



Firstborn
With Melissa



The poet
I felt the urge
to write

My heavenly tingle

There are times in your life when you realise how lucky you are. And as I gazed out of the window one morning in March 2009, I was overcome with gratitude. I had two great kids and a job I loved...

But things hadn't always looked so bright. When I was diagnosed with non-Hodgkin lymphoma, a type of cancer, in 1990, I thought my world was about to end. For the sake of my daughter, Melissa, I battled through and went on to have my son, James. But then came more heartache.

After splitting up with their dad, I found myself homeless. Years of self-doubt followed.

Slowly, though, I began to develop my spiritual side. I took a counselling course and qualified as a reiki teacher. Now here I was, on a sunny spring day, counting my blessings.

Suddenly, I felt a tingling sensation through my body and an insatiable need to describe my contentment. I grabbed a pen and paper and wrote.

After what seemed like hours, I'd scribbled down reams of poetry. I'd never written a poem before, but the words expressed how positive I felt.

Months passed and the same urge came over me again and again. As soon



Liz always knows when angels are near, thanks to an amazing feeling

as I felt the tingle, I'd have to start scribbling. But why was this happening?

Then it came to me. *The angels.* A reiki teacher had got me interested in angels five years earlier, and I'd felt attuned to them ever since. I always felt a tingle when they were around, and their presence enveloped me and made me feel safe.

Now it seemed they were inspiring me to write

poems that I could use to help heal other people and make them feel happier.

Six months after I started writing, I'd finished 200 poems. I started a poetry group and encouraged the members to share their thoughts through writing. I also read my poems at a local hospice.

Then, late in 2009, I spotted a publisher's ad on Facebook. She was looking for writers interested in spirituality. I emailed three poems and got a reply asking me to meet the publisher.

'Would you be interested in doing a book?' she asked.

'Wow... Yes!' I replied.

On 23 December 2010, the book came out. Named after my first poem, *An Inner Light That Shines So Bright*, the themes were nature and healing.

In early 2012, I saw a poetry competition online. Writers were invited to submit poems for a special anthology, *Diamond Jubilee*. I sent off my poem *Celebrations*, and in June, I got a letter saying they'd like to use it.

I was on cloud nine. And when I had four more poems accepted for publication in other books, it was a dream come true.

I know who I have to thank for my success – it was the angels, spreading their healing with a little tingle.

- Liz Everett, 45, Marlow, Buckinghamshire.
- Visit www.ladybirdlodge.me.uk

'The angels were inspiring me to write poems'

Celebration
A poem for the Diamond Jubilee



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Happy family!
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