



The painting of the contract reminds me daily of the promises I've made



I take my role as a lightworker seriously

clearly I could see their features and what they were wearing. I felt compelled to help them. It was like everything was suddenly falling into place. I realised the tinnitus I'd experienced when Dad had died was the start of my spiritual awakening; that the spirit world was revealing itself to me in that high-pitched resonance. I began to understand how the earth has a vibration, like a pulse. I also realised how Spirit had led me to my soul's companion, Jules.

And so I began working as a trance spiritual healer, or lightworker, honing my skills as a reiki master and allowing myself to be a conductor for the power of Spirit. I preferred a hands-off approach, holding my hands above the person I was treating and feeling the energy radiating from my fingertips like tiny invisible wires.

Healing the community

There's a Wetherspoons in Carrickfergus, and it was here I found some of my healing opportunities. I was enjoying a Guinness one afternoon when I spotted one of the locals, a real character, sitting at a table near the bar on his own, with his crutches propped against a stool.

I went over and sat with him, but as we chatted I could feel my spirit guides blending with me and my right fingertips started to send out those invisible wires towards his right knee. I felt compelled to ask him how his knee was and he said it was more painful than ever.

'Well, look, I'm a healer. I might be able to help,' I explained.

For the next 20 minutes we sat in silence as the bar buzzed around us. I bowed my head and let my hands hover over his knee. When I'd finished, I simply said: 'There you go, mate.'

Two days later, I bumped into this gentleman and asked how he was doing. He gave me a

wry look over his whiskey and ginger ale, then held his finger in the air and said: 'I don't know what it was, but I know you've done something!'

Another time I was asked to visit a lady undergoing treatment for bowel cancer. When I arrived at her house I was greeted by a beautiful

yellow labrador, wagging its tail. When the lady answered the door, a bandana covering her head, she said her dog never greeted strangers like that. She usually barked aggressively.

I treated this lady four times, holding my hands over the area of her stomach that was under attack from cancer. Each time the dog waited for me on the front lawn. Eight months later the lady was given the all clear, and she and her family took me out for a meal to celebrate.

A year later, in 2017, she texted me to ask if I could help her dog. The dog was in so much pain with arthritis she feared she would have to be put to sleep. Sure enough, when I arrived at her home, I found my lovely labrador friend was

a shadow of her former self. She hardly lifted her head when I walked in and hadn't eaten in days.

I sat alone with the dog, closed my eyes and asked my spirit guides to blend with me. My fingertips began shooting energy into the dog's hindquarters. After the treatment I got up to leave and the dog walked me to the door, came out onto the grass and did her business for the first time in days, wagging her tail.

Over the years I've healed hundreds of people and performed life reviews where I assist with end-of-life transitions to Spirit. I take my role as a lightworker very seriously. I've helped cancer patients, people with sciatica, COPD and arthritis – often treating them alongside conventional medicine from the hospital.

I also practise emotional healing, helping people through bad experiences and pain from the past. I now dedicate much of my life to connecting with my spirit guides, sitting in their power every morning before I start my day.

I'm a million miles away from my materialistic, millionaire former lifestyle and I couldn't be happier. The more I call on my spirit guides for assistance, the more meaning life takes on. I'm finally living life on a higher vibration and it feels great.

✦ **More info** Visit willsibleyhealing.com Will's self-published book *Rise of a Lightworker* is available from Amazon, priced £8.79.

Finding an aura match

Here's how to spot a compatible friend or partner by reading their aura



Your aura vibrates at different frequencies creating a unique colour signature for each of us. Spot a near-matching aura and this could indicate a person who thinks and feels identically to you, says expert Dominic J Zenden.

'When couples are compatible I've noticed how they grow into each other's auras,' explains Dominic. 'This is that safe, secure feeling you sense when you are connected to a compatible person.'

So how do you see another person's aura?

It takes a little practice but when you know what to look for it can be extremely helpful.

STEP ONE

The tips of the fingers are a good place to start as most people have their hands exposed. First hold your hand out in front of you, and concentrate on the tip of your middle finger. Hold your focus and what you should see is a white light that surrounds your hand.

STEP TWO

Wait a few seconds and the white light will split and you will start to see your own aura forming. First orange, then red, pink, followed by different shades of yellow, blue and finally green.

Each aura is individual and the depth and vibrance of the colours are unique to you.

STEP THREE

Make a note of the dominant shades that stand out in your own aura. These are the colours you will be looking for in a partner. Remember you are looking for matching shades.

COLOUR GUIDE

- Orange** - the darker the orange, the more dominant.
- Blue** - indicates communication.
- Yellow** - represents imagination.
- Green** - fitness, health and diet.

✦ **More info** Dominic J Zenden is the author of *Aura: Life in 4D*, available on Amazon. Visit myndsight.org