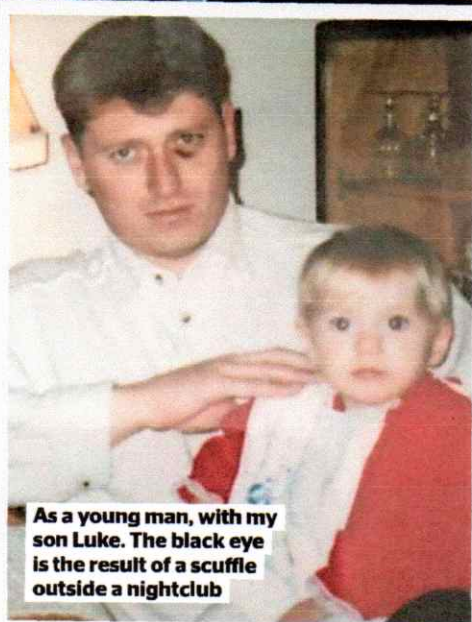


Jules is my rock on my spiritual journey



As a young man, with my son Luke. The black eye is the result of a scuffle outside a nightclub

along my spiritual journey. We walked the path hand in hand.

In September 2016, one of the mediums from the church, Debbie Griffin, came to see me. She went into a trance so I could speak with Spirit through her. They told me I had been chosen and asked for permission to keep working with me. After our session I felt so moved I wrote down the words we had spoken and realised I'd effectively drawn up a contract with Spirit.

It read: 'You have been chosen because the love and compassion you have shown has touched many in our world... are you prepared

to be used as a vessel for this healing spirit energy, for the good of mankind and those you will meet? Do you understand? Are you willing to accept this? Thank you, my friend.'

It was so incredible I commissioned a local artist to turn it into a painting, which is now my absolute pride and joy, reminding me daily of the promises I've made.

Shortly after drawing up that contract I began to feel different sensations through my body. During circle work I felt bloated as the energy built in my solar plexus. At night I had vivid dreams; strangers would enter my mind so



Raising your vibration

Will reveals how you can draw up your own spirit contract

a local Spiritualist church and was sitting in the audience when the medium looked at me and told me she had a message from my parents.

'Your dad is showing me the steering wheel of a car. Perhaps you're going on a journey? And your mum is telling me your destiny is staring you in the face,' she said.

It was the confirmation I needed to make my move to Northern Ireland permanent. In February 2016, I moved into an apartment in Carrickfergus, overlooking the shore.

To continue my spiritual development, I took qualifications in reiki and began to attend Belfast Spiritualist Church.

Promise to Spirit

It was during an open circle exercise at the church that a medium turned to me and a woman sitting next to me and said, 'Are you two together?'

We shook our heads.

'Well, there's the most beautiful green aura around you both,' she added.

We got chatting and I quickly learned the woman next to me was called Jules and she was a reiki master. We became friends and, in time, started a relationship. She became my rock

It's a scientific fact that the Earth has a vibration - a pulse. This was first discovered in 1950 by German physicist Professor Winfried Schumann. He calculated that the planet has a global electromagnetic resonance, measured in kilohertz (kHz), between its surface and upper atmosphere, which can be affected by things like lightning strikes.

Will Sibley believes that human consciousness can also impact this magnetic field with different emotions such as anxiety, tension and passion.

'I believe the spirit realm is revealing itself to us more and more, and coming to assist humankind,' says

Will. 'Perhaps this is why so many around the world are awakening to Spirit.

'People who live life on a higher vibration sense that there is more than a three-dimensional

'To start working with Spirit, just ask'

materialistic way of being. For me, I occasionally feel physical sensations, such as ringing in my ears, heart palpitations or a tingling in my fingers and toes, but everyone is different.

'I believe we all start our time on Earth with

spirit guides all around us. To draw up a contract or start working with them, all you have to do is tap into it and ask.

'You can start by simply sitting quietly in a morning and saying aloud to your spirit guides, 'I am calling on you to assist me today.'

'You don't need a formal contract, but if you want to write down any thoughts or guidance that springs to mind, just relax and allow the words to be given to you.

'To tune into higher vibrations, you can start by simply sitting in meditation and feeling the power of Spirit. Let the Earth and other realms be your guide.'

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