natural tulpas as well. In addition, this can be an effective method on catching newer tulpas up to equal power (if you so wish to have more than one tulpa) to the most powerful tulpa in a relatively fast manner as well.

Section Twenty-Two: Offshoot Personalities/Headghosts

Off-shoot personalities are the starting point for natural tulpas as they first develop, and they are simply natural tulpas without a form that are generally found to be weaker than natural tulpas and can do everything a natural tulpa can perform including imposition in the form of illusions. Giving an offshoot personality a form is the first step into natural Tulpamancy, as a tulpa is required to have a form to be considered a tulpa. An offshoot personality is essentially another personality, sentient voice within one's mind, or a force that takes over during certain moments, but having an offshoot personality is not to be confused with Dissociative Identity Disorder (DID), as these off-shoot personalities can be controlled unlike DID. One thing to note is that offshoot personalities are not as powerful as natural tulpas, and removing a tulpa's form would convert it into an offshoot personality; this can be a method to prevent a tulpa from force-switching with the host if the situation is serious enough. Surprisingly, off-shoot personalities are surprisingly common in people, but they often go dormant once the source of whatever stress created them is gone since the host is unaware that they have an offshoot personality unless they know the signs of having a natural tulpa. **Alter egos** are similar to offshoot personalities except that they are willingly created by the host, and are generally another version of the host except what the host would

be outside of his or her comfort zone. They are brought into existence to perform things the host is not inclined to do, and to generally do things better than the host is capable of doing. Just like tulpas, off-shoot personalities can also be made, or an existing tulpa can be converted into an offshoot personality as well. Overall, off-shoot personalities are usually converted into tulpas once discovered and develop similar to that of the other types of tulpas.

Section Twenty-Three: Tulpamancy Ethics

When it comes to something such as Tulpamancy, tulpas are sentient, can feel emotions and pain, and can experience anything a human can and beyond-- even having a physical body when switched. Treating a tulpa as a human being is incredibly important, as treating them as equals instead of them being inferior or superior, and they should be respected the same way any human being should be respected. Creating a tulpa for the sake of sexual pleasures, experimentation, or for something such as work or school is simply slavery, and is highly discouraged. Finding proper and balanced times to switch or fuse with your tulpa (if you plan to switch or fuse) is important instead of having the tulpa experience everything that is negative or positive instead of a mix is imperative to note for the sake of balance, as summoning a tulpa to deal with negativity can cause the tulpa to become corrupt unless it is a natural or semi-natural tulpa.

Section Twenty-Four: Conclusion

Spawning, finding, or helping a tulpa is a step that will most indefinitely change your entire life, which whether or not you want to have or create a tulpa, it is a massive choice. But for those lucky or unlucky few, you may already have a tulpa and may just not know about it; it is up to you to either not create or assist the development of a summoned or semi-natural tulpa or let a natural tulpa go dormant is fully the host's decision, but it can be a moral choice in some cases. Whether or not this guide spurs you into the world or Tulpamancy or it shocks you with fear and ruins any hopes you had of becoming a Tulpamancer, this guide is for the purpose of safe Tulpamancy to prevent anyone from being injured by such a thing. Many Tulpamancers are unaware of the other two types of tulpas, the fact that even summoned tulpas can turn out poorly, and a few of the abilities that were discussed here that every Tulpamancer should know for the sake of being safe and efficient at the same time. Telling anyone who is generally irresponsible could drastically impact his or her life in a negative way, or if said person has any personality disorders or mental illnesses that affects the person's personality or sense of reality should not experiment with Tulpamancy, as it can permanently damage the person's mind as well. Although Tulpamancy can greatly impact the host's life, it needs to be handled in a responsible manner, so please do consider what has been said before spreading word of Tulpamancy to others, or even showing others this guide. In conclusion, Tulpamancy can fun, dangerous, and mind-boggling, but it is always important to know how to perform Tulpamancy properly, and to be safe with it at the same time.

Section Twenty-Five: Definitions

Active Forcing: When the host actively focuses on his or her tulpa within his or her mind and nothing else for set amounts of time.
Alter Ego: Another self within someone's mind that is usually created to perform tasks better than the original ego.
Auditory Imposition: The ability to hear a tulpa in the physical plane without using mindvoice or imagining it.

Blackout: A state a host can take on when switching where they lose consciousness and rely on the current fronter to remove them from blackout. Blackout is common in traumagenic systems.

Blending: When the barrier between the host and mental construct's mind began to blur partially, mixing thoughts together and potentially causes both to lose their sense of self during the process.

Co-Fronting: When two or more sentient, mental constructs (or the host) are fronting at the same time--effectively sharing the body and mind in some cases.

Custom Constructs: Mental constructs that are custom designed for something. **Deviation:** When parts of a one's personality are lost or changed, usually for the better or in physical appearance for a mental construct whether it be intentional, unintentional, spontaneous, or gradual.

Dissociation: A state of disconnection from something or someone.

Dormancy: When a tulpa is ignored for long enough to where the eventually fall into a deep slumber/stasis, but it is harder and harder for a tulpa to go dormant as time goes on. A tulpa/sentient construct can also be forced into dormancy by another construct or the host.

Endogenic (In terms of Plurality): The state of reaching plurality that is not traumagenic; Tulpamancy is a type of endogenic plurality.

Factive: A subtype of tulpa that has the form and/or personality of a real-life person that can be long-dead, a friend, or family member, but most likely does not act identical to the actual person.

Fictive: A subtype of tulpa that has the form and/or personality of a character in fiction, but most likely does not act identical to the actual character.

Fight or Flight Response: A rush of adrenaline noradrenaline, and epinephrine from the brain in order to access the other 70% of strength that is not used in order for someone to flee or fight if the brain feels as though the body is in peril.

Force-Switch: When the tulpa/mental construct performs a switch without the host's consent.

Fronting: When a tulpa/sentient construct is "in front", A.K.A controlling the mind and most likely the body.

Full-Body Possession: When someone who is not fronting is in full control of the body, but not the mind.

Fuse-Lock Syndrome (FLS): When the host and tulpa(s) is trapped within a fusion for usually a few days up to a few weeks.

Fusion: When the host and tulpa or tulpa's personalities blend together to form a new entity that is a mix of both personality's traits along with unique traits. May or may not literally include the two participants in the fusion or keeping the two separate while temporarily creating a new entity.

Fusion-Forming: When a fusion is given a form while another systemmate takes control-- allowing the fusion to not have to be operating the body of the host while being fused.

Head Pressures: Pressure on the head that is similar to a headache caused by a tulpa attempting to communicate with the host-- mostly used before vocality is achieved.

Independence: When a tulpa becomes sentient and can function independently from the host.

Imposition: When a tulpa can be physically seen, felt, heard, smelled, and/or even tasted by the host without focusing on the tulpa or seeing the tulpa through the host's mind's eye.

Item: An object spawned in by either the host or a tulpa that is not considered a living thing.

Lock-Switch Syndrome (LSS)/Switch-Lock Syndrome (SLS): When the host is forcefully stuck switched for a prolonged period of time and is unable to front.

Mental Construct/Thoughtform: A form, shape, or being forged within the mind that only the host along with other mental constructs of the same system can perceive.

Merging: When the tulpa and host's personalities permanently fuse or fuse for a very prolonged amount of time.

Mind's Eye: The attempt of visual recollection or vision via imagination whether it be on the physical or mental plane.

Mindscape/Wonderland: An area within the host's mind where both the host and tulpa(s) can interact and bond in.

Multi-Fusion: When the host or simply three or more tulpas are fused with multiple tulpas at once.

Natural Tulpa: A tulpa created without the help of the host by strong emotions and stress stimuli for over a varying amount of time

Offshoot Personality/Headghost: When the host has two or more personalities that the host can control unlike DID (Dissociative Identity Disorder) and are not always like **alter egos**.

Out-of-Body Switching: When the tulpa and host switch places while the tulpa is manifested outside of the body.

Parallel Processing: The skill of being able to act and think independently and at the same time the host as a tulpa or other mental construct.

Passive Forcing: When the host does not actively focus on his or her tulpa, but still can interact with them while performing other tasks.

Plurality: The state of having two or more consciousness in the same body, traumagenic or otherwise.

Possession: The skill of a tulpa's ability to control a certain limb, body part, or the entire body, but is not the same as **switching**.

Power-Passing: When a tulpa gives an ability or an amount of power to another tulpa permanently.

Proxying: The action of speaking on behalf of a tulpa or fusion, often used as a method of communicating in the physical plane before having the ability to possess or switch.

Scent Imposition: The ability to smell a tulpa on the physical plane without imagining it.

Semi-Natural Tulpa: A tulpa created out of obsession of a certain character, creature, or thing to the point of the host's life revolving around it combined with intense emotions similar to a natural tulpa, or by focusing on an intense emotion for a variable of time. Can also be a **fictive/factive**.

Servitor: A non-sentient mental construct created to serve a purpose.

Summoned Tulpa: A tulpa that was created willingly by the host, often focused on for a certain period of time.

Switching: When the host and tulpa switch places to where the host is reduced to a tulpa-like state while the tulpa is in full control of the host's body for a period of time under normal circumstances. Can include the host being placed into the mindscape, imposing themselves in the real world, or **blackout.**

System: A collective group of mental constructs (sentient or otherwise) that share the same body-- does not necessarily have to be 100% plural.

Tactile Imposition: The ability to touch a tulpa in the physical plane without imagining the sensation.

Tulpa: A sentient, mental construct that is sentient, and can only been seen, heard, or felt by the host that can also think independently from the host.

Tulpa System: What a group of tulpas and the host in one body are considered.

Tulpish: A basic form of communication that an early tulpa uses. Consists of communicating via emotions, interpretations, and mental images.

Visual Imposition: The ability to see a tulpa in the physical plane without imagining them or seeing them through the mind's eye.

Visualization: When the host has an image of what the tulpa appears like, but cannot be seen outside the mind's eye unlike imposition.

Vocality: When the tulpa is able to communicate via a distinct voice inside the host's head without using Tulpish.

Section Twenty-Six: Useful Tips and Advice

These are useful tips for the budding Tulpamancer who wishes for the best for their tulpa; note that these happiness requirements can vastly be different from system to system. Some systems have to split body time to achieve happiness while other systems have tulpas that are perfectly content with staying tulpas and living their lives normally by their host or within the mindscape. Do not be surprised if you spot these tips in other areas, as they are common tips throughout the community.

1. Never set deadlines or goals to achieve certain milestones in Tulpamancy.

Every individual/system experiences Tulpamancy differently and there is no set way to gain certain things. Forcing yourself to force daily for an hour, then failing to uphold that goal is a path straight to disappointment and a loss of motivation; take the time and smell the roses along the way; enjoy the fun you are supposed to be having with you tulpa. Some systems can learn imposition within weeks while it takes other systems years just to see a distortion; everything in Tulpamancy is subjective in terms of people's experiences; no two experiences are exactly the same. Enjoy that you have someone to accompany you to work/school, or just simply force with them when you can instead of stressing over your forcing quota for the day.

2. Never force your tulpa to act a certain way if it is not harming anyone specifically.

Natural tulpas are a different case with this <u>at first</u> since they usually begin as harmful or dangerous to themselves or others depending on the emotions they make up; this tip is for mainly summoned/semi-natural tulpas. For example: your tulpa changes their form to that of a creature/person/character/whatever that you do not like, do <u>not</u> force them to change something about themselves just because they are doing something that you do not like. Them having differing opinions from you is a sign of independence, which should be embraced, not oppressed. An example of where deviation needs to take place is if your tulpa begins to do harmful things such as taking drugs while fronting, harming you or others purposefully, or is manipulating you into depression (these are unlikely for summoned/semi-natural tulpas, but they can and have happened to other people).

3. Make sure your tulpa has some sort of purpose in life that is meaningful to them.

Whether it is self-given or not, make sure you tulpa has a reason to exist that they can use, or else they could perhaps go into an existential crisis. Some tulpas even fall into dormancy out of depression because of this. As long as the goal is not harmful, let them have it. Notwithstanding, this goal may require them to interact with the physical plane or not; it is a system-to-system preference. Although it is important for a tulpa to have a purpose, make sure it is something that

both can consent and agree on without the other getting the short end of the stick. An example of the tulpa getting the larger half in a situation is them fronting all the time while the host is never allowed to interact with their physical life anymore because their tulpa wished to only exist physically; this is fine if both consent, but not if one does not. Another bad case is if the host restricts their tulpa into the mindscape despite them being allowed to switch and preventing them from interacting with anyone. Both the happiness of the host and tulpa are important to maintain balance within the system.

4. Be there for your tulpa like you would anyone else you care about.

Exactly like human beings, tulpa have emotions and life struggles as well. If you notice your tulpa moping about or if they are having a bad day, spend some time with them, talk with them, and cheer them up to the best of your ability. Most tulpas would do the same with their hosts, such as a mutual exchange of kindness.

5. Never limit what your tulpa can do in regards to form/voice change (deviation) unless under specific circumstances.

Deviation in some manner is inevitable when you have a tulpa for long enough, which can lead to minor to complete changes of who the tulpa is in generality. When these changes occur, do not force your tulpa back into their previous form/personality unless the deviation was unwilling on the tulpa's behalf and they would wish to revert back, if the change is harmful to themself/others, or if the form is something offensive/racist/sexist unless allowed otherwise depending on the system. Everyone changes and develops over time, so do expect some changes to take place with your tulpa and encourage the changes instead of restricting them.

Section Twenty-Seven: Get Help Here:

   If you have having issues with Tulpamancy, have an out of control tulpa, or need advice that is not presented in this guide, you can contact me via Discord, Luigi.exe#9250, Steam via Eeveecraft, or leave a comment on here if you are in need of assistance or even wish to leave constructive criticism, newly discovered information, or simply wish to leave a kind comment. Do not post blind hate, spam, or anything inappropriate, or I will not assist you; treat me with respect, and I will return the same amount of respect for you. Thank you for your time taken in reading this guide, and I wish all of you luck in the creation, search, and/or aiding of your tulpa(s)!