



Elevate Your Daily Well-Being

A SIMPLE GUIDE TO MICRODOSING

HOUSE OF LIGHT

*Embrace the subtle whispers of transformation, for
within the gentle rhythms of microdosing Psilocybin,
profound revelations often bloom.*

What is Microdosing

Microdosing psilocybin, the active compound found in "magic mushrooms," has gained popularity for its potential therapeutic benefits. This guide outlines the benefits of microdosing, instructions on how and when to take capsules, the role of positive activities in creating new neural pathways, and various scheduling options to consider.

Benefits of Microdosing Psilocybin

Enhanced Mood: Microdosing may lead to improved mood and overall sense of well-being.

Increased Creativity: Many individuals report enhanced creativity and problem-solving abilities while microdosing.

Improved Focus and Productivity: Microdosing may help increase focus and productivity, making it beneficial for work or study.

Emotional Regulation: Microdosing may assist in emotional regulation, leading to reduced anxiety and stress levels.

Potential Treatment for Mental Health Conditions: Research suggests that microdosing psilocybin may alleviate symptoms of depression, anxiety, PTSD, and addiction.



Step 1

Choose A Schedule

▶▶ **Dr. Fadiman's Approach** ◀◀
(1 microdose every 3 days)

Dr. Fadiman recommends taking one microdose every 3 days so as to prevent changes in tolerance over time. He says, “the first day you feel great. The second day you would feel half of that. And the third day you won’t feel anything.”

- Week 1: Mon/Thu/Sun
- Week 2: Wed/Sat
- Week 3: Tue/Fri
- Week 4: Mon/Thu/Sun

Dosage: Start with lowest dose in the first 2 weeks (1 capsule: 0.25mg mushrooms), then progress to a higher dose in the following weeks if desired.

▶▶ **Workaholic's Approach** ◀◀
(weekdays on, weekends off)

This plan is geared towards individuals looking to test microdosing for potential improvements at work. The weekends are left open for recovery to baseline, in case of changes in effect over time.

- Week 1: Mon/Tue/Wed/Thu/Fri
- Week 2: Mon/Tue/Wed/Thu/Fri
- Week 3: Mon/Tue/Wed/Thu/Fri
- Week 4: Mon/Tue/Wed/Thu/Fri

Dosage: Start with either a higher or lower dose, depending on your risk tolerance, balanced by urgency to see effects, and slowly alternate dosages week by week.

**Balanced Microdose
Approach
(every other day)**



Week 1: Mon/Wed/Fri/Sun

Week 2: Tue/Thu/Sat

Week 3: Mon/Wed/Fri/Sun

Week 4: Tue/Thu/Sat

Dosage: Start with either a higher or lower dose, and then progress to the next dose after 1-2 weeks.

Step 2

How And When To Microdose?

How to Take Psilocybin Capsules

1. **Preparation:** Purchase or prepare psilocybin capsules containing a precise, measured dose. It's crucial to acquire these from a reliable and reputable source.
2. **Dosage:** Start with a low dose, typically between 0.1 to 0.3 grams of dried psilocybin mushrooms per capsule, ours contain 0.25mg per capsule. Adjust the dosage gradually based on individual response and tolerance.
3. **Timing:** Take the capsule in the morning with a glass of water or a light meal. Morning consumption allows the effects to be experienced throughout the day without interfering with sleep.
4. **Frequency:** Follow a structured dosing schedule, such as Dr. Fadiman's approach (1 microdose every 3 days) or the Balanced Microdose Approach (every other day). Avoid daily dosing to prevent tolerance buildup.

Positive Activities and Neuroplasticity

Engaging in positive activities while microdosing can enhance the formation of new neural pathways and reinforce beneficial behaviors. Consider incorporating the following activities into your routine:

- **Mindfulness Practices:** Meditation, deep breathing exercises, and yoga can promote relaxation and mental clarity.
- **Creative Pursuits:** Explore artistic activities such as painting, writing, or music to stimulate creativity and self-expression.
- **Physical Exercise:** Regular exercise, whether it's jogging, cycling, or yoga, promotes overall well-being and enhances mood.
- **Nature Connection:** Spend time in nature, such as hiking or gardening, to reduce stress and foster a sense of connection with the environment.

What's next?

Congratulations on embarking on your journey towards personal transformation! We are here to support you and highly recommend to book in our popular 4 sessions of coaching to help guide you and integrate.

[BOOK HERE](#)



Cinderella De Groot Jimenez

Cinderella's life has been full of tough times and traveling over 40+ countries.

She knows what it's like to start over in life, surviving cat. 5 hurricanes, immigrating to unknown countries, divorcing, being a single mom, loosing a home and business, yet not to give up. Her resilience made her to reinvent her life and career several times succesfully and her unique perspective on life helped her thrive where others would normally give up.

Her expertise lays in integration, transition and transformation. She has a deep understanding of stress and how to combat this succesfully.

Jay Jimenez

Jay's life is a powerful example of never giving up, especially after battling a tough childhood with poverty and abuse. As a combat vet, he was injured by a RPG, on a mission in Afghanistan in 2012.

After leaving the military he was medicated and struggled with managing stress, ptsd, and depression. He succesfully healed himself using varies holistic healing methods. He believes strongly in the power of the mind and is always learning and growing.

Because of what he's been through, he knows a lot about how hard experiences can affect how people think and feel. Jay's determined to help others face their own difficulties.