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RADIANCE HEALING LIGHT: FOUNDATION

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## Preparation

### FOR THE RADIANCE HEALING LIGHT SERIES

Radiance Healing Light is a comprehensive healing modality given to Christen McCormack by the Spirit School Guides. To help you get the most from this series, it's important that you prepare in the following ways before attending.

- Meditate regularly. Focus on getting fully embodied and experiencing the peace of your soul. Use the Spirit School [Centering Meditation](#) on YourSpiritSchool.com.
- Read *The Emotion Code* by Dr. Bradley Nelson. This book is essential for establishing the understanding that emotions and thoughts are simply energy, and can be intentionally transformed and released. In addition to this book, you will be given a manual written by Christen McCormack that is included in the series.
- Practice the technique in *The Emotion Code* as you read and learn.
- Watch Dr. Bradley Nelson on the official [Discover Healing](#) YouTube channel demonstrating different self-muscle-testing techniques. Practice these as well. You will need to be adept at self-muscle testing in order to use the Radiance Healing Light modality.
- Choose one thing you want to heal and transform during the Radiance Healing Light series, keeping your focus to one specific area so your intention remains clear and grounded.

*In this exciting Spirit School Series you will have the opportunity to clear conscious and subconscious beliefs and emotional congestion that have been holding you back and inhibiting your capacity for full hearted happiness. You are embarking on a journey of gentle and thorough transformation.*