



Cocoon Info: Obtain, Setup & Use

Meditation • Healing • Relaxation

Where To Get Your Cocoon

If you are in our delivery area you can [purchase a basic popup type of Cocoon in our Shop](#). Otherwise you can obtain ready-made popup Cocoons on Amazon or Ebay.

If you wish to build your own frame to have something like the Pyramid or the Tubular Drape Cocoons we have shown, you will need to obtain the mosquito net mesh that has to be placed over and fastened to whatever frame you make, or have made. Again, you can obtain this on Amazon or Ebay.

Choose materials that are all natural fibres whenever possible, but your cocoon experiences will still be effective even if you must use man made fibres.

Cocoon Setup & Preparations



Additional Items Needed:

1. [Cocoon](#) (our Cocoons come with a TSE kit)
2. Some [Transition State Elements \(TSE\)](#)
3. A [spray bottle](#) (for spraying the Cocoon with water charged/treated by TSE).

Location: it's best when possible to be out in nature in the shade when it's not windy. However, a nicely prepared indoor space with your favourite relaxing music is also good.

Prepare Water for Cocoon Spraying: this can be either tap water or distilled but a more potent application can be achieved using distilled water. Charge for at least 30 minutes prior to application... charging consists of placing the TSE, in its container, either in the immediate proximity of the water container or directly inside it. We're currently running tests to see if a longer exposure creates a more potent mix and will advise on this in due course. Watch the video below for a demo on charging your water. You will need to choose one of the types of TSE to use from your Spray Kit for this purpose. Here are there qualities, and to start out with we would recommend either the ZnO or the CO2 types.

- CO2 - rebalancing
- Zinc - relaxing
- Copper - cleaning
- Shungite - clearing (EMF for example)
- Iron - more invigorating
- Buy [5ml Vials TSE](#) | [30ml Bottles TSE](#)



LEARN: MAKING TSE COCOON WATER

Preparing Your Cocoon

Once your water is charged, spray your charged water on the whole of the cocoon material allowing water to spray through the material. Hold an intent to create a charged field within the cocoon as you spray. On the popup cocoons spray them with the door zipped shut. Then you can open it and make up your relaxation mattress or cushions to suit yourself. Re-spray the access door once your inside and have it zipped close again.

The cocoon material is comprised of myriads of cross-fibre connections. In energetic terms the cross is a point of energy and therefore multiple crosses ramp up the value of the TSE water as an energetic information field. The user is thus also breathing in the charged field as well as 'bathing' in it. TSE water taken into the body via the lungs is a great way to achieve results.

Watch the video below for a demonstration on how to spray your cocoon. If you have two [Quantum Loops](#) you can also add them around the cocoon as shown in the video, but they are not required by any means.



LEARN: USING A QUANTUM LOOP WITH YOUR COCOON

A [Quantum Loop](#) can also be used to charge the water you use to spray your cocoon with. Simply wrap the Quantum Loop around your water container (preferably glass) and leave it for at least an hour. The water will then be ready for spraying your cocoon!

Session Guidelines

We recommend that your first session be approximately 20 minutes long. However, if you're a regular energy worker a 30-45 minute session may be manageable and appropriate depending on how you're guided. We ultimately recommend for everyone to use their own inner guidance system to determine their session lengths and frequency.

During your session the field that has been created inside the cocoon acts as a facilitator. It will interface with you and your intent. As a result you are the driver of the process and you must be willing to take full responsibility for your session and its results or you will be somewhat limited regards what may be possible.

Peoples experiences in the cocoons have varied greatly. They have ranged from simply falling asleep until the end of their session, to experiencing sensory changes (smell sound and movement), to having deeply felt connections with loved ones and/or other beings. Each person's experience is always going to be totally unique unto them. There are therefore no restrictions here except that as is usually sensible, don't do too much in the first few sessions. Wait until you have adjusted to the space to spend more delightful time in your cocoon.

Allow time after your session to relax and ground yourself before moving on into the rest of your day.

Cocoon Sleeping

Many people have felt the benefits of the cocoon field immediately and have then decided to quickly incorporate the cocoon into their sleeping arrangements either for short nap type breaks or for the whole night. Most people report a deeply relaxing sleep is enjoyed, although it will of course depend on the TSE you have used to charge the water you've sprayed your cocoon with. Again, a very quick guide for this is:

- CO2 – rebalancing
- Zinc – relaxing
- Copper – cleaning
- Shungite – clearing (EMF for example)
- Iron – more invigorating

This is a very simple, quick and immediate way to experience the TSE quality. We have various people with different conditions experimenting and feeding back information and we will update our website as the information flows back to us. Essentially, you the user, are the initiator and the point of empowerment... nothing is being done to you. More investigations are underway and we will update our information from time to time.

[See what other Cocoon users are experiencing at this link...](#)

