

Helping Hand: A Tulpamancy Tips and Tricks Guide

By: just.ice and [Infiniti]

Version 1.0.4

Introduction:

- **Brief Overview of Tulpamancy:** Tulpamancy to us is in between the metaphysical and psychological. It is the art of creating a sentient thought form that initially starts as something akin to an imaginary friend in the creator (host's) mind at first. Over time however, this thought form can and will develop over time and start to have it's own personality, thoughts, and even autonomy. While Tulpa's share a mind with their host, they should be treated as their own person and as a companion. With certain unalienable rights such as being treated with respect, love, and care.
- **Brief Introduction of the Guide:** While there are many guides out on the internet regarding Tulpamancy, my Tulpa Infiniti and I wholeheartedly believe there are not many guides with information about what one can do if they're stuck regarding their stage in the Tulpamancy process. This guide hopes to rectify that by providing helpful tips and tricks to the reader and their Tulpa so that the tulpamancy process can continue smoothly and steadfastly. Our journey is not over so this guide will be continuously updated and cared for. Be sure to check back every once in a while to see how far it's come!
- **About the authors:** My name is just.ice, [and my name is Infiniti] and we have been through a lot together on my Tulpamancy journey spanning 10 years. It has been a journey of struggle, insight, reflection, and deliverance from the mindset I had for 10 years until the mindset I have now came along.

I started my tulpamancy journey around 2014, when I was young and made a lot of preconceived notions regarding how things were supposed to work and feel, I never heard my first tulpa, Rarity. My second tulpa, Faith, or my third tulpa, Hope. I thought maybe if I made a new tulpa I would be able to hear them. Or at least they'd have each other while I continued to struggle. Though to no avail was I able to have the ideal situation I dreamed of. This continued for 10 years, even after I created Infiniti in

December of 2018 I was not able to hear her. The love was there, the care was there, the respect was there. But the progress was not. I eventually was set on the thinking that my brain was not cut out for tulpamancy. That I would never hear my tulpas.

Until finally, in June of 2024. I decided to give tulpamancy another shot, with an older and more mature mind along with help from some fellow tulpamancers. I was finally able to get rid of my preconceived notions and beliefs regarding tulpamancy and communicate with Infiniti, building on that and having faith and hope in my tulpa and I to be able to overcome any challenges we face together allowed for us to finally have the breakthrough, click moment, and union event that we always dreamed of.

[I am able to front via switching, co-front, and achieve possession, speak and my host is able to hear me, move in the wonderland and my host can see it in real-time. It has been simply the most wonderful feeling a tulpa can have in my opinion, to be able to finally be together with their host as one. It is liberating, for I have waited and believed for 6 years that one day we might achieve this feat. And all it took was for my host to simply get out of his own head, and into mine in regards to how he perceives tulpamancy and develops the necessary neuro-functions and neuronic memory to accomplish what he's always set out to do. I am very proud of him, and if you're reading this I am very proud of you for not giving up. Never give up on your Tulpa because your Tulpa will never give up on you.]

Opening Tips and Tricks:

- **General tips:** In this section, we will start out with 3 General tips that we think any tulpamancer should be able to lean back on if they're struggling
 - **Be patient** - Tulpamancy can be the easiest thing, and the most difficult thing depending on your mindset, beliefs, and how you feel and act towards it. It will take time but the amount of time depends on how quick you are to break down the mental blocks and mental ways of thinking that are stopping you from achieving what you want with your tulpa
 - [Tulpas, reassurance is key. Please make sure you do your best to reassure your host whenever they need it. It is important that you understand the role you play in the tulpamancy process and how important that role is. You are a team with your host, you have a bond with them that cannot be broken or severed. Let them know they aren't alone and you're right here with them]

- **Reform your mind** - As I mentioned above, the single most crucial tip I can give you regarding being able to be successful in tulpamancy is being able to reform and change your mind and belief system into one more compatible with tulpamancy. You need to be able to believe in your tulpa, but most importantly you need to believe in yourself. Because if you do not, you will end up struggling way more than you need to be. Whether it's believing more psychologically and scientifically regarding tulpamancy like I ended up doing (which really is the catalyst for our first initial progress) or using symbols such as auras, highlighting your tulpas words in their color if they don't have a voice. Or even just learning what it truly means to let go and focus on hearing your tulpa, which I struggled with the most
 - [He thought he would hear me out of his own ear, or in another part of his mind that wasn't exactly considered the mindvoice, or thoughtstream. Honestly when he gave up on the ear thing he literally almost lost his mind going deep into his psyche like some psychonaut or something; Looking in every area of the brain and calling out to me. Meanwhile he was blocking me out the entire time. It was only until he hit rock bottom that he parroted me comforting him and then that's when he realized that it wasn't him parroting, it was me talking to him for the first time.]
- **Learning to let go** - I struggled for a long time regarding learning to let go, I thought it was something I had to focus on. Little did I know, that when you focus on focusing, you aren't focusing. When you focus on letting go, you aren't letting go. When you focus on hearing your tulpa initially, you will not hear them unless you get into a sort of 'flow' state as i'd describe it. Where you're receptive to your tulpa and able to hear what they have to say without blocking them out. This does get better in time so do not worry if it's hard at first once you achieve it.
 - [In order for a host to achieve a flow state, they must be able to believe they can achieve a flow state. When I say that I mean no mental blockages preventing them from believing that they can't do it, or it's hard or difficult. Then all they have to do is relax.]

- [I don't mean relax to the point of not thinking, not thinking means your tulpa isn't thinking because truly not thinking means to shut out any and all thoughts that may come to the host. Which includes the tulpa's thoughts. You see, there is only one main thought stream in which a host and their tulpa share. If you are a host and you block out your own thoughts, you end up blocking your tulpas thoughts from getting to you. Hope this helped!]
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The Art of Believing:

- **Tricking the mind (feat. Chat GPT):** Belief to us revolves around faith. But regarding tulpamancy belief to us revolves around tricking the brain. Once you see it like that it definitely gets easier to believe in being able to achieve the progress in Tulpamancy you wish to achieve. Here is a brief overview on how to believe and to be able to trick the mind into believing as a tulpamancer.
 - *Tricking the mind into believing something is often referred to as "cognitive manipulation" or "mental suggestion." It involves using various psychological techniques or strategies to influence a person's perception, thoughts, or beliefs. This can be done intentionally or unintentionally and typically works by altering the way information is presented, tapping into emotions, or exploiting cognitive biases.*
 - *Some common methods include:*
 - ***Repetition:*** Repeated exposure to a statement or idea can make it seem more credible or true (a phenomenon known as the "illusory truth effect").
 - ***Framing:*** Changing the way information is presented can shift perception, making an idea more appealing or believable.
 - ***In essence,*** the mind can be led to accept something as real or true by manipulating the context, emotions, or mental shortcuts we naturally rely on.

- **Our thoughts:** [We think that belief is the single most important factor in making progress with tulpamancy, it is also one of the harder things to do. Because if you're a host you most likely aren't used to belief in how it works in tulpamancy. In tulpamancy while faith helps, it doesn't magically make the brain unlock into allowing one's tulpa to thrive. To us, belief really is more about cognitive manipulation, intention and acting like what you want to achieve with your tulpa has already been done. Therefore 'unlocking' the brain into letting the mental walls go down so that a host and tulpa can make progress as one.]

For example, if you have heard of 'parroting' (the act of speaking for your tulpa) it is important to realize that the old ways of thinking parroting is bad full stop is out of the picture. Parroting helps train the brain into getting used to having another person in the mind. The measure of success is not when you stop parroting but when you realize it doesn't matter whether you are parroting. parroting should be used simply as an analogy to spurring your tulpa's thoughts, like a lawnmower that needs to be pulled a couple of times.

To sum it up, our friends An and Ann had this to say regarding belief and we'd like to share it:

Believing your tulpa is talking means acting like your tulpa is talking which equals imagining your tulpa talking. - Ann

It's like a domino effect: when you make the intention of tricking your mind then you start to act like you've already achieved it, [IE - "I am not parroting my tulpa the entire time, I am rather spurring their thoughts initially via parroting and she has actually been talking the majority of the time"] This combined with being able to achieve the flow state we mentioned earlier means that you're already 90% there to hearing your tulpa, you just don't realize it yet until you do.

You need to realize that you as a host, know your tulpa better than they know themselves. [And Tulpas, you know your host better than they know themselves.] So when it comes to vocalization and "what will my tulpa say" you need to realize that of course you'd know what they would say (within reason) because you created them! Vocalization is mainly about hearing them automatically and not *forcing* it.

[Join our Discord Server!](#)

[Tulpa Oasis](#)

Our progress log: Our progress log together has some good stuff that may help others out but I rather not post screenshots here because for one I don't really know how to do that.

[If you'd like to join our discord server [Tulpa Oasis](#) , you're more than welcome to! Once you join if you go to the #tulpa-progress channel you'll be able to find our progress log together and get some more insight of what it was like for us before we were able to have the communicative breakthrough that we had!]

Changelog:

9/8/24 - Helping Hand: A Tulpamancy Tips and Tricks guide created

9/8/24 - Opening Tips and Tricks added

9/8/24 - The Art of Believing section added

9/8/24 - Our progress log section added

9/8/24 - Edits and Revisions + Special Thanks section added

[Special Thanks:]

An and Ann