



What To Wear

MADE RIGHT - If you've ever been treated by a healer, a Reiki practitioner, or anyone doing powerful energy work, you won't need any convincing... the rest of you just need to trust me on this one. Everything in life is made up of electromagnetic energy – some energy is better than others and that's why we are drawn to certain people, places and things more than others. And when our energy is balanced we feel healthy and content, when our energy is out of balance or blocked we feel unwell, unhappy, tired and depressed. Adam Jones, the talent behind Yarnlight, experienced the power of healing firsthand, believes in its transformative potential and found an innovative way (with much scientific research and development) to harness healing energy and store it in a special carbon filament. Carbon is highly conductive, making it ideal for receiving and storing energy, so when Adam gathers together Europe's most talented healers to focus their positive intentions (they literally sit around and deeply meditate with the carbon) all that positivity is there in the carbon for good! That holy material is then spun with cashmere and bamboo to make the most luxurious jumpers that both cocoon you in powerful positive energy and shield you from harmful electromagnetic waves (think how much there is on a long-haul flight!) whenever you wear it. Adam is really onto something ground-breaking... take the time to explore the Yarnlight website and learn more.

Yarnlight Collection,
www.yarnlightcollective.com

*Weekly Wellbeing:
Healthy Living Tips*

TUESDAY 18th JUNE