

MEDIUM INVITES SPIRITS TO BIG DAY

A PSYCHIC is bringing people back from the dead — to attend their loved ones' weddings.

Ghost whisperer Tom Colton, of the Spiritualist Union of Ireland, has just been granted a full licence to perform marriages.

And he says he can use his spiritual knowledge to form a link between this world and the afterlife — then call on the deceased to be present during the ceremony.

Tom, 34, came up with this other-worldly idea after being contacted by people looking for weddings with a difference.

He said: "We had a couple of enquiries about having spiritual marriages."

"I didn't think we could do them until I did a bit of research and found out that since 2006 the whole law has been relaxed in relation to marriages in Ireland."

"Before that, it had to be in an established church and the only place you could have a civil marriage was the Registrar's Office."

"But now we can actually do the full civil legally-binding marriage here."

As a young boy Tom, from Dublin, was able to communicate and interact with spirits. But it wasn't until his uncle Richard died in 2001 that he started developing his unique skill as an adult.

Since the bereavement, Tom has completed Reiki and spiritual healing



EXCLUSIVE by DENISE CLARKE

workshops, and studied mediumship at the Arthur Findlay College in London — which is renowned for psychic sciences.

Now he can't wait to put his unusual talent to use by helping couples to connect with their lost

loved ones on their special day.

Spiritualist Tom said: "I'm actually looking forward to it. It's a very different type of ceremony."

"With a spiritual ceremony, it would be connecting with loved ones in the spirit world and bringing them in while I conduct the marriage

itself.

"We can call all spirits to be around. We wouldn't go into a mediumship session in that sense."

"We wouldn't really give a message from the spirit during the wedding ceremony itself but they would feel the presence of their loved ones there and feel their energy."

● **SPIRITUAL** services are held at the Spiritualist Union of Ireland Sanctuary in Dublin every Sunday at 6.30pm.

Admission is free and all are welcome.

For more information visit www.sui-eire.com/home/ or tomcolton.com.

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Life and soul of the party . . . Tom summons spirits to help celebrate their loved ones' weddings

Bride and ghoul



Cocoa . . . healthy

Choc bar a day cuts stroke risk

By LYNSEY HAYWOOD

A BAR of chocolate a day can cut your risk of heart disease and stroke by an amazing 39 per cent, an expert claims.

A 50g treat — about the weight of a Wispa — has the greatest effect, Dr Brian Buijsse said.

Dark chocolate is better than milk or white as it has more cancer-busting anti-oxidants and more cocoa, which helps to lower blood pressure.

Dr Buijsse studied nearly 30,000 people aged 35 to 65 in Germany. His eight-year research found that even one small square can help.

But if that was upped by 6g, there were 85 fewer heart attacks and strokes per 10,000 people.

Cocoa contains compounds called flavanols which scientists say are good for blood pressure and heart health.

Dark choc containing 70 per cent cocoa is considered best.

Dr Buijsse said: "Small amounts of chocolate may help to prevent heart disease but only if it replaces other energy-dense food in order to keep body weight stable."

Sun

MADCAP Daniel R Lee, 22, was arrested after he ran through a shop naked except a rubber mask — and claimed he did it because he was bored — in Tennessee.

SPOT

DRUNK AS A SKUNK

Sozzled Donald Wolfe, 55, was caught by cops giving a dead possum mouth-to-mouth on an M-way in Pennsylvania.



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