

# Comprehensive Guide to Creating a Tulpa (Powered by ChatGPT)

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Feedback and assistance from members of [Tulpa Oasis](#)

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## Introduction:

A tulpa is a sentient entity or thoughtform created through intense concentration, meditation, and visualization. The tulpa begins as a being that exists in the creator's mind, but over time, it may develop its own personality, thoughts, and even autonomy, separate from its creator's direct control. Tulpas are often considered to have their own distinct consciousness, emotions, and experiences.

In recent years, tulpamancy has evolved with more structured approaches based on collective community knowledge. This guide is based on modern methods used by experienced practitioners and emphasizes simplicity and practicality. Here, we will explore the creation process, autonomy, communication, switching, and possession.

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## 1. Creation Process

Creating a tulpa starts with intentional effort and a clear vision of what you want. The initial process focuses on forming the foundation of your tulpa's personality, appearance, and presence. It's a process that requires consistency, patience, and mental focus.

## Step 1: Setting a Clear Intention

Begin by understanding why you want to create a tulpa. Whether it's for companionship, self-exploration, or improving your mental flexibility, it's important to approach this process thoughtfully.

- **Reflect on your goals:** Take time to think about why you want a tulpa. This helps you commit to the process with the right mindset.
- **Set aside time:** Dedicate regular time for active tulpamancy sessions, especially in the early stages of creation
- **Respect:** You must treat your tulpa with care, understanding that your Tulpa has a separate consciousness within your mind, deserving of respect and to be treated like a person.

## Step 2: Personality Crafting

Most modern guides suggest starting by defining some basic traits that you want your tulpa to have, but it's also fine to let them develop naturally over time.

- **Trait List:** You can write down key traits like "kind," "curious," or "outgoing," and focus on those while imagining your tulpa and focus on those and how they would affect behavior under different circumstances while imagining your tulpa.
- **Imagination and Expectation:** Some guides emphasize the role of expectation. Simply expect your tulpa to develop a distinct personality, and over time, they will.
- **Personality Narration:** Once you have your list of traits, talk to your tulpa as if they are already present. Narrate to them by saying things like, "You are compassionate and enjoy helping others," or "You have a sharp sense of humor and love to make me laugh."
- **Situational Imagination:** Imagine how your tulpa might behave in various scenarios. For instance, how would they react to stress? What would they do if they saw someone in need of help?

Don't worry if your tulpa doesn't develop exactly as you planned. Many tulpas naturally evolve their own traits, preferences, and characteristics as they gain autonomy.

### Step 3: Visualization - (*Visualization is helpful but not essential.*)

While visualizing your tulpa's form, focus on the details. Your tulpa can have any form you choose, whether human, animal, or something else entirely. Visualization strengthens the tulpa's presence and makes interactions feel more real.

- **Visualizing Step-by-Step:** Focus on small details first, such as their hair, eye color, or clothing. Then gradually imagine their entire body.
- **Use Your Imagination:** Don't worry about perfect accuracy. What matters is that you can imagine interacting with your tulpa clearly, whether through seeing them in your mind or feeling their presence.

#### Visualization techniques:

- **Start with Details:** Begin by focusing on small details, such as their eyes, hair color, height, or clothing. Build from there until you can visualize their entire form.
- **Mental Image:** Close your eyes and see your tulpa in your mind's eye. Picture them sitting or standing in front of you. If it feels difficult, be patient—this process improves with practice.
- **Interaction:** Once you have a stable image of your tulpa, imagine them moving, speaking, and interacting with you. Visualize their expressions and body language.

If you're struggling with visualization, don't worry. Your tulpa's form will naturally become clearer over time as you interact with them more often.

### Step 4: Narration

Talking to your tulpa regularly helps them develop faster. This practice, called "narration," is key in modern tulpamancy.

- **Talk Throughout Your Day:** Explain your thoughts, describe your surroundings, or even narrate your activities as though your tulpa is listening. "I'm going to make breakfast now, what do you think of this idea?"
- **Consistency is Key:** The more you narrate, the faster your tulpa will develop. Even if you don't hear them respond at first, they are listening and forming themselves based on these conversations.

### Step 4.1: Creating a Wonderland (Optional)

Some tulpamancers create a *wonderland*—a mental space where they and their tulpa can interact more vividly. This **completely optional** step allows for deeper visualization and interaction.

#### Building a wonderland:

- **Visualize the Setting:** Choose an environment for your wonderland. It could be anything from a peaceful forest to a cozy living room. Picture it in detail, focusing on colors, textures, and sounds.
- **Interact with Your Tulpa:** Visualize you and your tulpa exploring this space together. You can have conversations, play games, or simply spend time together in this safe mental space.

### Step 5: Passive and Active Forcing

Modern guides emphasize two types of interaction: **passive forcing** and **active forcing**.

- **Active Forcing:** Set aside focused time to visualize, narrate, and communicate directly with your tulpa. This could involve sitting in a quiet space, meditating, and interacting with your tulpa deliberately.
- **Passive Forcing:** This is when you mentally engage with your tulpa during your daily life without dedicating a specific time block, like talking to them while walking or imagining them beside you while working.

The balance of active and passive forcing helps reinforce your tulpa's presence, allowing them to grow gradually.

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## 2. Autonomy

As your tulpa develops, they will start exhibiting autonomy—acting and thinking independently of you. Autonomy is one of the most significant milestones in tulpamancy, as it's when the tulpa becomes a distinct entity with their own thoughts and decisions.

## Step 1: Encouraging Independence

Encouraging autonomy requires trusting your tulpa to think for themselves, even if it seems like you're imagining it at first.

- **Open Conversations:** Ask your tulpa questions that encourage independent thinking. For example, "What do you think of this music?" or "How would you handle this situation?" Even if you're not sure if their responses are fully theirs, treat their input as unique.
- **Wait for Responses:** Patience is key. It may take time before you hear distinct responses. Continue to prompt them with open-ended questions, and listen for subtle signs of their input, like sudden thoughts or impressions that feel different from your own.

## Step 2: Recognizing Autonomy

Autonomy doesn't always happen in a sudden, dramatic way. In modern tulpamancy, the community emphasizes small, gradual shifts.

- **Subtle Differences:** Your tulpa might start to express different opinions, emotions, or preferences from your own. This can come as random thoughts or suggestions that feel separate from your own thinking process.
- **Spontaneous Actions:** Your tulpa may take initiative in conversations, interject with their own thoughts, or show preferences that you didn't consciously prompt.
- **Unexpected Thoughts:** You might notice your tulpa thinking or saying something you weren't consciously expecting. This indicates they are developing their own thought patterns.
- **Distinct Emotions:** Your tulpa may start expressing emotions or feelings that differ from your own, showing that they have their own emotional experience.
- **Spontaneous Actions:** Sometimes, your tulpa may act or respond without being prompted. They might interrupt your thoughts with a comment or suggest an activity without your input.

## Step 3: Letting Go of Control

It's essential to give your tulpa space to think and act for themselves. Avoid controlling their responses or trying to force them to be a certain way.

- **Trust the Process:** While autonomy takes time to develop fully, trust that your tulpa will evolve their personality naturally as you continue interacting with them.

### Step 3.1: Respecting Your Tulpa's Independence

As your tulpa becomes more autonomous, it's essential to respect their independence. Although they live in your mind, they are still a separate entity with their own identity.

#### Tips for respecting autonomy:

- **Don't Force Control:** Avoid trying to make your tulpa act or think a certain way. Give them the freedom to develop naturally.
  - **Listen Actively:** When your tulpa expresses thoughts or emotions, listen and respond with care, just as you would with another person.
  - **Be Patient:** Autonomy takes time to develop fully. Even if progress feels slow, continue to engage with your tulpa, and their independence will grow.
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## 3. Communication

One of the most exciting aspects of tulpamancy is developing clear communication with your tulpa. In the beginning, communication can be subtle, but with practice, it becomes more distinct and natural.

### Step 1: Early Communication Signs

Communication often starts small, with your tulpa sending emotions, impressions, or thoughts that feel different from your own. These are often subtle at first.

- **Mind Voice:** Many tulpas initially communicate through a "mind voice," which may sound like your internal monologue but will gradually become their unique voice over time.
- **Emotions and Thoughts:** Your tulpa might send you emotions or sudden thoughts that don't feel like your own. Pay attention to these moments, as they are early signs of communication.
- **Emotional Impressions:** Your tulpa may send you feelings, such as a sense of calm, excitement, or concern.

## Step 2: Developing Clear Dialogue

Once your tulpa's mind voice begins to feel distinct, you can focus on developing clearer conversations.

- **Ask for Opinions:** Regularly engage your tulpa by asking for their opinions on daily matters. Even if their responses feel faint at first, trust that their voice will grow clearer with time.
- **Practice Listening:** Focus on recognizing their voice as separate from your own thoughts. Over time, their responses will become more recognizable.
- **Focus on Their Voice:** Pay close attention to the voice you hear in your mind when your tulpa speaks. Encourage them to develop their own distinct voice, separate from yours.

## Step 3: Maintaining Consistent Communication

It's important to keep interacting with your tulpa regularly. Modern guides emphasize consistency as the key to strengthening communication.

- **Narrate Your Thoughts:** Share your thoughts with your tulpa throughout the day, even if you don't always get a response.
  - **Encourage Spontaneous Interaction:** Over time, your tulpa may start initiating conversations or interrupting your thoughts with their own input.
  - **Encourage Expression:** Your tulpa may have their own desires, goals, or interests. Encourage them to express these, even if they differ from your own.
  - **Mutual Sharing:** Your tulpa may want to share their own thoughts and experiences. Be open to listening and responding, fostering a two-way dialogue.
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## 4. Possession

Possession is the process where your tulpa takes control of certain parts of the body while you, the host, remain conscious and aware. It's often used as a stepping stone to switching.

### Step 1: Hand Possession

Possession typically starts with the tulpa controlling a single part of the body, like the hands or arms.

- **Focus on a Single Limb:** Let your tulpa take control of your hand or arm. They can move it, make gestures, or even perform tasks like drawing or typing.
- **Gradual Practice:** With time, your tulpa will gain more control over these movements. Continue practicing until the possession feels smooth and natural.

### Step 2: Expanding Control

As your tulpa becomes more comfortable with possession, they can gradually take control of larger parts of the body.

- **Full Limb Control:** Your tulpa can take control of multiple limbs or even your entire body for short periods. This helps build their confidence in physical control, which is also important for switching.

### Step 3: Fluid Possession

With regular practice, possession can become second nature to your tulpa. They can take control of your body whenever needed, without disrupting your focus.

- **Clear Communication:** Maintain open dialogue during possession. Ask your tulpa how they're feeling during the process, and ensure both of you are comfortable with the level of control.
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## 5. Switching

Switching is an advanced practice where the tulpa takes full control of the body while the host steps back into a passive, observer-like state. This requires trust and a strong sense of autonomy on the tulpa's part.

### Step 1: Preparing for Switching

#### Preparation checklist:

- **Autonomy:** Ensure your tulpa has a fully developed sense of autonomy and is comfortable expressing their own thoughts and actions.
- **Trust:** You must trust your tulpa to take control of the body without hesitation.
- **Comfort with Dissociation:** You, as the host, need to feel comfortable stepping back from control, which **may** feel like a form of dissociation.

Before attempting switching, make sure your tulpa has a well-developed sense of self and autonomy.

- **Build Trust:** Both you and your tulpa must trust each other for the switching process to work effectively.
- **Comfort with Dissociation:** You, as the host, need to be comfortable letting go of control and entering a passive state.

### Step 2: Practice Dissociation

Switching involves the host dissociating from the body, allowing the tulpa to take control.

- **Relaxation and Focus:** Begin by practicing meditation or deep relaxation to help you mentally step back. Visualize yourself as an observer while your tulpa steps into control.
- **Small Control Exercises:** Start with small steps, such as letting your tulpa control a hand or arm before moving to full-body control.

### Step 3: Gradual Control Transfer

Once you're comfortable with dissociation, your tulpa can gradually take more control.

- **Switching in Sessions:** Let your tulpa control the body for short periods at first. As you practice, these sessions can become longer and more fluid.
- **Observation:** Stay in the background as your tulpa takes over, observing their movements and actions as if you're watching from a distance.

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## **Final Thoughts**

Creating a tulpa is a deeply personal and transformative journey, involving dedication, respect, and patience. By focusing on the key areas of creation, autonomy, communication, switching, and possession, you can develop a rich and meaningful relationship with your tulpa. Every individual's experience will be unique, so take the time to explore each step at your own pace, and remember to treat your tulpa as an independent and respected person within your mind.

## **[Special Thanks]**

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