

Poetry Series

Valerie Dohren
- poems -

Publication Date:
2017

Publisher:
Poemhunter.com - The World's Poetry Archive

Valerie Dohren(13 January 1947)

Widow, one daughter, retired NHS employee. Interests include classical music, birds, walking (not too far! !), and of course, writing poetry.

..... On Poetry

Such princely and linguistic feats
As penned by Shelley, Byron, Keats
Though rich and eloquently grand
Are oft` too deep to understand

Their thoughts expressed through poetry
In prose or perfect symmetry
Bewilder yet this humble mind
Their meaning, hidden, still to find

So if ungilded words convey
Each message that they would portray
Then simple verses should reveal
The inspiration that I feel

And thus may every scholar read
Between each line, their hearts to feed,
Unfolding there in simple style
This heart`s endeavour to beguile

Valerie Dohren

A Dream

Today I slipped into a dream
And saw a better world
A world of peace and gentleness
Before my eyes unfurled

And in my fantasy beheld
A vision of mankind
All set beneath a bow of fire
In glory full enshrined

His voice was singing so in tune
With all that was around
That such a heav`nly melody
Did o`er the earth resound

And all the hands that owned contempt
Were clasped together tight
To form a ring of unity -
`Twas such a splendid sight

Then all the eyes that never saw
How wondrous life could be
So glinted through the bow of fire -
It surely dazzled me

For all humanity became
As just one beating heart
Together joined in harmony
Thus no more set apart

At night he gazed upon the stars
By day towards the sun
To mingle with the fruitful earth
With all he was at one

Then all the trees bowed down in awe
All creatures danced and played
All flowers spread their petals wide
As `neath the sun they swayed

(But this was just a wistful dream
One that may never be
A vision in a saddened heart -
'Twas just a fantasy)

Today I slipped into a dream
And saw a better world
Where sixteen billion gemstones flashed
Which in her hair were purled

Valerie Dohren

A Maiden's Plea

O gentle as you please, my love,
I am yet still a maiden
And 'though I yearn to know your will
My heart is heavy laden

For if I choose to lay with you
I deem that we should marry
As you would be the father of
The child that I may carry

I will not live a life of fear
Insulted and derided
And labelled as a worthless whore
Forevermore chastis'ed

So if you will not marry me
By you I'll not be bedded
A maiden I shall stay, my love,
Until the day I'm wedded

Valerie Dohren

A Poem Taking Flight

It drifted past my window
As I gazed into the night
It sparkled as a diamond -
'Twas a poem taking flight

It fluttered in the darkness
And I saw it floating by
With wings of brightest silver
How it moved across the sky

I thought upon the message
That this poem might impart
Of love, of hope, of freedom –
Words to hold within my heart

Such poems are eternal
That shall move the soul to love -
A gentle voice so tender
That falls from heaven above

Valerie Dohren

A Response To Dylan Thomas

I shall 'go gentle into that good night'
I have no wish to 'rage, rage' rave and fight
But rather I would welcome
'The dying of the light'

For being wise I know that 'dark is right'
And old age yet shall seek for its delight
To behold 'the sun in flight'
And the fading of the light

Valerie Dohren

A Walk Through Paradise

I close my eyes to find a place
In different time and different space
And in imagination find
A cloistered arbour for my mind
Where thought may there be unconfined

Then in my dreams a path I take
As in a trance, yet wide awake,
To see the world with open eyes
Its glist`ning sands and azure skies -
I take a walk through Paradise

Suspended there reflecting deep
Where time is lost, immersed in sleep,
A sleep of ages long since passed
As on the sea of change were cast
All things which then were reckoned fast

Above all earthly cares to soar
Beyond the hurts I there endure
To see a sweet and perfect land
Where sunbeams dance upon my hand -
Where peace and love I understand

And there before my eyes I see
Such beauty that could never be
Revealed in places fixed below
As set before me all aglow
Such wonders ever outward flow

So on I walk beyond the veil
Where joys untold yet e`er prevail
And through the mist of blindness see
Whatever be revealed to me -
In Paradise forever be

Valerie Dohren

After The Rain

After the rain the air is sweet
With glist`ning pools beneath my feet
Raindrops dripping down from the eaves
Teardrops slipping off shining leaves

And silken webs with crystals strung
Which span across the ivy hung
Around the trellised arbours green
A shimm`ring, luminescent scene

After the rain has kissed the earth
So Mother Nature brings new birth
Flowers to bloom with life anew
After the rain the sky is blue

After the rain comes a fresh dawn
After the rain new hope is born
After the rain has touched my soul
After the rain I shall be whole

Valerie Dohren

All That's Measured

Let go of all that binds your heart
Unveil your eyes from clouded sight
Release your mind from tethered thoughts
Then fly in freedom through the night

Be least content with more than less
Desiring nought that can't be met
Don't strive beyond horizons far
Seek not for all you cannot get

Do not aspire beyond your world
Hold not such dreams that cannot be
Nor hope that's fixed in hopelessness
Be now content and ever free

When in your eyes there's beauty fixed
And in your hand a treasure clasped
Then look no further for reward
As all that's measured you have grasped

Valerie Dohren

Alone

A single rose with thorny stem
On mother nature`s tattered hem
Which no-one cares to steal away
So left to wither and decay

And just one tear-dropp on the hand
Brushed upon the dusty sand
To be consumed into the earth
As one which has no lasting worth

There stands alone a single tree
No leaf upon it you will see
Beneath it grows no bush or flower
Empty, barren, silent bower

A lonely candle burning bright
Extinguished rudely in the night
Leaving shadows set behind
The shuttered windows in the mind

To tread a path that leads nowhere
(None to love, none to care)
A battered old grandfather clock
Marking time - tick tock, tick tock

A single petal on the bloom
A single chair, an empty room
A place of silent solitude
A place with loneliness imbued

I see a monolith of stone
A vision of the one - alone
A single soul alone to cry
A single soul alone to die

Valerie Dohren

Anima

Swift as lightning
Within confined
She weaves her spell
Into your mind

Sweetly whisp`ring
The siren`s muse
Hear her, see her
You can`t refuse

Her soft caress
You`ve always known
Seek her, take her
To be your own

She won`t leave you
She`s always there
Try to shun her
If you would dare

Tearing into
Your very soul
You must love her
Until you`re whole

Valerie Dohren

Annihilation

No more rhythm, no more rhyme
Out of step and out of time
The planets in their orbits falter
Our destiny we fail to alter
Moving on towards the end
Still we do not comprehend
That through the earth`s contamination
We`ll set our own extermination

No more hope and no more light
Through the darkness of the night
The sun in all her glory waning
The stars as burnt-out beacons fading
On and further on we go
Dark and darker yet to grow
The pathway to obliteration
And then complete annihilation

Valerie Dohren

Another Year

Another year has set its course
Within the wheels of time
With many pathways to traverse
And mountains yet to climb

The seasons thus will bring their change
As through the year they pass
With flowers blooming in the Spring
And winter's wilted grass

Then sunrise ever shall return
And set each closing day -
Young hearts shall tender love embrace
Soft words to fondly say

New lives will take their first sweet breath
Green fields be there to plough -
All those whose time has ceased to be
Will make their final bow

The year will bring great joy to some
Whilst others sorrowed be
Yet all we know for sure, the earth
Shall turn relentlessly

And this is as was ever meant
As nature leads the way
With time's unfolding plan for all
Throughout each coming day

A VERY HAPPY NEW YEAR TO
EVERYONE AT
HOPE ITS A GOOD ONE! !

Valerie Dohren

Apollo Sleeps (Sonnet)

The sable sky devours the dying sun
Apollo sleeps, thus silent be his lyre,
So I shall sleep, for now the day is done
And shadows fall beneath the fading fire

As Luna softly smiles upon the night
Apollo sleeps, with laurel wreath adorned,
And darkness takes his place to steal my sight
The closing of the day forever mourned

For blinded thus, my soul no longer sings
(Apollo sleeps, the poet's heart then stilled) ,
All thought has flown upon celestial wings
My heart no more to dance, no more fulfilled

Apollo sleeps, I pray that he shall wake -
My spirit, life, and soul, no more forsake

Valerie Dohren

Aquarius

The Fish are dying
Polluted our crystal clear waters
Our once green valleys, choked and grey
With the debris of living
Lost is all Virginity
And the orbs clamber through space, gasping for breath

The trees are lifeless
Wilted the flowers
Only their deathly form remains
Impinged upon my soul - I grieve
For nature`s stolen life

Yet now a new Age dawns amidst the turmoil
Promise of a Golden Age for man
(Insensitive automaton)
And everywhere the cry:
'Big Brother is watching you'
'BIG-BRO-THER-IS-WATCH-ING-YOU'

Valerie Dohren

Aspects Of Spring

See the flowers softly blooming
All the trees, new leaves to bear
Nature's beauty thus unfurling
As we breathe the honeyed air

Early now the sun is rising
Spreading light across the ground
Birds are nesting in the branches
Hear them sing, the sweetest sound

Gone is winter's cloak of darkness
Farewell to that season's chill
Welcome now the warmth of Springtime -
Hail the saffroned daffodil

Lifeless grass begins to flourish
Coloured crocus grace the scene
Fallowed land is now new seeded
April showers - all is green

In sweet fields, new lambs are prancing
Up and down, in gay delight
Soft white fleeces bathed in sunshine
Such a splendid, beauteous sight

Young love blossoms in the arbours
Two entwined as clinging vine
Eyes that meet in warm enchantment
Lips as red as seasoned wine

Yellow chicks and eggs of chocolate
Easter bunnies - children smile
Happiness is all around you -
Take your time and stay awhile

Valerie Dohren

At The River's Edge

At the river's edge I'm dreaming
Fixed in silent reverie
Gazing into crystal waters
Rippling out to capture me

Shall I walk into its shallows
Slip into its icy deeps
Feel it lapping all around me
Linger where Poseidon sleeps

Deeper, deeper thus immersing
Into regions yet unknown
Where the river meets the ocean
Where all fantasies are sewn

I am falling, falling, falling
Further into time long past
Touching ancient worlds of wonder
Where all memories are cast

Let me carry you there with me
Drifting 'cross the bridge of time
Soul by soul traverse together
Back to Eden so sublime

Valerie Dohren

Attar Of Roses (Sonnet)

I am the perfume full caught by the breeze
The fragrance that drifts through the air -
Attar of Roses soft borne on the wind
With Night-scented Stock lingering there

Essence of Jasmine and sweet Columbine
Is cast all around as I breathe -
Honeyed Gardenia and scented Sweet Pea
Yet soothing all hearts that do grieve

I am the treasure your senses desire
The perfume in floral displays
Carried above as pure redolent air -
The fragrance in bridal bouquets

I dwell in fair gardens bringing delight
To lighten all hearts each day and each night

Valerie Dohren

Be Still My Love

I saw your tears in dawn's soft light
As close beside you then I lay
Within my arms I held you tight
To ease you through another day

The smile that once lit up your face
Became a distant memory -
Oh you I never could replace
You'll always be the world to me

Another day, another time
The sun will shine forever long
Across celestial realms sublime
When we will sing a sweeter song

Be still, my love, don't weep, don't weep
It's time, my love, to sleep, to sleep

Valerie Dohren

Beauty

I saw the face of beauty fixed
Upon the rising sun
Beyond all mortal compliment
Her loveliness there shone

Within the constellations set
Against the heav`nly realm
She glittered `cross the universe
My heart to overwhelm

The Seven Sisters ne`er could light
All heaven like her smile
Nor Aphrodite`s sweetest face
The spirit to beguile

Then here beneath the starry dome
She rests upon the land
Encaptured by the glist`ning streams
And meadows, broadly spanned

For lying thus in fields of green
With flowers in her hair
The benediction of her charms
Is full beyond compare

She dances like a pearly wraith
Upon the crested waves
So comely bound in all that which
Imagination craves

Her voice is likened to the song
The Mousai sing at dawn
Whilst sunlight does her aspect grace
In fields of golden corn

May beauty steal my eyes away
From all in darkness veiled
And grant to me her precious gift
`Gainst which all else is paled

O beauty shall you hearken thus
My joy forever be
For beauty dwells within the soul
As beauty is to me

Valerie Dohren

Becoming

It was dark,
I was immersed in a fluid world,
so small within its depths.

Beyond the boundary, muffled sounds
soft and tender, could be heard.
Sighs, laughter, and I longed to see from where they came,
yearning for sight to penetrate opaque lids.

But all that could be seen were shadows -

shadows,
like phantoms drifting through a sea of calm.

In the distance could be heard a hypnotic tick tick tick,
marking time it seemed -

my time, here, within.

But what of time:
was there a beginning, or an end?

Suspended in peaceful unknowing,
I was rocked, by the gentle sway of my world,
into a silent slumber.

All was well in this universe,
where quiet waves licked against unseen shores.

But there was a storm unfolding.

A turbulence began to envelop me;
I was surrounded with its torment
- undulating, seizing, pushing -
and I felt the first pangs of fear
pulsating through my being.

Then, bewildered and disgruntled,
I emerged from the darkness,

kicking and screaming

into the light.

Valerie Dohren

Becoming (Story)

It was dark,
I was immersed in a fluid world,
so small within its depths.

Beyond the boundary, muffled sounds
soft and tender, could be heard.
Sighs, laughter, and I longed to see from where they came,
yearning for sight to penetrate opaque lids.

But all that could be seen were shadows -
shadows, like phantoms drifting through a sea of calm.

In the distance could be heard a hypnotic tick tick tick,
marking time it seemed -
my time, here, within.
But what of time:
was there a beginning, or an end?

Suspended in peaceful unknowing,
I was rocked, by the gentle sway of my world,
into a silent slumber.
All was well in this universe,
where quiet waves licked against unseen shores.

But there was a storm unfolding.
A turbulence began to envelop me;
I was surrounded with its torment
- undulating, seizing, pushing -
and I felt the first pangs of fear
pulsating through my being.

Then, bewildered and disgruntled,
I emerged from the darkness,
kicking and screaming -
into the light.

Can you remember your development from a single cell to your completion as a
fully developed human being - no? , then join me on my imaginary journey to

find out

BECOMING

Part 1: Ovulation / Conception

I 'knew' nothing of my true beginnings - how could I, for I was a mystery, a mystery yet to be revealed. So where do I begin to tell the story of my existence. Many believe that my origin was set beyond this universe, in the wider cosmos which embraces all of creation, and that I was rooted in the stars, the stars being the source of the DNA that is at the very core of my being. I can now only speculate and consider that I had descended through the chaos generated at its inception, was then carried by the ether, and in the fullness of time, silently and in solitude, was laid in the cocoon in which I found myself. I was so very, very small - a microcosm within a larger world of which I was totally unaware.

My existence thus far had seemed so insignificant, and it felt as if I was in a state of suspended animation - waiting. I had been 'waiting' for such a very long time, it seemed, but I could not comprehend the reason for my waiting, if indeed there was a reason. But then, suddenly, and without warning, it happened - an explosion. It was an explosion which catapulted me out of my cocoon into what appeared to be the vastness of space, but which soon changed as it began to assume the likeness of a dark tunnel down which I was being propelled. Where I was going, I did not know. I had entered a new world, on another journey, but was unaware of my destination.

It was during this journey that something strange started to happen. I was not alone. There, in the darkness, I could sense a presence, a presence akin to a swirling mass, a flood or vortex which seemed to contain others like myself, yet not like myself. I was afraid, not knowing if they were benevolent beings or hostile entities, which were invading the new world in which I found myself. They 'swam' closer and closer until I was surrounded. My fear then became all-consuming, but it was temporary and would not last for long. At that moment, I started to tremble and then I felt myself spinning, round and round and round. I then realised that I was in the midst of this vortex, and it was the intruders who had initiated the spinning. It was not an unpleasant experience for it felt as though I was surrounded by soft feathers, feathers which were brushing past and around me, nudging me softly and tenderly, and almost lulling me into sleep.

Slowly, I was becoming transfixed during this 'assault' on my being, an 'assault' which I found to be extraordinarily gentle, and the fear that I had felt began to

evaporate - I was floating, and slipping into a hypnotic slumber. But then, and suddenly, I was aroused from this impending sleep when I felt a piercing sensation. It was as if one of those 'feathers' had inserted its quill into my very core. I instinctively 'knew' that its purpose was to bring about change, and I was filled with trepidation. I 'knew' then that I was going to change into something much greater than that which I was, and something far greater than the sum of its parts. But I also 'knew' that such change was necessary, it was meant to happen, as the alternative would have been certain death.

The spinning continued following the 'piercing' of my being. Then came a strange feeling, a feeling that I was being torn apart. It was as if my entire self had been split asunder, and then split again, and again, and again. I wondered as to the purpose of this 'dividing, ' and what was happening to me. What was I becoming? I was indeed changing, but I did not understand.

Oddly, it also seemed that I was no longer the incomplete entity that I had always felt myself to be - I was not the solitary being I was before. I had become aware of a feeling of totality, of becoming whole, for until this time, I had always 'known' that a part of me was missing. This engendered an all-pervading sense of satisfaction and I 'knew, ' deep within, that somehow I was attaining the purpose of my existence and fulfilling the potential within me.

I knew nothing of my appearance following the many divisions of myself, but I imagined or sensed that I resembled a collection of tiny shimmering pearls, and that these pearls were bound together by love. I 'knew' about love from my cocoon days, and before when I was a part of a larger world, and through my connection with a cosmos far greater than myself, and which is the fount of all knowledge. Love is the binding force that holds everything together and repels anything which attempts to disturb its purpose. Consequently, I realised that whatever was happening to me was born out of love and therefore had to be a good thing.

Still travelling, moving down that long dark tunnel, eventually my journey came to a halt, and I felt the gentle undulations of a new environment enfolding me within its grasp. It was warm, so warm, and soft like a down-filled pillow, and my fears were allayed in this, my new home where I had become implanted, for it was beautiful. Time passed as I rested in my Garden of Eden, in my innocence - there was nothing to disturb my tranquillity here I thought, nothing. Suspended in peaceful unknowing, I was rocked, through a gentle swaying of my world, into a silent slumber. I began to sleep a sleep of deep contentment, unaware of what was to become of me.

Part 2: Development

It was dark - I was immersed in a fluid world, so small within its depths. I could sense that my environment was like an ocean in which I was suspended, but I was also aware of being tethered. I was still going through the process of division, but somehow this had become more tolerable now, more acceptable, almost natural it seemed. All was well in this universe, where quiet waves licked against unseen shores. On and on it continued for what seemed an eternity. It was a state of 'eternity' that had existed for me prior to my days in the cocoon, yet I did understand the concept of time, time as measured by the cosmos, the cosmos being my place of origin.

During this period, points of differentiation, such as a rounded mass which appeared to be located at the upper part of my being, started to develop. There was also a flexible rigidity that, I noted, gave added strength to my previously loosely bound-together self. I continued to grow, swelling and unfolding like a rose unfurling its petals. I 'knew' about flowers - this knowledge had always been within my unconscious 'knowing, ' that is to say, within that deep ocean of experience into which I had always been able to tap. I 'knew' that roses were beautiful, and therefore that I was also beautiful. I fell into sleep, contented.

I was awoken from my sleep by a gentle pulsation deep within my being, but which was only just perceptible. It resembled a steady beat, beat, beating sensation. Beset with wonder, and bemused by this further aspect of my changing, I pondered upon its significance. Somehow, I 'knew' it was essential for my continued survival, and therefore it was not something of which to be afraid. I was also aware of changes which had taken place both within and upon the rounded area to which I have already referred. Two small apertures developed, one on either side, together with two 'circles' which were side by side with a small raised area between them. There was also a fissure that I could pucker and stretch. I was confused and perplexed for I did not understand the significance of this - yet.

I also became aware that four tiny buds were forming, developing out of myself. They began to flicker and twitch - I 'knew' that they had a purpose, although I did not yet know what that purpose was. The buds continued to grow and become stronger - eventually I became able to move them of my own volition, though not with intent of course. I was stirred and excited by this 'quickenings' and vivacity, which was so much beyond my understanding, but I comprehended that I was not inert, I was alive - I was alive and realising my potential.

In the course of time, further smaller protuberances started to appear on the tips

of the buds already in place, twenty of them in total, five on each limb. There were times in my world when I felt some degree of discomfort or agitation, and I discovered that if I inserted one of these protuberances into the fissure of which I had become aware, this action would trigger the fissure to begin undulating around it. This instinctive behaviour proved to be very comforting and I knew it would bring to me a much desired feeling of solace in future times. I did not know why this should be, I just 'knew' that it was. It was an activity that would occupy me for a long time to come, such was the pleasure that it brought.

It was only in the fullness of time that I realised that the process I was experiencing had continued then for nearly three months - three long months, as counted by the sun and the moon. It seemed to me that my changing self was nearing completion - a new sense of wholeness embraced me, and I smiled by stretching the fissure - yes, I was able to smile, but I did not 'know' the reason for my smiling. I did not 'know' that, later, when it became purposeful, there would be a feeling called 'emotion' that would become the trigger for it to occur. I did not, at this time, 'know' about emotion, although something deep within my being told me that I had known about it a long, long time ago, and that it could be both distressing and beautiful.

As time progressed, I became further aware of a presence within the rounded area that constituted the upper part of myself. Although it was not palpable, I 'knew' of its existence because of an expanding consciousness which enabled me to sense things, things that I had not been able to sense previously. Beyond the boundary of my fluid world, muffled sounds, soft and tender, could be 'heard,' such as sighs, laughter, and a soothing 'thump thump thumping' which brought me great comfort. I hoped this would continue indefinitely, indeed forever (what did 'forever' mean - I felt I should know, but I didn't. Was it the same as eternity?) .

I also heard music - I 'knew' about music from my time in the cosmos when it drifted through the universe as beautiful, stirring vibrations, and I recognised the strains of Beethoven, Bach, Sibelius etc, 'knowing' that I had met them before. I longed to 'see' from where these sounds came, yearning for such sight to penetrate the opaque lids covering the two small circles which were situated on the rounded area, as previously described. But all that could be seen were shadows - shadows, like phantoms drifting through a sea of calm. In the distance could also be heard a hypnotic tick, tick, tick, marking time it seemed - my time, here, within. But what of time, was there a beginning or an end? Although I had 'known' about the concept of eternity, it was gradually slipping away from my consciousness as my 'becoming' progressed and moved towards fulfilment.

There were occasions when a gentle pressure was exerted upon me from beyond my world - it was as if my existence needed to be verified and monitored by some source outside of myself. Could it be that I had assumed some degree of importance or value, and that love and care had entered into my world? Love was a concept I had always instinctively 'known' about, but until my changing, I felt I had never experienced it before, or at least it was not within my then memory-scale to recall. It was wonderful and beyond description, and I 'knew' that I was wanted.

Part 3: Birth

Over time, I began to feel my fluid-filled world closing in on me, becoming smaller. Moving became difficult, and I realised that it was myself who had grown so large, so large that I was filling the space that was my universe. I felt a compulsion to twist and turn myself so that I was facing downwards, but without knowing the reason for this other than that this was something I had to do.

Then a sense of apprehension and foreboding came over me, for there was a storm unfolding. A turbulence had begun to envelop me, and I was surrounded by its torment - undulating, seizing, pushing - and I felt the first pangs of fear pulsating through my being, and which felt like electricity surging through me. I also realised that my fluid world had dissolved around me - my protective environment had fallen away and I felt bereft of its soothing presence.

Outside of my world, I heard a great deal of disturbance - there were sounds I had not heard before, distressing sounds like groaning and shouting. And 'voices', so many voices. One of these voices I recognised, as I had heard it so often whilst within my protected world. It was sweet and gentle, and I 'knew' that it would be important to me for a very long time. The squeezing and pushing of my small being seemed to go on forever, until eventually, both bewildered and disgruntled, I emerged from the darkness in which I had been surrounded. Kicking and screaming, I entered into a world of light. The warmth and the comfort I had known thus far was gone, and the brightness that I encountered triggered an unpleasant but temporary sensation of disquiet and unease, although this was soon to be dispelled. I then heard a voice say 'Well done Mum, you've got a beautiful baby.....', ' and the tether to which I had been connected was also released. I 'knew' then that I was a free individual, though not yet independent. I had become what I was always intended to be.

There was light all around me, but I could not see clearly. The opaque lids, which had been closed for so long, were reluctant to open. But soon, very soon

the blurred sight began to clear a little. The vision I then encountered was beautiful beyond description, and which I 'knew' I would never forget. At the same time, I felt a warm enfoldment around my body - I was held and caressed by another environment. I wondered what the word 'Mum' meant, but I 'knew, ' deep inside, that it was a wonderful word and one that would stay with me for a very long time. I then felt droplets of warm fluid falling onto my 'face.' They seemed to flow from two dark pools which were fixed upon me, and the fissure, which lay beneath them, grew wider and wider, becoming closer, closer and closer, until it touched my face - I didn't know it then, but I was being kissed. I 'realised' that these features were those which were also set upon my own form, and that I had now become aware of some of their purpose.

It had been a long journey, but I had arrived at my destination both happy and content. The changing was now complete, and I was tired, so very tired, and all I wanted to do was sleepand forget. But the forgetting never came, as I remember to this day the process of my 'becoming, ' and I feel that, somehow, this was not meant to be.

But my 'becoming' was over, and I 'knew, ' not through words or conscious knowledge, rather instinctively, that I was the keeper of the greatest secret of all - the secret of life itself. I 'knew' also that it was part of my destiny to perpetuate this process, for I am a girl, and I carry within me the seeds of future humanity.

I also 'knew' that I had many other tasks to fulfil, things to learn, and a balance to redress following on from previous existences. And furthermore that, beyond a time-scale which is incomprehensible to mankind, I would return to my origins, to where I had always existed in a state of potentiality. I would once more reside amongst the stars, as part of the all-embracing cosmos, 'knowing' that the cycles of life will continue, for when it comes down to basics, we are all just a collection of atoms and molecules, and it has been said that

* 'Energy (Matter) cannot be created or destroyed,
it can only be changed from one form to another.'

(Albert Einstein)

(* Matter can be converted to Energy, or vice versa.
Einstein's Formula $E=mc^2$) .

Valerie Dohren

Before The Storm

Before the storm the sky was blue,
As blue as blue can be -
The air was sweet, so sweet to breathe,
And you were next to me.

We saw the flowers bloom in Spring
And watched the songbirds nest -
The world was full of wonderment
As fondly we caressed.

And all around the sun shone bright,
The trees did softly sway
Touched by a gentle summer breeze
That chased our cares away.

But then the sky grew overcast
And rain-clouds gathered high -
A darkness fell upon the land
To shadow you and I.

The rain fell down upon our joy
To drown the life we knew -
It drenched our hearts, subdued our souls,
Destroying me and you.

For now you're gone, and I am here
Beneath a shadowed sky -
The storm has passed, but I am left
Forever here to cry.

Valerie Dohren

Before The Twilight Falls

If sleep should steal your soul, my love,
Before the twilight falls,
Then I shall be there by your side
When'er the darkness calls.

I'll hold your hand and soothe your brow,
Your cheek set next to mine,
To kiss you long and taste your lips
As sweet as vintage wine.

And should such darkness fall on you,
Within its shadowed space
You'll find my eyes there shining bright
Upon your ashen face.

Know this, my love, I promise that
You'll never be alone,
My heart will follow as you go
Across that stepping stone.

Our life shall always be as one,
Not ever set apart –
Through all my time, I'll ever hold
Your mem'ry in my heart.

Valerie Dohren

Behold Of The Splendid Ev'Nin'

Behold of the splendid ev'nin'
At the closin' of the day;
The sun is a-slowly leavin'
And a-fadin' soft away.

The mell'wing night is a-fallin'
So deep on the sleepy throng;
The birds are a-gently callin' -
A-singin' their sweet, sweet song.

All heads now are fast asleepin'
The land of dreams to abide;
All of their secrets a-keepin'
As within their beds they hide.

So until the bright new mornin'
In slumber all shall repose;
While awaitin' for the dawnin'
When the daylight softly glows.

With all of the sunbeams dancin'
A-castin' upon the trees;
And all of the birds a-prancin'
High a-flyin' in the breeze.

So everyone then awake'nin'
Set to greet the comin' day;
Of their secrets still a-keepin'
And a-hidin' come what may.

Valerie Dohren

Better To.... Rather Than....

Better to make someone smile
Rather than make them cry

Better to feed someone happiness
Rather than feed their misery

Better to always give
Rather than always take

Better to dance in the rain
Rather than weep under the sun

Better to pay a compliment
Rather than criticise

Better to be humble
Rather than be arrogant

Better to kiss someone
Rather than slap them in the face

Better to take care of wildlife
Rather than let it perish

Better to see beauty
Rather than see ugliness

Better to forgive
Rather than hold grudges

Better to catch the arrows
Rather than release them

Better to feed the land
Rather than let it become barren

Better to help those in need
Rather than turn away

Better to be thoughtful
Rather than be thoughtless

Better to celebrate life
Rather than complain

Better to see your glass as half full
Rather than as half empty

Better to look up to the stars
Rather than look down into the mud

BETTER TO LOVE
RATHER THAN TO HATE

Valerie Dohren

Big Ben Strikes 12: 00 Midnight

Happy New Year everyone from me and Great Britain.

Valerie Dohren

Birds Eye View

Looking down through misty spheres
To visit wondrous lands
Hewn through time, through endless years,
Green fields and golden sands

With glist`ning spreads of sapphire blue
Unfolding `neath my gaze
Then lofty heights of sombre hue
Ascend through misty haze

Beneath the soft and feathered clouds
Rise peaks of emerald green
All topped above with twisting shrouds
Of mist, their tips unseen

And golden plains reach wide and long
Which sparkle in the sun
To then be licked by silv`ry tongues
With threads of silk unspun

Then hov`ring over range and heath
Where roaming creatures dwell
As veils of purple stretch beneath
Enrobing dale and fell

(And yearning, hopeless, specks of dust
Behind confining walls
Beset with envy, greed and lust
Chase dreams in concrete halls)

To fly where beams of gleaming light
On icy rises play
Where fields of pure and dazzling white
Meet deeps of steely grey

And here green curtains hang above
The apex of the world
Dancing as two wrapped in love
With glorious beauty swirled

Then soaring high, beyond, to go
Above all, looking down
At this `blue marble` set below
In her black velvet gown

Valerie Dohren

Bluebells

Oh they are so beautiful
Dancing beneath the trees
How they captivate my heart
Stood swaying in the breeze

Tiny bells of sapphire blue
Tinkling in the sun
A sweet enchanting melody
Within my mind is spun

I wish that they would linger
To charm and bring delight
In my mem'ry they will stay
This lovely woodland sight

Valerie Dohren

Bright Flame

My love, my love, no scented flower
Could smell so sweet there in my bower -
No stars could yet adorn the night
Nor sun, nor moon, e`er shine so bright
As that which brings me love`s delight

For that which brings me love`s delight
Shines forth from you to feed my sight -
A love that never shall depart
A tender longing to impart
Bright flame that burns within my heart

Bright flame that burns within my heart
O let us not be set apart -
Stay close my love, a vigil keep
Upon my soul, which slumbers deep
So deep as in eternal sleep

So deep as in eternal sleep
That I no more shall ever weep -
O love that shines within your eyes
A love that neither wilts nor dies
A love that nothing e`er denies

A love that nothing e`er denies
The greatest gift, the greatest prize
That I shall cherish through all time
Shall so extol as bells that chime
My love for you is so sublime

My love for you is so sublime
That nought there is I could not climb -
You are the angel by my side
Forever there shall you abide
My light, my heart, my flowing tide

My light, my heart, my flowing tide.....

Broken Heart (Sonnet)

I found a broken heart the other day
So torn it was, it took my breath away
The noise it made was palest ever pink
It's beating just as but the weakest blink

I wondered who once owned this precious thing
Was it by pauper, poet, or by King -
No matter, for it's all the same I deem
Whoever that poor owner might have been

For poverty or wealth bears no effect
Upon this broken heart with its defect -
A heart is still a heart, it must be said
With care and tender love it should be fed

I rescued it and held it to my breast
That it may lie content and be at rest

Valerie Dohren

Burning Need - (Sonnet)

In reverie, I dream that I may write
A poem for tomorrow `fore tonight,
But still the words elude my empty mind –
I search and search, but such I cannot find.

If inspiration yet should come my way
Perhaps then I shall write a verse today
Which maybe, come tomorrow, you shall read,
So then to satisfy my burning need.

But if perchance a verse remains unwrit',
Then I shall search my archives bit by bit
To try and seek a poem hidden low,
A rhyme I wrote a long, long time ago.

Alas, such poem yet I can't locate -
Therefore my burning need remains unsate.

Valerie Dohren

Call Me Softly

Call me softly in the darkness
Do not deem to wake my soul
Never think to move my stillness
Nor my sorrow yet console

In my slumber I shall linger
Silent in the shadowed hours
Not to stir, nor seek the dawning,
Nor to sense the sweetened flowers

Wake me at the springtime`s coming
As the land is bathed in light
When the birds and flowers blooming
Bring an end to winter`s night

Then shall I with heart uplifted
Dance beneath the sun`s sweet grace
Wakened thus my soul to gladness
As portrayed upon my face

Call me softly in the darkness
Do not wrest me from my sleep
Wait until the morning carries
All that I should deem to keep...

(Ever then no more to weep)

Valerie Dohren

Calm Be The Soul

Calm be the soul
Full bathed in sunlight
Soft be the heart
That dwells on love
Still be the mind
That thinks of kindness
Bright be the eyes
That search above

Feared be the soul
Full bathed in darkness
Sad be the heart
That dwells on woe
Grieved be the mind
That thinks of hatred
Dull be the eyes
That search below

Calm be the soul.....

Valerie Dohren

Can You See

Can you hear a gentle breath
Through fields of golden corn

Can you hear the willow shed
Her tears of dew at dawn

Can you hear a baby cry
A baby yet unborn

Shall you touch a drifting cloud
Floating `cross the skies

To swiftly touch the dancing flames
Reflected in your eyes

And so to touch a ray of light
As o`er the land it flies

And shall you speak of distant dreams
And of life`s turning wheels

Shall you speak of that great love
The veil of death conceals

Shall you speak of thine own self
That truth alone reveals

Where hangs the perfume of a rose
Before it comes to bloom

And where the fragrance of the night
Your spirit to consume

Should e`er the scent of beauty fade
Then will we sleep too soon

Can you see the smallest star
Refulgent in the night

Can you see a butterfly
Flash by you, fast in flight

Can you see the spark of truth
Behold glorious light

Valerie Dohren

Can'T Believe

I can't believe that you are gone
For you are all around
You're here in everything I see
In every passing sound

It cannot be that you no more
Could ever speak or sing
Your words will always nourish me
To soothe and comfort bring

And as you kiss my eager lips
With breath as sweet as rain
Your hand takes mine, and then I know
I'll feel it there again

Still living yet within this room
Still sitting in your chair
You're watching every move I make
Yes, you are everywhere

And as I lay upon my bed
All through the silent hours
I know that you are with me still
Your scent is in the flowers

You'll always be within my world
And here within my space
As death shall not divide, my love,
Nor steal away your face

For in my mind your presence dwells
Always within my heart
You walk beside me every day
For we shall never part

I won't believe that you are gone
I'll never let you go
You'll always be right here with me
Or else I'd miss you so

Valerie Dohren

Captain Cur (Limerick)

There was a ship`s Captain called Cur
A pirate so extraordinaire
He was hell-bent
On the Malevolent
To coddle his Pirate Girl`s pair (oops! ... I mean hair)

Valerie Dohren

Captured In A Moment

Captured in a moment ...

a smile, a touch
that means so much.

The glint in your eyes -

a flash of lightning
across darkened skies.

The fluttering wings
of butterflies.

Captured in a moment ...

A glance, and a turn of the hand
that says "I understand."

A wistful sigh
that means goodbye.

That last heartbeat
and a falling tear -

Captured in a moment ...

"Sleep well my dear."

Valerie Dohren

C'Est La Vie

Had my fill
of the almost empty pot –

the residuum is tasteless,
unappealing

and the staff of life
dried and moulded a long time ago
leaving me hungry.

Still, there remains a generous dollop
of cynicism on my plate

which suits my palate
especially for the evening meal.

C'est la vie

Valerie Dohren

Close The Door

Close the door when you leave,
place a barrier between our hearts.

This night
I shall be alone –
without tears, without regret.

Close the door when you leave,
pull it tight
and turn the key.

I shall soon forget -
you and I

were never meant to be.

Valerie Dohren

Come My Love

Sweetest heart of all design
Shall you ever yet be mine
Come, my love, and dance with me
In my arms you're meant to be

Greet me with your gentle smile
Tease me so as to beguile
Come, my love, and sing with me
Always then in harmony

Take my hand and hold me near
Set me free from all I fear
Come, my love, and dream with me
In a world of reverie

Seize each moment while we may
Every hour of every day
Come, my love, and walk with me
By my side forever be

Valerie Dohren

Cotton Candy Trees

No more, those blissful days
when we watched cotton candy trees
blossom in the Spring,
listened to the trickle of silver streams
and the whisper of the wind
through tall grasses.

All was well with the world
and life was full of promise.

But its an ill wind that blows now,
stirring my soul with bleak despair.
Everything comes to an end,
and I can see it in your eyes.

We are left with only an empty silence,
each with our own thoughts.

It's the end of all things,
of all things that we once knew.

You are leaving....

but I will follow you.

Valerie Dohren

Crimson River

A crimson river, labyrinthine flows
Down streams traversing sinister terrains
And onwards drifts along the path of life
Through myriad courses, rivulets, and veins
Along a way that takes it to the heart
Then on to where the ring of love remains

A crimson river weaving through your mind
That twists and turns one billion-fold therein
To search out all the feelings that you feel
Plus all the memories that lie within
To raise a train of thought that is sublime
Of dreams, imagination set to spin

Valerie Dohren

Dancing With The Daffodils

I'm dancing with the Daffodils
In Spring-time's warm embrace -
With golden hearts and coronets
They're swaying with such grace

Together waltzing in the sun
A wonderful display
Upon a ballroom trimmed with green
On this, a lovely day

Such beauty thus besets my heart
And fills me with delight -
I'm dancing with the Daffodils
Of yellow, gold and white

Their perfume drifting soft and sweet
Across the verdant land -
I long to pluck them from the earth
To hold them in my hand

I wonder if they see me here
Amidst their glowing throng -
I'm dancing with the Daffodils
And singing all day long

Valerie Dohren

Dappled Gold

There they lie `neath silver clouds
Dappled gold, dappled gold,
Wrapped in iridescent shrouds
Oh so cold, oh so cold.

Run your fingers through the sand
Damp with tears, damp with tears,
Try to reach them, hold their hand
Quell their fears, quell their fears.

Do we dare to speak their name
Whisper low, whisper low,
Close your eyes and feel their pain
Let them go, let them go.

There beneath the moon above
Don't you cry, don't you cry,
Feel their never ending love
As you sigh, as you sigh.

Valerie Dohren

Darkling Eyes

What moves behind those darkling eyes
What memories concealed -
What shadows drift within their gaze
What visions unrevealed

If I could reach into your mind
All hidden thoughts to know
What phantoms would I find therein
What dreams would inside flow

For as I look upon those eyes
I see a secret world
A world that you alone shall keep
To never be unfurled

The stories that you hold within
Are yours forevermore
To carry with you through all time
Within your mem'ry store

So when I see a wistful smile
Or catch a teardrop fall
I know that you're remembering
All that you would recall

Perhaps a mother's gentle kiss
Perhaps her warm embrace
Or maybe it's a sadder song
Reflected on your face

If only you would beckon me
Behind those darkling eyes
That I might join my soul with yours
Before the sunlight dies

Valerie Dohren

Deliverance

Today, I slayed the devil!

I found him
skulking in his lair...

his eyes burning
like the fires of Mordor.

I put out the flames
with just one steely cold glance
stunning him into silence.

Then, I recited love poems
sang songs about peace and happiness
showed him images of starving children.

The tears streamed down my face like rain
falling upon the ground as a mighty flood
stained with the blood of a broken heart.

It was too much for him to bear -
he dropped onto his knees
and began writhing like a snake in the grass.

I scratched the sign of the cross upon his forehead
and washed away his number with my tears.

He became still – his face melted like Dali's Stopwatch,
his dying breath issuing forth like an icy wind.

Today I slayed the devil ...

The birds began to sing a sweeter song
than was ever heard before

and the sun shone brighter than has ever been known.

You will not see him again.
He has gone now – disintegrated into nothingness.

You may rest in your homes tonight
believing he is no more -

and dream of a brighter future ...

Valerie Dohren

Demon Skies

The pale moon floats through demon skies
Her aspect cold and eerie
Against the raging storm she vies -
Her heart thus ever weary

So solitary in the night
Suspended there in sorrow
Yet waiting for the dawn's sweet light -
A brighter new tomorrow

All frenzy quits in daytime's glow
For silent be the morning
And deep in shadows set below
Then comes the sun's new dawning

The pale moon sleeps in demon skies
Afraid of night's returning -
So dark, eclipsed, as there she cries
In secrecy and yearning

Valerie Dohren

Distant Shore

O could it be that we have known
Such tender love before -
That we have loved each other so
Upon some distant shore.

Within the far and long lost past
Then maybe you were mine -
I held you in my gentle grasp,
Set in another time.

And could it be the Moon above
Has watched our warm embrace,
And seen us kiss so sweetly in
Some other far off place.

Beyond the boundaries of time,
Perchance our love did grow -
For now I love you, as I deem
I loved you long ago.

And thus when darkness steals our souls
I know our love won't die,
For it will blossom in the dawn
That lights another sky.

Don't weep my love, my sweetest love,
Forever we shall be
Two hearts united through all time,
Into eternity.

Valerie Dohren

Dreamscape

Soft shadows drift in night`s embrace
To linger, falling on your face,
With nought to dread nor yet to care
No sorrow borne nor yet despair
(The moon above, suspended there)

With mind encaptured in a dream
Where all is not what it may seem
As gliding images unwind
So dancing in the sleeping mind
Such visions of a vapoured kind

To float and spin o`er lustred lands
And fall as sand through open hands
No substance poised to hold on tight
Shimmering fancies then take flight
As drifting ether through the night

Then swirling mists enwrap your eyes
(With whispered voices, distant sighs)
And spectral lights flash into view
Red turned orange, yellow turned blue
Surrounding all, surrounding you

Awake! awake! all those who sleep
Awaken from your slumber deep
Rise up to quit the sleeper`s womb
With open eyes, the day resume
As dawning breaks the night-time gloom

Valerie Dohren

Dust Of Gold

It never came as dancing flames
To set my heart on fire,
Nor did it come as stormy seas
That filled me with desire.

There was no pounding in my breast,
No tingling down my spine;
But just a sweet exchange of smiles,
Which told me you were mine.

Nor did the moon extend her glow
Upon your countenance -
No stars did ever light your eyes;
Enough that you should glance.

Such passion never touched my soul
That taunts the craving mind;
But just a tenderness within,
I deemed I'd never find.

You did not veil my eyes with mist,
Nor take my breath away.
Just sweet contentment stole my heart;
Now with you, I shall stay.

It came, a shimm'ring dust of gold
Upon my soul to fall -
Transported on a floating cloud,
Forever to enthrall.

And now through life I'll ever walk
With you here by my side -
Forever I will cherish you,
My love and life-long guide.

Valerie Dohren

Each Day

Each day I watch the rising sun
Each night, the glowing moon
All time lays heavy on my mind
For you are gone too soon, too soon,
For you are gone too soon.

I count the days that pass on by
Which mark the changing time
But yet I cling to memories
Which tell me you were mine, were mine,
Which tell me you were mine.

It hurts to think that you are gone
When you were ever near
And now the world has lost its charm -
I loved you so my dear, my dear,
I loved you so, my dear.

Your name will rest upon my lips
For all my lifelong days
And I will hold your pictured face
As in your eyes I gaze, I gaze,
As in your eyes I gaze.

Remember me, remember me
If e'er your soul can know -
Down here beneath the shattered sky
I shall not let you go, oh no,
I shall not let you go.

Valerie Dohren

Each One.....

Each one gives, each one takes
Sometimes loves, then forsakes

Each one wins, each one fails
Weighs the cost, tips the scales

Each to come, each to go
Rising high, sinking low

Each one came, each one left
Hearts to bind, hearts bereft

Each one laughs, each one cries
Each one lives, each one dies

Valerie Dohren

Earth

Shining as a lantern
Against the shimmering stars
Beautiful in splendour
With Venus and with Mars

She glides across the heavens
Beneath a starlit dome
A jewel in the universe
This place which is our home

And upon her lovely aspect
Shines bright the dazzling sun
Whose benediction granted
The life that had begun

Her verdant land then nurtured
Her seas thus torn apart
All living things created -
For each a beating heart

How lovely is this planet
This piece of rock in space
A haven for all creatures
Our beautiful dwelling place

Valerie Dohren

Earthquake

Ground lurching, cracking
banging, buildings tumbling
bridges swaying
land cloven
crumbling crust

Earth shaking -

- turning into tembling body
Nowhere to run - falling

Valerie Dohren

Eastwards

At the start of each day, turn your eyes eastwards
and you will see the sky slowly open up her heart
to reveal a mighty dazzling orb, shimmering in the
morning mist.

Then look into your own heart to see if you can catch
a glimpse of its reflection there. If you can, then
you have, for a brief moment, touched eternity.

If you don` t see it, then close your eyes and keep
trying so that one day you surely will, and its beauty
will be so great that you will never ever turn away.

Valerie Dohren

Ebook 'Pink Ribbons'

Just to let everyone know that my ebook entitled 'Pink Ribbons' is now available for (PDF) from Lulu.

Valerie Dohren

Eclipse

Whilst gazing up towards the sky
I saw a wondrous sight
For in the beauteous heavens above
The day turned into night

The moon was dancing with the sun
Fixed in a long embrace -
A lovely courtship had begun
Up there in silent space

Suspended high in dark display
As one, entwined in love
Against the black and sombre sky
Their backdropp set above

They kissed so long and tenderly
Wrapped in a sweet romance -
Before my eyes they ballet`d in
A graceful cosmic dance

The darkened skies then set a scene
A truly splendid thing
As from their heav`nly union shone
A shimm`ring diamond ring

The daylight then returned in full
As, slow, they moved apart
Their marriage thus surrendered to
Reveal the sun`s bright heart

Valerie Dohren

Enchantment

Enchantment steals my weary heart
When`er I see the golden dawn
Which so does set my soul aflame
That I should never be forlorn

To see the beauty in a smile
To feel such magic all around
Delights me with the sweetest joy
In every sight, in every sound

Enchantment plays upon the soul
To captivate, such charms convey
All heavens wonders that we see
Around us through each passing day

Enchantment be the stars that shine
Enchantment is the glowing moon
Enchantment in the twisting vine
Enchantment through the sun at noon

Enchantment be the rambling brook
Enchantment is the rolling sea
Enchantment in the eyes that look
Enchantment through the eyes that see

Valerie Dohren

Enigma

I wonder how it came to be
This thing, and how it baffles me
The reason why I can't pretend
I simply cannot comprehend

I scratch my head and pout my lips
Then place my hands upon my hips
Round and round the room I pace
With crumpled brow and puzzled face

From dawn through dusk it fills my head
Until it's time to go to bed
Then lie awake 'til break of day
This problem will not go away

Deep in thought my hair I twiddle
If only I could solve this riddle
Some resolution I must find
To pacify this troubled mind

Perplexed, bewildered and nonplussed
To find the answer, then I must
Dissect this thing which bothers me
The truth of it that I might see

That's it I shout, but then again
The reason why I can't explain
For as I analyse the clues
There is no answer to this ruse

Valerie Dohren

Ever Shall

Ever shall my heart adore thee
` Cross the boundaries of time
Always will my love endureth
` Bove the mountains yet to climb

Ever shall my light surround thee
Through all days of sad lament
Bathing yet your soul in gladness
Bringing solace and content

Ever shall my arms enfold thee
As the waves embrace the shore
Crashing ` pon the rocks eternal
Loving you forever more

Ever shall I be your keeper
Over you to watch always
As your guardian angel ` biding
Throughout all your lifelong days

If I should depart before thee
Do not think that I am gone
I shall set my eyes upon you
Through the moon and through the sun

Valerie Dohren

Evolution

All things must change
in the fullness of time,
and the dawn shall come,
albeit in shadowed tones in its coming.

Seeping into man's being
and stealing the darkness,
it shall wrest his heart from the grip of death.

Lifting the mind above all things
set in this baleful world,
in its beauty, to be unfurled.

The dawn shall come,
albeit in shadowed tones.

Valerie Dohren

Falling Into Darkness

Falling into darkness,
Watch the fading light -
Moving with the shadows,
Drifting through the night.

All the world is silent,
Deep within, entwined -
Memories like phantoms,
Float inside my mind.

Love that once was cherished,
Lost in time and space -
Falling into darkness,
To this empty place.

Valerie Dohren

Feelings

Feelings drift like echoes
Through the hollows of the mind
Touching all the senses
As there within defined

Tenderly they flutter
As petals in the breeze
And sweetly do they chirrup
Like birdsong in the trees

Or they clap as thunder
To rent your soul apart
Searing as a knife wound
Into your fragile heart

Through all time they linger
And deep within remain
Bringing tears or laughter
As happiness or pain

Valerie Dohren

Fields Of Green Velvet

Lay me down gently in fields of green velvet
Resting beneath the blue gossamer sky
Where I may gaze upon clouds of white cotton
Shimmering dragonflies floating on by

Mingling there amongst red satin petals
Yellow and silver, with gold all around
Captured by nature's soft breathtaking beauty
Gracing the heavens, adorning the ground

There shall I tarry in peaceful devotion
Breathing the fresh and sweet pine-scented air
Feeling the warmth of the sun cast around me
Free from all worry and heartache and care

Come, won't you join me, to feel all this splendour
There in your mind where such fantasies dwell
Dance with me, sing with me, and then surrender
Each of your cares, and fall under my spell

Song version (Music by John Carter Brown) :

Valerie Dohren

Final Song

Hush my love, don't fret and fuss -
now there's just the two of us.

We'll dream together, here below
the darkened sky,
the moon's soft glow,

as we recall the time, now passed,
before there was a shadow cast
upon the world that once we knew,
when all was well for me and you.

Let's gaze into the mirror long,
to see ourselves, both sure and strong -
there's naught to fear, there's nothing wrong -

and we will sing our final song.

Valerie Dohren

Fortress

No walls of stone were ever cast
Nor yet as such defined
To equal thus the fortress built
Where I be so confined

And ever shall this fortress hold
My soul within its keep
That none shall deem to touch or see
Whilst there it lingers deep

Enclosed within, this fragile heart
Then finds a refuge there
Away from all to trouble me
Hid low from worldly glare

Yet if true love these walls could shake
And tender words could raze
Then merrily I would rejoice
To welcome sweeter days

So ever shall I seek release
Through love`s redeeming grace -
This fortress then would, crumbling, fall
To show the sun`s bright face

Valerie Dohren

Fractured Earth

A bleak wind blows, and all in sorrow dwell,
the fractured earth sings out her requiem -
upon her form, unquenched, a raging hell,
around her head, a fading diadem.

'Defiled and ravaged by your greed' she cries,
all bruised and battered as a child abused -
her woodlands raped beneath the dark'ning skies,
and plundered are her riches, then misused.

The wings that fly above her head so fair,
the hills and valleys spread across her land -
all such are wrecked and ravaged without care,
his number traced upon the golden sand.

A bleak wind blows across her countenance,
within its wake a decimated world -
a land spurned not by fortune nor by chance,
this wretched place, where man's contempt is hurled.

Valerie Dohren

From A Distance

Oh it was beautiful from a distance

How it glistened and shimmered in the sunlight
like a diamond cast down from heaven I thought

Or maybe the eye of an angel

or Galadriel's mirror

or a pool of water, reflecting the day's gentle glow

So splendid it was

I had to know

But it was just a piece of old jagged glass
part of a broken bottle, cast aside
by a drunken fool

And I deluded!

Valerie Dohren

Gently In The Morning

Gently in the morning
touch me if you will
tell me that you love me
when the day is still

Keep me close against you
just before the dawn
soothe away my sorrows
'fore the day is born

Kiss me as I tremble
gaze into my eyes
let me feel you near me
when the night-time dies

Gently in the morning
hold me in the shade
when the bright sun rises
that's when I'm afraid

Valerie Dohren

Gone With The Wind

Wanting to touch the sky
I reached out,
but it was beyond my grasp.

Intangible -
like a whisper carried on the breeze.

Hopefulness -
drifting through the shadows
of my mind....

lost
in the labyrinth
of the present,

now gone ...
with the wind.

Valerie Dohren

Great Eagle

Great eagle spread your golden wings
Above the world, my load to bear
Transport me to the realm of kings
That I may find some solace there

Across the wooded land to fly
Then mingle with the salted air
Where'er the silver seagulls cry
To thus relinquish all despair

With breeze as sweet as ether`s breath
Empyreal, above compare
Oh carry me to mystic death
Celestial beauty shining fair

Go forth where all good souls are free
Above, beyond, without a care
Unchained from all that captures me
My heart to tether and ensnare

Great eagle spread your golden wings
Ascend upon the starlit stair
To so unbind above all things
This leaden heart, unmasked, laid bare

Valerie Dohren

Halcyon World

Come with me, let's take a ride,
Swiftly, silently to glide
'Cross the cerulean sky;
Above the earth, flying high.

Through the air, over the land,
Twisting, turning, hand in hand;
Then beyond the em'rald sea,
Floating, drifting, peacefully.

So to ford the bridge of time,
Into places so sublime -
Leaving all that's done, behind;
See the future - in our mind.

Trav'ling on to worlds unknown,
Every rock and every stone,
Passing there beneath our eyes,
Marks the road to Paradise.

On and on our way to wend,
Every corner, every bend,
Leading us beyond the gloom;
On to where the flowers bloom.

On to where all things are fair,
Wearing garlands in our hair;
Dancing on the crested clouds,
Spread beneath as angels' shrouds.

There within a halcyon world,
All our dreams to be unfurled -
We shall live as spirits born,
Heralding a golden dawn.

Come with me, let's take a ride,
Spanning o'er a deep divide;
Such that sets the senses free -
Come, O come, just you and me.

Valerie Dohren

Heather Wilson Sends Her Best Wishes

I'm sure all those of you who were followers of our lovely Heather are wondering what became of her as she has not been active on PH for some time now. I am in occasional contact with her via personal email, and have been in touch recently. Heather has asked me to pass on her best wishes to everyone. Heather herself is fine, but as you know is a carer for her disabled husband. Her husband's care needs have increased, therefore she has little time to write poems or be active on this site. She has mentioned that she has received a number of emails which she has been unable to answer, she simply does not have the time now.

I hope this little update will put your minds at rest if you have been worrying about her absence from the site. I thought this was the best way to let everyone know how she is doing and why she has not been posting or communicating.

I am sure you will join me in wishing Heather (and her husband) all the very best, and we hope that she will be able to return to PH at some time in the future. At present, she is unable to say whether she will or will not.

Three cheers for Heather.....

Valerie Dohren

Heaven And Hell

Heaven...

We speak of doves and cherubims
Of angels chanting mystic hymns
With shimm`ring, swirling mists of night
Enshrouding souls in heav`nly flight

Then wait in hope that all shall find
Eternal peace for humankind -
Beyond the stars, this holy place,
We think to gaze upon His face

Yet here in life my soul is real
Within this heart, to love to feel
The splendour of man`s richest prize
The gift of life, where here it lies

It`s not beyond, but `neath the skies
Reflected in two lovers` eyes
It lingers in their tender kiss
Within their arms entwined in bliss

It`s present in each flow`ring rose
In every living thing that grows
Embracing every baby`s birth
It`s not above, it`s here on earth

And if you look you`ll see it clear
Within the things you hold most dear
Pervading every kindly deed
That satisfies each human need

It`s not a far and distant place
Reserved for those bestowed with grace
Immersed in every single breath
It`s found in life, not after death

And Hell...

The serpent lies in wait, we fear
The pangs of death e`er drawing near
For those whose lives have not been pure
This place, accursed, they must endure

Set deep within the earth`s sweet light
We speak of hell`s eternal night
Engulfing all possessed of sin
So dark, this evil place within

Yet through this broken heart, I know
It`s not some place that lurks below
It`s here in life, in every cry,
In every tear, in every lie

It`s found in every human pain
O`er every evil deed to reign
Concealed in all the things we fear
It`s not beneath the earth, but here

You`ll find it in each starving child
Within each living thing defiled
By man`s foul deeds, it lingers on
`Til every spark of truth is gone

And satan`s gift sure has a price,
The cost is pain and sacrifice
Of love, of joy, of peace divine
In eyes so blind, no more to shine

The devil`s fires don`t burn beneath
The earth, you`ll find no gnashing teeth -
War-torn children will tell you well
Where lash the raging flames of hell!

Valerie Dohren

Here, In This Beautiful Moment

Here, in this beautiful moment,
slipping away from the world -
steeped in this glorious season,
shackles of earth now unfurled.

Rising above all that binds me,
lost in the star-sequined night -
turning my eyes on the moon-glow,
seeking a path to the light.

Still, in this wonderful moment,
scanning the darkness around -
closing my eyes to all sadness,
touching the dreams I have found.

Valerie Dohren

Hold Me Tender

Hold me tender as I slumber
Stay beside me while I sleep
Be forever in my dreaming
Keep me close lest I should weep

Soothe my anguish in the morning
Ease my heart from noontime care
Then as twilight grows upon me
Promise that you'll still be there

So remain before the darkness
Touches all this troubled mind
Linger in the night's cold shadows
All my heartache to unbind

Hold me tender as I slumber
Rescue me from solitude
Stay with me until the morning
When the day be then renewed

Valerie Dohren

How Lovely

How lovely is the summer breeze
That whispers through the leafy trees
Then graceful drifts across the land
Through blades of grass yet gently fanned

How beautiful are eyes that shine
With joy and peace, and love divine
To thus enchant each sorrowed heart
With benediction to impart

How wonderful the evening mist
(Within its veil two lovers kissed)
Then o`er the land to linger there
As wraith-like curtains in the air

Amazing are the birds that sing
So elegant upon the wing
Above and in the sky so sweet
Then softly each new day to greet

How blissful is the fireside glow
Whilst all about is set with snow
To feel its warmth upon your face
As if enwrapped in love`s embrace

Magnificent the mountain stream
Cascading down to pastures green
Glistening in the noon-day sun
As threads of gossamer unspun

How sweet the scent of autumn rain
To drench the land which so again
Replenishes the arid earth
And brings all things once more to birth

How glorious, how wonderful,
How beautiful, adorable
Life`s pleasures such as these to know
Which through our lives forever flow

Valerie Dohren

How Shall I Remember You

How shall I remember you
as heavenward I gaze
through clouds of wispy ether
and shimm'ring misty haze.

How shall I recall your smile
through time's fast moving pace -
remember then forever
your face, your gentle face.

What memories shall stir me
that we should never part -
what thoughts forever cherish
and hold within in my heart.

And shall the things that bound us
together through the years
remain to bring me solace
and ease away my fears.

Are they fixed within my heart
in this gold band I wear -
are they dancing in the wind
yes, shall I find them there.

I pray that they will never
be lost within the shade -
that they will shine forever
not fade, not ever fade.

How shall I remember you -
within the stars that gleam?
as an image in my mind -
a dream, just as a dream?

Valerie Dohren

I

Her breast was warm and tender was her face
Secure was I within her long embrace
Protected from the pain of human care
It seemed that I was ever part of her

But then I stirred awakened by the dawn
The time had come at last and I was born
The sun shone brighter than I`d seen before
I looked around and she was there no more

Then from hell`s kingdom sprang a raging fire
To fill my heart with longing and desire
Within my mind I knew that I was I
A thousand times to live, a thousand times to die

(Oh who was he who tore me from her breast
And left me here to weep with grief possessed
To wander through earth`s shadows I alone
Yet seeking him through whom I must atone)

Her tears as rain spilled down upon the earth
To soothe away the pain of mortal birth
And `neath the waters glowed the sun`s pure light
Through softly fading shadows of the night

(Where earth meets heaven dwells the sacred dove
And there I seek to find his perfect love
The sun will shine e`er brighter than before
In death`s abode when I am I no more)

Valerie Dohren

I Am A Mystery

My mother is the mountain
Sweet ether is her breath
Born of words unspoken
Was I, in tenderness

I know not where I am
Nor what I'm meant to be
I cannot comprehend
I am a mystery

Valerie Dohren

I Am.....

I am the wind that blows in your hair
I am the joy in the smile that you wear

I am the grass that cushions your feet
I am the rose with her perfume so sweet

I am the rainbow spanning the skies
I am the teardrops that fall from your eyes

I am your candle with flickering flame
I am the language that speaks out your name

I am the birdsong high in the trees
I am the snowflakes that float in the breeze

I am the ripples you see in the streams
I am the essence of each of your dreams

I am the sound of rustling leaves
I am the thread that each silkworm weaves

I am the fire that burns in your soul
I am the shadow o`er mountains to roll

I am the blood that runs through your veins
I am the bright moon that waxes and wanes

I am the sun that shines in the sky
I am the breath exhaled in your sigh

I am the land and I am the sea
I am all that you want me to be

I am your soul..... I am not me

Valerie Dohren

I Dreamed Of Love

I dreamed of love
but not like this –

a silent heart
a frozen kiss

vain conceit, deceit

words unmeant
passion spent.

~~~~~

I dreamed of love  
the gentle kind –

sweet and true  
to ease the mind

unmeasured, treasured

soft and pure  
ever sure.

Valerie Dohren

# I Dreamt I Danced With You

Last night I dreamt I danced with you -  
We Waltzed between the stars  
Then Quickstepped through the asteroids  
Passed Jupiter and Mars.

I wore a gown of crimson silk  
And you a waistcoat bright -  
Glittering `cross the star-filled dome  
We danced through all the night.

With eyes that met and cheek-to-cheek  
Enfolded in your arms -  
Your hand upon my slender waist  
Enraptured by your charms.

We Samba'd in the twilight hours  
Together with such grace -  
On clouds of ether floating high  
We Tango'd on through space.

Then falling down to earth again  
We Cha-Cha'd round the moon -  
And as the music filled the void  
I felt our bodies swoon.

Last night I dreamt I danced with you  
But now the dream has gone  
Yet in my heart the memory  
Shall linger on and on.

Valerie Dohren



# I Knew A Song

I knew a song once,

a long time ago.

Such a lovely song -  
about love, and hope, and trust.

The words echoed through my mind,

and the music,

the music captured my heart  
and set me dancing with joy.

It was such a beautiful song -  
about love, and hope, and trust.

Yes, I knew a song once,

but time has passed  
and I no longer remember the words ...

or the music.

Valerie Dohren

# I Lost A Lovely Dream

Oh, somewhere in the deep, dark night,  
I lost a lovely dream -  
It drifted through my sleeping hours,  
Just like a sparkling stream.

It left an imprint on my mind,  
That I will ne'er forget -  
Such was the beauty of its form,  
Upon my heart now set.

I've searched within my memory,  
This dream to now recall -  
But only shadows linger there,  
It's gone, once and for all.

It melted into vapoured clouds,  
Then floated far away -  
Becoming just an image lost,  
As night turned into day.

I know my dream was beautiful,  
It filled my heart with glee -  
Oh, that I could recall it now,  
It was so lov-el-y.

Valerie Dohren

# I Lost My Heart A Time Ago

I lost my heart a time ago,  
it silently took flight -  
I looked within the daylight hours,  
and in the dark of night.

I searched amidst the golden leaves  
of autumn, cast around,  
then glanced upon the glist'ning stars  
which there above abound.

And here amongst the tangled vines,  
along the wooded ways,  
I yearned to hear its gentle throb  
through many endless days.

I sought it in the crystal snow,  
and deep in feathered wings.  
Amongst sweet-scented lavender,  
and all soft tender things.

In silver streams and leafy glens,  
bathed in the twilight's glow,  
to find my heart and feel it beat  
as once a time ago.....

To find my heart and feel it beat  
as once a time ago.

Valerie Dohren

# I Saw You As I`ve Never Seen Before

I saw you as I`ve never seen before  
The moon upon your lovely face did play  
Your eyes as starlight fixed on heaven`s door  
So sparkled at the closing of the day

Then softly in the golden fires of dawn  
Your smile shone brighter than my eyes have seen  
To greet me as an angel in the morn` -  
O sweeter than it yet had ever been

Your voice was like a songbird set in flight  
Enchanting all my mind and sorrowed heart  
Which soars above the land in gay delight -  
Sweet music of the world to thus impart

And greatly was your countenance defined  
As `gainst the azure skies it was then set  
It lingered as a vision in my mind -  
O I am yet so glad that we have met

Entranced with all your beauty is my soul  
I ne`er will ever feel such joy again -  
My weary heart forever to console  
And tender love eternal to sustain

Valerie Dohren

# I Thought I Saw You

I thought I saw you moving in the shadows  
Drifting through the silence of the night  
How brightly shone your eyes that were upon me  
A vision oh so beautiful to my sight

For though you are now gone and I am weeping  
To spend my life without you by my side  
I know that somewhere fixed within the darkness  
Your light will shine forever as my guide

I'm reaching out, my darling, so to touch you  
But you are just an image in my mind  
And though I'll never once more hear you breathing  
Your heart with mine shall ever be entwined

I thought I saw you moving in the shadows  
Along the bridge of death's long road you passed  
Shimmering in the dark there as a phantom  
To find eternal peacefulness at last

And I shall linger here set deep in sorrow  
Alone, in solitude, no more with you  
Full knowing that, one day, we'll be together  
Again our love to shine forever true

Valerie Dohren

# I Tried

I tried to touch the morning mist  
To hold it in my hand  
But through my fingers then it slipped  
Like grains of golden sand.

I tried to reach the rainbow curved  
Across the azure sky  
Too far, too far beyond my grasp  
Too high, too high, too high.

And then to see the smallest star  
Full hidden in the night  
My eyes could not yet capture this  
So clouded was my sight.

I tried to hear the voice of God  
To hear it in my mind  
Then feel His love envelop me  
But He I could not find.

I tried to touch, to reach, to see  
To hear all that I sought  
But nothing was there manifest  
As all I found was naught.

Valerie Dohren

# I Will Leave You Silently

I will leave you silently  
In the still of night,  
When the birds have nested long,  
And the moon grows bright.

You won't see me leaving then,  
As in fullest day -  
After twilight's shadows fall  
I will slip away.

I won't stir you from your sleep,  
You'll not see me cry -  
I will leave you silently  
When I say goodbye.

Valerie Dohren

# I Will Search For You My Love

O, I will search for you, my love,  
Whenever all the world is done  
When earth no more shall spin around  
As at the dying of the sun

Throughout eternity, to seek  
Beyond all stilled and finished time,  
Together then entwined as one  
Our soul to heaven`s door shall climb

When all that is has blown away  
So lost to dreams and fantasy  
When worlds collide and disappear  
And naught endures, just you and me ...

Just you and me, and all the birds  
That ever sang their sweet refrain  
Shall drift across the universe  
In joyful splendour to remain

And all the music e`er composed  
As to enrapture every soul  
Will thus be heard across the void  
Our love forever to extol

Then all the hearts that ever loved  
Shall join us in our new-found time  
Become as one with all that be  
Forever set in dreams sublime

Valerie Dohren



# I Wrote A Poem

I wrote a poem  
a simple poem  
from a simple mind -  
it languished in obscurity  
and then I dared to set it free  
though 'twas not well designed.

(Through the ether then it fluttered  
'Off it goes' I glibly muttered) .

I wrote a poem  
a simple poem  
from a simple mind -  
I should have thought it better kept  
this poem written so inept  
but I was sadly blind.

(How will my poem be received,  
hopeful, but yet self-deceived) .

I wrote a poem  
a simple poem  
from a shattered heart  
and though it was a simple theme  
it was the one and only dream  
I wished then to impart.

(Will my poem be understood  
and will 'they' think it bad or good) .

I wrote a poem  
a simple poem  
writ' through tearful eyes -  
it fell upon a stony ground  
lay writhing, turning round and round,  
not ever set to rise.

(It seems it did not make the grade  
as on the ground it still is laid) .

I wrote a poem  
a simple poem  
from a simple mind –  
I guess it was a big faux pas  
and as it was my coup de grace  
it's to the bin consigned .....

oh yes, it's to the bin consigned!

Valerie Dohren

# I`m Sure I Heard The Earth Cry

Whilst standing on a hilltop high  
I heard the strangest sound  
It echoed through the valleys  
And drifted o`er the ground

It murmured, wistful, in the stream  
And whispered through the trees  
Still and lingering in the caves  
Soft ushered by the breeze

I felt a stirring in my breast  
A pain within my heart  
Which filled me with great sorrow  
And tore my soul apart

I`m sure I heard the sweet earth cry  
Within my fettered mind  
A haunting voice inside me  
Spoke through these eyes so blind -

'I`ve cradled every one of you  
In tenderness, so pure and true  
Protecting each from pain and strife  
A beauteous haven for your life'

'To nurture you is all I know  
Helping each to live and grow  
As kindred souls upon this sphere  
As one, in peace, and free from fear'

'And yet you choose to torture me  
Destroy my land, defile my sea  
With hate, and ever growing greed  
You trample down each tiny seed'

Then as the rain, like tears, spilled down  
I heard her sad lament  
Resounding through the universe  
Such fearful discontent -

'Oh when will man, with open eyes,  
Behold the splendour in the skies  
To gently spread a healing hand  
Across my hurt and ravaged land'

'And when will he become the balm  
To hold my troubled waters calm  
And soothe my trembling countenance  
Upon my fields to laugh and dance'

This dream, with you, I hold within  
Sweet earth, for this I know  
That if we choose to tread this path  
Then love will cease to grow

And step by step each passing day  
Will take us surely on  
Towards the end of glory, and  
Towards the dying sun

Valerie Dohren

# If

If man would pause to meditate  
To look within and seek to find  
The treasures locked inside himself  
In deeper levels of his mind

Then silently to comprehend  
In tranquil, contemplative mood  
The spark of love and peace divine  
In calm and blissful solitude

And if perchance his consciousness  
Should grow enough to let him see  
A vision of a greater love  
A flicker of humanity

Then maybe he could learn to live  
In peace with each and every one  
And strive towards a better life  
When every cry of hate is gone!  
..... When every cry of hate is gone!  
..... When every cry of hate is gone!  
..... When every cry of hate is gone!

Valerie Dohren

# If I Had Ever Lived Before

If I had ever lived before  
What would I then have been  
As a pauper low and poor  
Or as a noble Queen

Would I have lived in gilded halls  
Or walked the streets in rags  
Owned portraits hung on silken walls  
Or humble canvas bags

And did I dine at tables grand  
With diamonds in my hair  
Or walk bare-foot upon the sand  
Just memories to share

But whate`er I might have been  
Of this much I am sure  
That rather than be rich and mean  
`Tis better to be poor

Valerie Dohren

# I'M Just A Woman

Oh sir, I'm just a woman  
How could I understand  
For you are set above me  
So tall and proud and grand

Oh sir, I'm just a woman  
Beneath you, I am told,  
Can never be your equal  
How could I be so bold

Oh sir, I'm just a woman  
I'll be subservient  
Walk within your shadow  
I ought to be content

Oh sir, I'm just a woman  
My only real true worth  
To bear you many children  
Perpetuate new birth

Oh sir, I'm just a woman  
I know its somewhat trite  
But somewhere deep inside me  
I feel it can't be right

Oh sir, I'm just a woman  
When will you ever see  
That I am stood above you  
You should look up to me

Oh sir, I'm just a woman  
And quite as good as you  
And so if you don't like it  
You know what you can do ....!

Valerie Dohren

## I'M Only Human (For Diane)

Oh God, I'm only human  
I haven't been here long  
I'm not blessed with divinity  
So bound to get it wrong

Oh God, I'm only human  
I try to be so good  
I learnt to swim quite early  
And hence survived The Flood

Oh God, I'm only human  
I shout and curse and pout  
And though I may not show it  
I'm really quite devout

Oh God, I'm only human  
I never go to Church  
I'm sorry to neglect You  
And leave You in the lurch

Oh God, You're up in Heaven  
Whilst I am down below  
What is it like to be there?  
I'd really like to know

Oh God, I'm only human  
Yet always strive to be  
A good upstanding citizen -  
And ask You round for tea

Oh God, I'm only human  
I say my prayers each day  
I've not yet won the lottery  
To that, what do You say?

(Oh God, we're only human  
So this I You implore  
To set to rights this planet  
And bring an end to war)



Valerie Dohren

# Imagination

O step into a wondrous world  
Where visions beautiful are hurled  
As through imagination`s play  
All thoughts then drift so far away  
As sweet illusions to portray

Behind reality`s dark face  
Is veiled a bright empyreal place  
Where fantasies are captured there  
And dreams are evermore laid bare  
Magnificent beyond compare

Whilst portraits flicker in the mind  
With sounds sublime there too entwined  
In still`ed contemplation bound  
The dancing chimera resound  
Through every thought and all around

So, fanciful, the mind ascends  
Through maze-like paths it ever wends  
To wander into realms extant  
That captivate and so enchant  
Imagination`s wish to grant

O step into this glorious world  
Where there all dreams be yet unfurled  
Then dance with joy and sweet delight  
To witness soft in mystic flight  
Illusions beauteous to your sight

Valerie Dohren

# Impressions

Ripples in the water  
Teardrops in the snow  
Footprints in the golden sand  
Paintings by Van Gogh

Rain upon the window  
Colours in the sky  
Phantoms drifting through the night  
Eagles as they fly

Music by Debussy  
Hands that mould pink clay  
Dreams that float like thistledown  
Through the fleeting day

Stars set in the night sky  
Asterisks of time  
Shadows falling on the hills  
Fossils in the slime

Poetry by Rimbaud  
Words upon the page  
Actors playing out their parts  
'All the world's a stage' .....

Valerie Dohren

# In Fields Of Blue

In fields of blue I long to dwell  
And frolic `neath the sun -  
To mingle with the scented air  
With each new day begun

Then yet to float within the mist  
That lingers all around -  
Be as a wraith, to drift and spin,  
Above the rugg'ed ground

No substance to my earthly form  
Nor weight to bear me down  
As then I yearn to twist and turn  
Draped in a silken gown

Be thus my senses unconfined  
Within a mortal frame  
Untethered from all things that own -  
So like a dancing flame

To see and hear, to touch, inspire  
The perfume of a rose -  
Such fragrance sweet as angel`s breath  
Diffusing as it grows

Then with the spirits of the land  
My heart would so rejoice -  
To ever chant their gentle lay  
As in a single voice

So sing, O Shining Ones\*, yes sing  
Of joy, of hope, of love,  
And I, with thee, will render thus  
Sweet music from above

In fields of blue I long to dwell  
My dreams abiding there -  
Forever dancing through all time  
With flowers in my hair

\* Devas (nature spirits) .

Valerie Dohren

# In My Mind

In my mind  
I trace your smile with my fingers  
trying to imprint  
the contours of your lips  
on my memory.

In my mind  
I listen for the sound of your voice  
whispering  
whispering to me  
through the silence

and in my mind  
I seek your silhouette  
see it drifting like a phantom  
in the darkness  
recapturing you.

and yet -

there are only shadows

gentle shadows  
imprinted on my memory ...

in my mind.

Valerie Dohren

# Infatuation

Bedazzled by the burning sun  
Enchanted by the moon  
Enamoured by your loving kiss  
Enraptured all too soon

So captivated by your charms  
You took my breath away  
It seemed that I could never live  
Without you through each day

But swiftly as it came to be  
Yet quickly it did pass  
For now those stormy passions felt  
Lie crushed as shattered glass

The flame that leapt within my heart  
Is now a dying ember  
And as I look into your eyes  
That flame I can't remember

Valerie Dohren

# Inside Of You

Let me dwell inside of you  
for just a little while  
Feel your heartbeat softly pulse  
and linger in your smile

There to share each breath you take  
each movement of your eye  
Mingle with your burning blood  
each teardrop as you cry

Taking every step with you  
whispering through your voice  
So together bound in love  
O how we would rejoice

You and I could move the world  
if we were joined as one  
Hold the stars within our hands  
and reach out for the sun

Let me dwell inside of you  
my spirit there sustain  
Be the guardian of my soul  
that I might live again

Valerie Dohren



# Inspiration

Tender beats the heart that whispers  
Through the darkness of the night  
Ling`ring in the silent shadows  
Utt`ring words to yet take flight

In the deepness of my being  
Sweet the voice that speaks my name  
Murm`ring softly words of beauty  
There to set my soul aflame

Filling me with thoughts of wonder  
Yet to fix upon the page  
In my mind they float like spectres -  
Images upon a stage

Still, at times, you find me sleeping  
Not to catch your gentle lay  
But I then shall hear your telling  
Come once more another day

Speak, O speak, my sweet companion  
Let not silence take your heart  
Ever waiting for your discourse  
When I shall your words impart

Valerie Dohren

# Into The Deep

Falling slowly into the deep  
Slipping away from me  
Falling yet through the bounds of time  
Back to reality

Where worlds collide and disappear  
Where all is calm and still  
And so to be in perfect peace  
Our purpose to fulfil

Falling slowly into the deep  
Passing through layers of me  
Watching, waiting for all that is  
To see, to know, to be

Then with the coming of the dawn  
To watch the rising sun  
Growing brighter and brighter still  
'Til all are joined as one

Falling slowly into the deep  
Towards eternity  
Slipping away from all that is  
Into the shining sea

Valerie Dohren

# Is That Okay.....

Oh fare thee well  
I`m off to hell -  
A place may be  
Reserved for me

But then, I smile,  
I`ll wait awhile -  
In case there`s space  
In heaven`s place

But then, maybe  
There`s nowhere free -  
So here I`ll stay  
Is that okay?

Valerie Dohren

# It Matters Not

It matters not how moves the world  
Since you have gone away  
For turning, as it turning does,  
Turns not my night to day.

The sun may shine, the moon may glow,  
Each in their due return  
It makes no difference to my eyes  
If each should glow or burn.

The world may spin around its tilt  
Or orbit through its space  
It matters not, for I am lost  
Without your warm embrace.

May all the stars forever shine  
The universe expand  
It matters not how moves the world  
If I can't hold your hand.

Valerie Dohren

# I've Lost The Road To Paradise

I've lost the road to Paradise  
Dark shadows bar the way  
The path is strewn with memories  
Which dim the burnished day

With heavy heart I wander long  
To find this land obscure  
That I should in its glory dwell  
In joy forevermore

But many twists and turns are marked  
It seems, to steal my quest  
And all concealed in shrouds of care  
My spirit thus to test

So hail the stars to light my way  
To guide me through the night  
And hail the wind to spur me forth  
The sun to shine yet bright

I'll ever seek to find a way  
The bracken thick to clear  
For as vile fate has torn my soul  
With hope my heart shall steer

So marching on, and resolute,  
To walk the rugged track  
Then set to win life's game of chance  
Go forth and not look back

Valerie Dohren

# Jewels

White diamonds sparkle in the sand  
And speckle darkened skies  
Green em`ralsds flash in glist`ning seas  
Then glint in envious eyes

Blue sapphires dance in wand`ring streams  
To shine in summer`s hue  
With amethyst in heather set  
In lavender there too

Bright rubies sway in poppy fields  
To glow in fires of red  
Are captured in the flow of blood  
From heroes lying dead

Then pearls so lustre in the clouds  
As through the sun defined  
Whilst topaz sets my heart aglow  
In fields of corn entwined

The golden lambent sunshine glows  
When risen high at noon  
With misty robes of silver then  
Soft draped around the moon

Such beauty lingers `pon the earth  
On mother nature`s gown  
These burnished jewels yet deeply set  
In her adorning crown

Valerie Dohren

# Jostedalsbreen

A bridal gown  
embellished with sparkling crystals

Its liquid train solidified  
on cathedral steps

seven beautiful sisters - her bridesmaids

with silken ribbons  
falling, cascading .....

Frozen in time beneath a starry sky  
adorned with swirling drapes

Dancing, dancing .....

Ah, it's splendour ... captures the soul

Valerie Dohren

# Joy

To feel the sun upon my face  
The dew beneath my feet  
The soft and gentle summer breeze  
Her perfume oh so sweet  
And winter`s chill to complement  
The scorching summer`s heat

With raindrops dancing on my hands  
The trickling rambling stream  
That glints below the shining sun  
Like diamonds as they gleam  
And then a spread of bluebells `neath  
A brightly spanned sunbeam

So sing sweet bird upon the bough  
And joyous be your song  
To fill my heart with pure delight  
Amidst the daily throng  
Such joys as these can e`er be found  
For all the day is long

Valerie Dohren



# Karma

Alone I tread through this strange land  
Seeking for a helping hand  
Fettered by the cares I`ve earned  
From lessons I have left unlearned

I`ve spun my fate but spinning still  
My destiny, yet to fulfill  
Find through lessons I have learned  
That peace profound which I have earned

Valerie Dohren

## King Big Head ..... (Limerick)

There once was a guy called King Big Head  
Who tried very hard for PH cred`  
But his poetry`s grim  
`Cause he`s really quite dim  
So go get a new life ... instead! !

Valerie Dohren

# Knock, Knock

(A lament for all)

Knock, knock, is anyone there  
Someone to love me, someone to care  
Someone to hold me, my problems to share  
Knock, knock, is anyone there

Knock, knock, can anyone see  
See how this life is troubling me  
See how I yearn to let go and be free  
Knock, knock, can anyone see

Knock, knock, can anyone hear  
Anyone list`ning, anyone near  
With sweet words to whisper, soothing my fear  
Knock, knock, can anyone hear

Knock, knock, on where are you now  
Where have you gone, I need you somehow  
Where are your kisses to soften my brow  
Knock, knock, oh where are you now

Knock, knock, don`t cast me aside  
Reach out and find the pain that`s inside  
See, my friend, see how much I have cried  
Knock, knock, don`t cast me aside

Knock, knock, if only you knew  
My heart is breaking, breaking in two  
Please be there for me as I am for you  
Knock, knock, if only you knew

Knock, knock, can anyone.....  
    Knock, knock, can.....  
        Knock, knock.....  
            Knock.....  
                Knock...



# Laced With Silver

My hair is laced with silver now  
For time has seized my youth  
I've lost the count of seasons passed -  
The mirror shows the truth

With eyes that sleep in long repose  
And limbs now void of tone -  
The years have taken full their toll  
As I am older grown

Yet in my heart there is a space  
Where time does not accrue -  
Where youthfulness does ever shine  
And all the world is new

Where passion moves as much as when  
My years were counted less -  
And love does stir my weary soul  
To sing with joyfulness

There too is set within my heart  
A brightling star that shines -  
And sweet the wine I'm sipping from  
Fresh fruit upon the vines

So I will raise a glass to youth  
And all the joy it brings -  
Will sing a song to celebrate  
The freedom of its wings

Oh, I will sing, yes I will sing  
A song in praise of Spring  
For Spring is ever in my heart  
Such fortitude to bring

Then I will pray each morning that  
Before I'm laid to rest  
My soul shall ever be imbued  
With youthful heart, so blessed

Valerie Dohren

# Lacrimosa

1

I saw the teardrops in their eyes  
Which filled my saddened heart with pain  
I pray sweet children, through all time,  
Such tears I ne`er shall see again

For I would set the world at rest  
If such was ever in my reach  
That peace would surely be the way  
To bring true love and joy to each

2

I saw the teardrops on your face  
This life has thought to make you weep  
So now, my dearest, close on you  
A vigil I shall ever keep

To mend and thus to ease your pain  
And so caress your weary mind  
Shall be my lifelong wish for you -  
Together as with all mankind

3

I felt the teardrops on my lips  
Their salted taste my heart despaired  
As witnessed I those fettered souls  
Set on this earth, so full ensnared

O that I could become the balm  
To soothe all those yet grieving so  
And bring sweet solace to each one  
That happiness is all they know

4

Then as towards the heav`ns I gazed  
The tears of angels glistened high  
Upon the stars, as night-time`s glow  
Against the darkened moonlit sky

All heaven`s complement did weep  
So wretch`ed was their sad lament  
For all the heartache of the world  
Which ever brought such discontent

(Too many tears each one has wept  
Too many hearts are lost and torn  
Too many souls in sorrow deep -  
May all in gladness be reborn)

Valerie Dohren



# Lament

Cradled deep in my mother`s womb  
My soul and hers entwined  
With each heart beating soft and low  
Two lives in one combined

I heard the murmur of her voice  
And felt her gently sway  
As tenderly she carried me  
Within her through each day

She bore me as a mother will  
In joyfulness and pain  
And held me close against her breast  
My life there to sustain

And though my newborn eyes were dim  
My senses yet still furled  
I gazed upon her loveliness  
My life, my heart, my world

(I`ve ne`er beheld a smile so sweet  
Nor yet a face so fair  
A vision hewn from misted pearl  
With eyes beyond compare)

I felt her love envelop me  
Protective as I grew  
Oh she was everything to me  
Was all I ever knew

And through my childhood`s magic years  
Of innocence and light  
No clouds were there to hide the sun  
No everlasting night

But then she chose to end her life  
(The misted pearl waxed grey)  
And liquefaction of her soul  
Left mine to fade away

(If only I could see her now  
And touch her once again  
Then I would surely be reborn  
Slip back from whence I came)

Valerie Dohren

# Lead Me Into Light

O take my heart and lead me into light  
For darkness overwhelms my soul tonight -  
Such melancholy steals the brightling day  
So chasing all that glistens far away

The love that has now gone will ne'er return  
O'er this my mind, my soul, shall ever yearn -  
Must I, with longing, live a joyless life  
That cuts into me as a murd'rous knife

So lost am I in bitter-sweet recall  
That into bleak despondency I fall -  
His voice shall never speak again my name  
For now he sleeps, no more a flick'ring flame

I am but now a feather in the wind  
(A captured, dried, poor butterfly unpinned)  
Yet tracing circles in the silvered sky  
No place to rest, no earth on which to lie

No substance `neath my feet, no land secure  
Nowhere to set my heart, no ease procure -  
Embraced in solitude and set alone  
No dreams to dream upon, as all have flown

Behold my tears, behold this hapless face  
Behold my heart, behold that empty place -  
Bear witness to these vestiges of grief  
The plight from which I'll ever seek relief

O come into my world and fill the void  
This world that fate has taken and destroyed -  
Caress my soul and with your love then feed  
To satisfy my ever burning need

So bring me flowers, bring me songs to sing  
Bring me your heart, bring me a gladful thing -  
Adorn my hair with ribbons purest white  
Bring me your love and be with me tonight

Then lead me into pastures sweet and fair  
Unfettered by all sadness and despair -  
That I should once more see the glowing sun  
And so rejoice before my life is done

Valerie Dohren

# Let Me Not Your Heart E`er Break

Oh let me not your heart e`er break  
Nor yet your joy to steal  
For I would not your love forsake  
Nor mine own heart conceal

If in my palm I held your soul  
Tight-closed my hand would be  
Then I would e`er your life extol  
And keep you safe with me

My love will dance upon your heart  
To bring you sweet delight  
From you I ne`er will ever part  
Nor free you from my sight

Forever you will be my love  
Until all time shall cease  
Together `neath the stars above  
And after death`s release

Valerie Dohren

# Letting Go

It's okay love, you can go now,  
but set the door ajar as you leave –  
just enough for the light of your memory  
to shine through.

We've gone a long way, you and I, on this journey,  
but I am tired now, in need of rest –  
so I will stay here and say goodbye.

Yes, it's okay love, you can go now,  
be where you ought to be –  
I'll still think of you ...

Valerie Dohren

# Lie With Me

Lie with me  
in a golden field of sun-ripened corn  
beneath a beckoning sky

We shall listen to the gentle breeze  
rising and falling, rising and falling  
in sweet crescendos  
synchronised with our love –

whispering, whispering

Lie with me  
we shall seal our togetherness  
with moistened lips  
and eager breaths

before the falling of the sun  
and the coming of the mellowing night

Valerie Dohren

# Lilith

The Garden blossoms well, my dear,  
As there you wait for me  
But do not think to take my soul  
I will not bow to thee

And I will sit beyond, my dear,  
(The Dark Moon high above)  
One hundred buds each day shall die  
Before I give my love

This flower to your call won't bend  
Nor will I lie beneath  
For from the earth, as you, I came  
I'll bear no bridal wreath

The Garden blossoms well, my dear,  
The mirror calleth me  
The Other World shall be my home  
Throughout eternity

(For readers who may not be familiar with the story of Lilith, may I suggest that you research it on the internet - this will clarify the meaning of this poem) - Val D

Valerie Dohren



# Little Bird

The sweetest sound I ever heard  
So issued from a tiny bird  
That all the universe stood still  
To listen to his joyful trill.

It seemed that all creation bowed  
To see him on that bough, stood proud,  
As there he sang a merry song  
Enchanting all the morning long.

'Oh little bird with plumage bright  
Be there forever in my sight' -  
I prayed that he would always stay,  
But from that bough... he flew away.

So then a vigil long I kept,  
While me and all creation wept,  
Until once more he graced the sky -  
The world and me no more would cry.

Then out of nowhere came a bolt  
That surely caused my breath to halt -  
I heard a silence fall around,  
Then saw him flutter... to the ground.

The world then grew a darker place  
As all the stars burned out in space.  
Alas, the little bird was dead -  
Tears, I ... and all creation ... shed.

Valerie Dohren

# Little Children Lost

Butterflies, sweet butterflies  
Laughter lighting up their eyes  
For now they `ve gone to Paradise

Do they dance and do they play  
Upon the stars so far away  
Whilst watching o`er the ones who pray

And can they see, or are they blind  
Lost to love and humankind  
The unconstrained and unconfined

Are they dark or are they fair  
With dusky eyes or golden hair  
Like feathers floating in the air

And do they weep or do they sing  
Fly with angels `pon the wing  
Joyously or suffering

For`er to dwell in shining streams  
Lost to life and lost in dreams  
All lost forever now it seems

Lost in space and lost in time  
But not in prose and not in rhyme  
For still they dwell in thought sublime

And are they cold or are they warm  
Whispering softly through the storm  
But quiet now, the born unborn

Round, round and around they go  
Backwards, forwards, to and fro  
Swinging high and swinging low

Only those who love them know



# Little Hearts

Little hearts soft cast in gold  
With eyes of azure blue  
Smiles so lovely to behold  
With tears as morning dew

Dainty hands like buds unfurled  
Reach out to touch your lips  
Shell-styled ears yet softly whorled  
And tiny finger tips

Soft and tender in your arms  
And warm as summertime  
Set with sweet and endless charms  
Endearing and sublime

They gurgle, chuckle, pout and cry  
Throughout each passing day  
Joyful in their cots they lie  
To ease the time away

They, the future of this earth  
Bring hope for everyone  
Celebrate each baby`s birth  
Each daughter and each son

Little hearts yet meek and mild  
So innocent and pure  
O to live life as a child  
Who`er could ask for more

Valerie Dohren

# Little Yellow Flowers

Little yellow flowers  
Dancing in the breeze  
Little yellow flowers  
Huddled round the trees  
Little yellow flowers  
Seemed to know my pain  
Little yellow flowers  
In my mem`ry will remain

Valerie Dohren

# Lost

Night falls, and only dreams remain  
Dim dreams of all that might have passed -  
Set deep in shadows, thus my soul  
Beneath the dying sun is cast

For darkness steals tomorrow's light  
And folly be a trusting heart -  
'Tis those with feathered wings that soar  
To vistas which new hope impart

So lost, as in a limbo'd place,  
I yearn that I shall find a home -  
With no more endless paths to tread  
And no more empty fields to roam

But on through des'late years I fare  
'Cross barren lands beset with woe -  
E'er searching for a place to be  
E'er searching for a place to go

Ah, then to seek my heart's desire  
To cherish ever as my own -  
The one to set my soul aflame  
That I may be no more alone

(O should I ever, shall I dare,  
With open arms to full embrace  
Yet seek the thing I deem to love  
Then gaze upon that one sweet face)

But faint my will to dare to do  
All courage does my heart deny  
Forever weak, condemned by fear,  
And therefore shall my soul yet die

Soft petals from the rose thus fall  
For I am but a wilted flower  
Encaptured in a hapless world  
And seeded in a shaded bower

Valerie Dohren

# Lost Memories

Lost memories I seek to find  
In dusty caverns of my mind -  
To travel those abraded trails  
Then lift those misty tattered veils  
As set through time, where thought prevails

And if perchance this worn terrain  
Shall yet such memories contain  
That I may see anew the day  
To witness yet again the way  
The light upon the earth shall play

Then hear once more with richer sound  
The songs of nature all around  
And know with senses, fresh imbued,  
The pleasures of this life, renewed,  
Whilst mellowed thoughts for`er preclude

Then shall I not, with dim recall,  
My heart with wonder to enthrall -  
And ne`er again such dreams as these  
Yet captured in a passing breeze  
Imagination to appease

Nor feel again that first embrace  
That first sweet kiss upon my face -  
Those tender words again to hear  
To comfort me, and stay my fear  
From he who yet I still hold dear

But time will ever take its toll  
The passing years subdue my soul -  
For dulled my eyes, no more to see,  
No more rejoice in reverie  
Ah, albeit just fleetingly

Yet wait, do I now hear the call  
(Away the misty veil to fall)  
Away, away, all sorrow chase



With wondrous beauty to replace  
For now, I deem to see the face.....

..... Eternity will e`er embrace

Valerie Dohren

# Meditation

What golden ecstasies we`d find  
Within the chasms of the mind  
Between each passing thought, to see  
That boundless realm - infinity  
Where space is not and time is not  
And earthly cares long since forgot  
To step a moment out of time  
Embraced in restfulness sublime  
Then through nirvana`s gates flung wide  
Behold the flame that burns inside  
With integrated mind and soul  
No longer we, one with the whole

Valerie Dohren

# Memories

Voices whisper through the ether  
All that's past, so long ago,  
Memories of distant places  
Some forgotten, some to know

I recall those days of splendour  
When the world was deemed sublime  
When the cherry blossom lingered  
In my heart and fixed in time

Love was young and life eternal  
Rich the wine from ag'ed vines  
Fresh the wind and sweet the honey  
Warm the sun that ever shines

But through time such mem'ries languish  
Fading with the dying sun  
Many gone, no more to cherish,  
Past, forgotten, ever done

Now the night grows darker, darker,  
Long the shadows cast below  
Cold the sun and deep the waters  
As through all the valleys flow

Recollections there as phantoms  
Fixed within illusions' store  
All things lost and all things broken -  
Memories forevermore

Valerie Dohren

# Mirage

There are only shadows –  
no substance  
to an evaporating world.

Time has etched its purpose upon my soul,  
eroding away all vestiges of hope,

and life has written the score  
of a melancholy tune  
upon my heart.

The way forward  
is now obscure –

for the path is overgrown with weeds  
and bracken.

Yet

looking towards the sun,  
do I see a new dawn on the horizon,  
a world of promise?

Through blurred eyes -  
a mirage unfolds

in the distance.

Valerie Dohren

# Morning

Gladly shall I greet the morning  
At the rising of the sun  
All the land so bright illumined -  
Hail another day begun

Hearken to the sweet birds singing  
Songs all hearts to thus delight  
Every soul to full awaken  
Bidding their farewell to night

Fresh the dew upon the branches  
Chilled the early scented air  
Night's dim shadows softly fading -  
Golden ribbons everywhere

Shimm'ring sunbeams fill the arbours  
Spreading light as angels' wings  
Spirits dance to greet the dawning -  
Joy and hope the new day brings

Soft notes turning to crescendo  
Dawn is like a symphony  
As the light grows ever stronger -  
Nature in full harmony

Yet another sunrise beckons  
Waking all from slumber deep  
Open wide the shuttered windows -  
As the daybreak ends your sleep

Valerie Dohren

# My Lovely June

O come sweet June, my lovely June  
The month when first the roses bloom -  
A wondrous, colourful display  
By sunlight kissed throughout the day,  
So chasing all my cares away.

And fixed above, the starry bull,  
Glittering there, so beautiful,  
Adorning thus the northern skies  
Whene'er the dazzling daylight dies -  
'Tis like a glimpse of Paradise.

Then climbing high in heav'ns expanse  
The sun ascends, to so enhance  
The splendour that is all around.  
O June, fair June, wherein abound  
The seasons gifts, which full surround,

With flower petals soft unfurled  
And vines around the trellis curled.  
The grass is sweet and richly green  
With shining luminescent sheen -  
Your face, my June, a beauteous scene.

Carnations flourish through the years  
Bursting forth from Mary's tears,  
And Honeysuckle-scented air,  
No other fragrance does compare -  
I seek to ever tarry there.

O June, dear June, for you I wait -  
My longing ever shall abate  
When you recur with all your grace  
To lift my heart and light my face,  
And thus my soul to full embrace.

Such pure delight, all heaven sent,  
O June, my June, you bring content.  
'Tis you for whom I ever yearn,

Awaiting thus your prized return -  
O June, my lovely June sojourn.

Valerie Dohren

# My Muse Returned To Stay

Her ashen face upon the pillow lay  
As then the light about her hair did play  
Her eyes so glinted with the coming day

(Oh joy, sweet joy, my Muse returned to stay)

A smile upon her lovely face she bore  
And thus within my soul her aspect tore  
O Muse, my Muse, then Phoenix-like did soar

Now, as a wraith, she dances in my heart  
Once more her words of love now to impart  
No more her soul from mine will ever part

Her magic yet again shall cast its spell  
As inspiration`s visions yet compel  
To fill the page with stories new to tell

I pray that she will ever be my guide  
Set in my heart, my soul, and by my side  
As one we shall forever so abide

Beneath the sun and stars we so entwine  
O Muse, my Muse, thus now forever mine  
Within my mind her beauty e`er to shine

Valerie Dohren



# My Muse She Died Today

Her ashen face upon the pillow lay  
As then the light upon her hair did play  
With sadness borne, my Muse, she died today

Her words did flicker with the dying light  
O sorrow, sorrow, now shall be my plight  
To ever seek her in the blackest night

No more to hear her whisper words of love  
Nor inspiration sent from heav`n above  
My empty mind and heart no more to move

O Muse, my Muse, in darkness now I `bide  
My soul consumed forever by the tide  
And how I long with thee to e`er reside

Where now to find the magic I once knew  
When to my heart and soul she was so true  
O gone forever her encircling hue

O Muse, my Muse, I beg for your return  
That in my thoughts you yet again shall burn  
O Muse, my Muse, for you I`ll ever yearn

Valerie Dohren

# Next Time

Next time (if I get the chance)  
I will take a different stance  
Yes, try to be what I am not  
And so below unfold my plot) ...

Next time I`ll not turn a cheek  
Next time, I shall not be weak  
No, next time I won`t weep and wail  
For next time round I will not fail

Next time I shall not be late  
Next time I won`t hesitate  
No, next time I`ll not flounder long  
Yes, next time I`ll be sure and strong

Next time I won`t be so small  
Next time I`ll walk proud and tall  
And next time I won`t hide my face  
For next time I will have my place

Next time I shall get it right  
Next time I will shout and fight  
For next time It won`t be the same  
Yes, next time I will win the game

Next time I won`t be afraid  
And stay unnoticed in the shade  
For next time I will be the one  
To shine triumphant `neath the sun

Next time you will hear my voice  
Next time, next time I will rejoice  
For next time I`ll be brave and free  
OH NEXT TIME, YES, JUST WAIT AND SEE! !

(Next time if I can I will  
Be all these things, or better still  
I`ll stay myself and be content  
To live as now, indifferent)

Valerie Dohren

# Night Birds

Upon the glow of evening mist  
Beneath the darkened sky  
Whilst gazing at the moonlight pale  
I heard the night birds cry

(Beware, beware, all creatures small  
O see, O see, the night birds fall)

The sweetest breaths of night`s descent  
Upon my senses lie  
As deep within my trembling heart  
I saw the night birds fly

(Wide-eyed in the darkness searching  
From the branches swiftly lurching)

In the gloom, full fledged, they watch  
With stealth, and oh so sly,  
I sensed them shrouded in the trees -  
The night birds drawing nigh

(Look out, look out, my little friends  
Lest now, O now, your journey ends)

Valerie Dohren

# No More

Whene`er the birds no longer sing  
The earth no more revolve  
Then shall my silent heart take wing  
And life shall thus dissolve

When all the stars no more to shine  
The sun no more to burn  
Then shall the earth no more confine  
My soul, no more to yearn

When all the time of mortal birth  
Shall cease, this soul set free  
Shall soar beyond the still`ed earth  
To touch eternity

Valerie Dohren

# Nocturne

Captured in the fall of evening  
Stilled my soul in sweet recline -  
Spanning dark unclouded heavens  
There the moon and stars align

Haunted by the night`s sweet music  
With a song of soft lament  
Soothing then my heart in solace  
Filling me with pure content

Then to `bide in glow of fireside  
Watching dancing shadows there  
Nothing but the moment lingers -  
Joyful just to sit and stare

□

O, the dark shall be my haven  
So to rest with easeful mind  
Fixing yet my eyes upon you  
As in splendour so entwined

Night of nights I bow before thee  
Come, O come and take my soul  
Into realms where I may wander  
There your beauty to extol

Quiet now, with calm acceptance  
Sorrows borne now fly away  
Gently sinking into slumber  
Yet to know another day

Into somnolence then drifting  
In your grasp my spirit keep  
Dreams shall take my thoughts in whispers  
Peaceful now - I`m falling deep

Valerie Dohren

# Nosey Neighbour

Come here, oh my darling, please come walk this way,  
I heard your poor mother sat crying today -  
These walls, being ever so thin, that I fear,  
They make it too easy for someone to hear.

She whispered so softly in her solitude -  
Oh please do not think, dear, that I'm being rude,  
Speaking of how she had burnt all his cakes,  
And also of other such foolish mistakes.

Of how all the jars were not set in a row,  
Was so sad to hear her my dear, don't you know,  
With things that your father just can't understand -  
He'd slapped her so hard with the back of his hand.

And oh how she whimpered, sat there all alone,  
I think she was speaking at length on the phone -  
Talking to someone I guessed was a mate,  
Saying how love could turn quickly to hate.

Your father, he has a short temper, it seems,  
And last night I swear that I heard dreadful screams -  
Was while you were out at the movies, I think,  
He'd been to the pub and had too much to drink.

He drinks lots of beer, and malt whisky as well,  
She said how her life is like being in hell.  
Come closer and listen to all that I heard,  
I promise I'll try to recall every word.

She said she intended to purchase a knife,  
The type that is suited for ending a life -  
I'm not sure whose life she was plotting to end  
She spoke oh so soft on the phone to her friend.

This morning I saw her with tears in her eyes -  
She hailed for a taxi - I heard her loud cries,  
And when she returned, she quickly looked round,  
Going inside without making a sound.

Your dad, he came home at his usual time,  
Not knowing your mother would do such a crime –  
The noises I heard, how they filled me with fear,  
I really did hear them, I promise my dear.

Oh come here, my darling, please don't go inside  
I heard you poor mother - and oh how she cried .....

Valerie Dohren



# O Bring To Me A Red Red Rose

O bring to me a red, red Rose  
A symbol of your love  
And bring to me a rainbow soft  
Plucked from the sky above

For I will give you all I deem  
To grant you joy and peace  
A heart forever filled with care  
That ne`er will ever cease

Then bring, O bring a Violet blue  
That faithful I shall be  
Always by your side to walk  
Together, you and me

Carnations pink I then shall seek  
That in my thoughts you`ll stay  
In mem`ry you shall there remain  
Not e`er to fade away

O bring, O bring an Orchid sweet  
That beauty shall incline  
Forever in my heart to dwell  
Through all the years to shine

A sweet Delphinium I`ll wear  
My aspect then to grace  
That I may ever be with you  
Transcending time and space

An Amaranth shall so endow  
My soul, to rise above  
All worldly passions set below  
To bear immortal love

Then fetch me thus a Lotus flower  
That I may see the dawn  
Upon its leaf a dewdrop set  
My soul to be reborn

O bring to me a Lily, white,  
To lay upon my breast  
To place it gently `cross my heart  
When I am laid to rest

Valerie Dohren

# O Lately I Did Dream Of You

O lately I did dream of you  
Sweet love, above all earthly things  
How gently you did carry me  
Upon your dazzling snow-white wings

You bore me thus to realms unknown  
To mortal man, O love so pure,  
Beyond the stars where truth abides  
Where worldly sorrows be no more

Yet love is but a fading thing  
Not ever deemed at all to last  
But such as this unending be  
In memory forever cast

(For in the universal spread  
Of stars, with gentle cosmic glow,  
Is set the splendid aspect there  
Of love`s creation long ago)

O lately I did dream of you  
Such love, to know you is my care  
Forever shall I seek your grace  
And search for you yet everywhere

Upon the soft and feathered clouds  
Which span across the azure sky  
Above the ever-changing moon  
In places where the angels fly

To capture you and keep you close  
Within my heart is my design  
Forever then to be as one  
Our souls in splendour to entwine

But as still bound with earthly sight  
So far above none e`er shall `bide  
Until the heart doth set all free  
From mortal envy, greed and pride

Valerie Dohren

# O Poetry

O poetry, you fickle thing  
You bring both joy and suffering  
Though some may say that I am blessed  
You give me neither peace nor rest

Each verse that in my mind is born  
If not quite right leaves me forlorn  
And so to ponder through the night  
If all the lines are 'loose' or 'tight'

And will the meaning full connect  
A challenge to my intellect  
If not, then in the light of day  
Adverse critique shall come my way

And furthermore each line should be  
Designed to work in harmony  
With words selected as to rhyme  
Along with rhythm beating time

O poetry, you steal my mind  
To heed your call I am resigned  
Within your world obliged to dwell  
And spend my time bound by your spell

Valerie Dohren

# O Raging Wind

O wind, O raging wind  
Come seize me in your flight  
Then bear me on your wings  
Through realms of darkest night  
Blow, blow with all your might  
Blow, blow with all your might

Carry me and raise me  
So high above all things  
In your swirling vortex  
Where loud your voice there sings  
Blow, blow O king of kings  
Blow, blow O king of kings

N`er deem to steal my heart  
Nor yet all hope abrade  
For truth shall be my guide  
Of you I`m unafraid  
Blow, blow until you fade  
Blow, blow until you fade

Valerie Dohren

# O Starry Night

I thought to count the stars last night  
Glistening softly in my sight  
Each one as a diamond laid  
Upon a velvet gown displayed

Too many gemstones there were set  
Upon that canvass, black as jet,  
Too many for my eyes to grasp  
Too many for my soul to clasp

Such beauty was beyond my reach  
For I would hold them all, as each  
Would so illumine my fretted mind  
And light the darkness hid behind

O starry night you move me so  
To yonder regions I would go  
In search of each and every one  
Until all shadows then were gone

Wandering, seeking through the night  
Upon the misty moon take flight  
Across that vast and ancient world  
Wherein such treasures be unfurled

Where life becomes, where love is born  
My heart, my spirit to adorn  
With every star that ever shone  
That I may live forever on

O starry night, you fill my soul  
With all your glory to extol  
Forever set as shining eyes  
Transporting me to Paradise

Valerie Dohren

## O What Of Sorrow

O what of sorrow, I ask, what of sorrow  
Stealing the heart as a thief in the night  
Shall there be rapture, sweet joy for tomorrow  
Will there be sunshine to honour my sight

Silent the music that graced all my hearing  
No more the rainbow to colour the sky  
Full is my mind with all sadness and fearing  
Hope yet forsakes me, forever to cry

Where shall I look in the midst of despairing  
Which way to set my faint eyes in the shade  
How to see through all the veils that I`m wearing  
Anguish and darkness forever to fade

O what of gladness, I ask, what of gladness  
Touching the soul like a freshly bloomed rose  
Shall it there `bide yet to quell all my sadness  
Spreading its petals as sweetly it grows

Filled with its splendour, and thus outward reaching  
Seeking forever to find its true course  
Living my life then within its great teaching  
Happy and joyous, and free of remorse

Then shall I see all the light full surrounding  
Hear once again the sweet sound of the lark  
No more to feel yet the heartache confounding  
Follow the star leading out of the dark

Valerie Dohren



# Oblivion

There is nothing left to say now.  
Cherished dreams slip into nothingness  
as they float away upon the sea of change  
towards the far horizon, quietly surrendered,  
beyond sight, beyond touch,  
fading softly with the dying of the sun.

There is nothing left to say now.  
Everything comes to an end,  
and we all flounder in the darkness  
like lost children with no hand to hold,  
no place to go,  
no new tomorrows.

There is nothing left to say now.  
No more songs to sing, nor stories to tell,  
no dawns, no sunsets in this new time,  
as the light is forever extinguished,  
and naught else remains  
but oblivion .....

Valerie Dohren

# Ode To A Lost Love

'Oh sweet breath of eternal life  
Dance ever `pon her silent breast  
Released from pain and worldly strife  
The one I love is laid to rest'

Her flaxen hair, like golden corn,  
Fell soft about her lifeless face  
And round her shoulders to adorn  
As limp she lay in death`s embrace

Still young, the bloom of youth today,  
Her life had barely yet begun  
But all too soon to fade away  
No more to dance beneath the sun

No more to laugh in sweet delight  
Nor skip through pastures wild and free  
Nor hear the nightingales sing bright  
In pure and perfect harmony

'I`ll ne`er forget her tender smile  
Nor yet her face so sweet and fair  
Her gentle kisses to beguile  
I`ll cherish every thought of her'

The teardrops glistened on his cheeks  
Like stars plucked from the darkened skies  
He held her hand, no more to speak,  
Then gently kissed her still, cold eyes

Valerie Dohren

## Oh Heart Of Mine.....

Oh heart of mine don` t tarry long  
Amongst the woeful earthly throng  
Oh let me bide in worlds above  
To feel that great celestial love

Oh heart of mine don` t linger here  
To dwell in sadness, pain and fear  
Relinquish yet the dark unknown  
Think not to ever be alone

Oh heart of mine beat silently  
That none may know, nor hear, nor see  
How moves the sorrow hidden deep  
To take my soul, to take my sleep

Oh heart of mine be still today  
Let not your dreams be blown away  
Do not be broken and forlorn  
Tomorrow brings another dawn

Upon the wings of hope to fly  
Above the clouds, beyond the sky,  
To touch a land of peace divine  
My spirit with the stars align

Valerie Dohren

# Only Dreaming

I know I was only dreaming  
When I heard you speak my name  
Only my imagination  
Which brought you to me again

Oh yes, just a mere illusion  
That made me believe you're here  
And sadly some wishful thinking  
That caused me to shed a tear

My eyes were deceived in seeing  
A glimpse of your smiling face  
My arms were not really aching  
When I sought your warm embrace

How could I have been so foolish  
To think you were back with me  
Oh why was I so misguided  
Knowing time has set you free

Valerie Dohren

## Out There .....

Out there, deep in cyberspace,  
Breathing out in bits and bytes  
Through the ether there we go  
You and me as flashing lights

No more letters in the post  
Licked and sealed with love then kissed -  
All that be is as a wraith  
Drifting through the dim dark mist

Switch it on and let it load -  
Up or down, as it may be,  
See the pictures on the screen -  
Virtual reality!

Reality? O what and where  
Does this concept now reside -  
Is it set in distant realms -  
In us still, or there outside?

Do you have a question dear?  
Here all knowledge now is set -  
Do not reach into your soul  
Find it on the internet

Valerie Dohren

# Paperwork

My husband died just recently  
And I am in a tizzy  
The paperwork that needs be done  
Is making me quite dizzy

So many people should be told  
About his sad departing  
And 'though my pain is quite immense  
My troubles are just starting

To first arrange the funeral  
Is really quite dramatic  
The Undertaker must be called  
Which really is traumatic

And then the Wake must be arranged  
To satisfy the living  
Providing all the guests with food  
As comfort they'll be giving

The Bank must promptly be informed  
And then there is his pension  
Along with any Benefits  
Are things that I should mention

Car insurance, driving licence  
United Utilities  
With Water Rates and Energy  
And all such facilities

All the charge cards must be paid  
And leave my balance dwindling  
They need be done in fullest time  
Lest I be 'done' for swindling

His Bus Pass needs be cancelled too  
Along with all subscriptions  
Then to the Chemist I must go  
Returning his prescriptions

The telephone should be transferred  
Into my name re-listed  
The Council then need be informed  
Community Charge subsisted

The Life Insurance must be claimed  
Because I need it quickly  
My waning balance worries me  
Oh dear, I feel quite sickly

And then the worst of all this stuff  
Those Tax Returns are scary  
The tax man doesn't like mistakes  
Which leaves me kinda wary

O help me, help me if you can  
In this I'm surely drowning  
My darling won't you please come back  
And stop my brow from frowning

But maybe in a year or two  
When all this 'stuff' has ended  
I'll thus begin to live again  
With broken heart then mended

Valerie Dohren

# Pink Ribbons

Pink ribbons span the evening sky  
And trim your feathered bed  
Now I will sing a lullaby  
Lay down your sleepy head

You are the universal child  
You, the child of the world  
Born as to be yet sweet and mild  
With hair that`s softly curled

The world has seen another day  
The earth has turned again  
The birds have watched you laugh and play  
Betwixt the sun and rain

You are the universal child  
You, the child of the world  
By Mother Nature you are styled  
In whom the rest are furred

The world has passed yet slowly by  
This earth so turned in vain  
For, sorrowing, it saw you cry  
And felt your silent pain

You are the universal child  
You, the child of the world  
I pray you'll never be defiled  
Nor fear at you be hurled

Valerie Dohren



# Pray Do Not Pick The Daffodils (Re-Submission)

Pray do not pick the daffodils  
Their life has just begun,  
Oh let them live as nature meant,  
Stood dancing `neath the sun

Nor pluck the roses from their stems  
For they will wilt and die  
Oh leave them ling'ring in the earth  
To grow wherein they lie

Each leaf, each bloom, each blade of grass  
Belongs to mother earth  
Pray do not take them from the soil  
Do not destroy their birth

Valerie Dohren

# Reflections

Behold the pregnant silvered moon  
Full mirrored in the shimmering sea  
And shining low at early dawn  
The sun, as golden filigree

Reflecting in the dancing waves  
To crown each glorious day anew  
The sky a dazzling oriflamme  
Soft glistening in the morning dew

And see above the drifting clouds  
As o'er the land their shadows creep  
Like ghostly spectres lingering upon  
The hills and valleys, nestling deep

Then hear the might oceans break  
Against the rocks, so cold and grey,  
Resounding 'cross the desolate shores  
To crash, untamed, then fade away

And as above then so below  
The large reflected in the small  
So too the all-pervading power  
Lies deep in every living soul

Reflected in each beating heart  
Each single atom, small yet vast,  
And there within each grain of sand  
The boundless universe is cast

And so the threads of thought unwind  
Each fantasy, inspired to spin  
Reflections of the inner self  
Where all is still, so still within

Valerie Dohren

# Rubbish

The world is full of rubbish  
I see it all around  
Strewn along the pavements  
And scattered 'cross the ground

It hangs on outstretched branches  
Like washing on a line  
Dumped into the river  
Oh, aint it such a crime

You'll find it in the gutter  
Amassed around the trees  
Tangled in the hedges  
And carried by the breeze

Blown around like tumbleweed  
You'll find it everywhere  
It wraps around my feet  
Then flies into my hair

So if you are responsible  
For putting it about  
Shame on you because its clear  
You're just a litter-lout!

And hence, my friend, I ask you  
What should we do with it -  
Put it in the dustbin  
But make sure it will fit

There's also verbal rubbish  
That rolls right off the tongue  
The stuff that's made of words  
That rattle all day long

You'll hear it on the telly  
Which isn't very good  
I'm sure you will agree  
It's just a heap of crud

Some politicians spout it  
And those who have no brains  
Writers even write it  
When nothing else remains

So, all my fellow poets,  
If what you have to say  
Amounts to simply rubbish  
Then put your pen away

Methinks the time is coming  
To take my final bow  
Terminate this nonsense  
And end it, stop it now

I know what you are thinking  
(Some words I can't repeat)  
This rhyme's a load of rubbish  
Which PH should delete

Valerie Dohren

# Saddleworth Moor

The wind blows so cold on Saddleworth Moor  
Where the voice of a child is heard in the gloom  
'I`ve slept here so long, I want to go home'  
'Please take me back to my own little room'

As rain tumbles down on Saddleworth Moor  
His voice can be heard in the depths of the night  
Just one little boy who sleeps all alone  
Seeks to be free from his sorrowful plight

Through all the darkness of grief and despair  
For so many years his poor mother has cried  
But never to find her dear little boy  
On Saddleworth Moor where little Keith died

Such evil was wrought to five little souls  
On Saddleworth Moor near five decades ago  
These innocent children drawn to their deaths  
The answer to 'why' we never will know

If I were an angel I`d find that dear child  
On Saddleworth Moor where deep hidden he lies  
No never to rest until he was found  
To search every hillock beneath the blue skies

Brady and Hindley I hope will ne`er sleep  
Nor find any peace for their deeds so grotesque  
Winnie, Keith`s mother, has now passed away  
And I pray that her soul has now come to rest

Yet still her heart beats on Saddleworth Moor  
(Though death has now claimed her, the day is now done)  
Forever and ever to search for her child  
As in spirit she seeks to find her dear son

Valerie Dohren

# Sealed

Don't break the seal upon my lips,  
I won't reveal my mind -  
The dreams I hold within my heart  
Will there remain confined.

No words shall now betray my thoughts,  
I will not set them loose,  
For silence has subdued my voice -  
Of words, I have no use.

There's a silence in my mind now,  
A darkness in my soul -  
I'll no more speak of dreams I hold  
Within that deep black hole.

Valerie Dohren

# Seasons Of Love

Our love came in the gentle Spring,  
So sweet and fresh and true -  
When we were young and unafraid,  
And all was clear and new.

It blossomed in the Summertime,  
And came to fullest bloom -  
We lay beneath the Cedar Tree,  
Our love there to consume.

But in the chill of Autumn mist,  
It then began to wane -  
No longer did we feel the joy,  
Nor would we e'er again.

So as the Winter gripped our hearts,  
Our hands then slipped apart -  
We said goodbye and turned away,  
As love did then depart.

Valerie Dohren

# Secrets

Keep them safely, guard like gold  
All those secrets ever told -  
Secrets whispered long ago  
Only you and I can know.

Secret loves and secret woes  
Carried on the wind that blows -  
Confidences to my ears  
Hopes and wishes, dreams, and fears,

Stories every heart can tell  
(Keep those secrets, guard them well) -  
They who told them now are gone  
Though their mem'ry lingers on.

Of those tales I'll never speak  
Even though my tongue is weak -  
Hidden there inside my mind  
No-one else shall ever find.

Each who spoke them trusted me  
Not to ever set them free -  
You, my conscience, silent stay  
Keep those secrets every day.

Valerie Dohren



# See How The Stars Are Shining Bright

(An Ode for Christmas)

There's a beauty in the sky tonight  
See how the stars are shining bright  
See how the moon lights up the sky  
Shimmering softly there up high.

And a fragrance drifting through the air  
Intoxicating, everywhere,  
Breaths of sweet perfume all around  
Rising up heav'nward from the ground.

There's a song of tender love divine  
A message meant for the world, a sign,  
Joyfully whisp'ring through the night  
Soft as a Dove in wing'ed flight.

With a heartbeat sounding from afar  
A heart beating from some distant star  
Pounding, resounding, in my mind  
Heralding hope for all mankind.

Oh hail to this wonder so revealed  
This splendour that be no more concealed  
There's a beauty in the sky tonight  
See how the stars are shining bright ...

See how the stars are shining bright.

Valerie Dohren

# Shaded Avenues

Down shaded avenues I wander  
'Midst the falling Autumn leaves -  
In solitude to dream and ponder  
On all which the world now grieves.

Sweet melodies have softly faded  
With the dying of the sun -  
The paths of joy and love abraded,  
All things lost and all things done.

With tranquil mind and silent yearning  
For a time when peace shall be -  
So armed with love and gracious learning,  
Shall my heart and soul be free.

Thus on to distant realms I travel,  
Searching for a future time  
When every dream shall then unravel -  
Splendid, wonderful, sublime.

Ah, be then still my soul forever,  
No more tossed, torn, nor defiled -  
All life's vicissitudes to sever,  
Seeking lands yet fair and mild.

Oh, for a land where sunshine lingers,  
Oh, for a land of sweet repose  
Where every care slips through my fingers -  
Peacefully ling'ring at the close...

Ah, peacefully ling'ring at the close.

Valerie Dohren

# Shall I, No More, Contentment Praise

O how shall I contentment find  
Within the shadows of my mind  
When all the world has lost its grace  
For now it be a darker place -  
No more to look upon his face

The days they pass in silent gloom  
Here in the confines of this room -  
This room in which we laughed and cried  
Wherein I ever seek to hide -  
This room where I alone abide

And as I look towards the light -  
The light that shines beyond the night  
I seek to find a brighter land  
Where once the beautiful rainbow spanned -  
Where once I held his gentle hand

A gentle hand that reached for mine  
Outreaching thus to so entwine -  
Where now the love that was so true?  
The love that he and I once knew -  
Full glistening as the morning dew

In solitude I watch the dawn  
With heart bereft and so forlorn -  
An empty sky the light betrays  
Where nothing fills these soulful days  
Shall I, no more, contentment praise ...

Shall I, no more, contentment praise

Valerie Dohren

# Shattered

Do not leave a heart yet shattered -  
Shards of glass upon the floor  
Lying there, profuse and scattered,  
Splintered soul, bereft and sore

(Broken hearts can n`er be mended  
In a moment`s fleeting time  
Months or years they need be tended  
`Fore they rise again to shine)

Serve it well with tender feeling  
As it be your very own  
Thence it would require no healing  
Nor yet dwell for`er alone

Love and care is ever needed  
Words and actions given free  
Faithfulness should too be heeded -  
Hearts belong to you and me

Valerie Dohren

# She Has Gone Now

She has gone now, lost to dreaming  
High above the vapoured clouds -  
As a wispy phantom drifting;  
Wrapped within enfolded shrouds

No more words to stir my being  
Nor beguile my fretted mind -  
Silent as the moon yet fading;  
With my life no more to bind

She has gone now, I remaining  
E'er to dwell in solitude -  
So bereft of thoughts to ponder;  
For my heart be now subdued

Shall I reach out, try to touch her  
As she floats through ether's void -  
Yet I fear I may not grasp her;  
Thus my spirit be destroyed

She has gone now, I am pleading  
Her return will ne'er be long -  
She has gone now, I am waiting;  
And in waiting, sing her song

Valerie Dohren

# Silence

O listen to the silence  
So gentle everywhere  
Hear it, quiet, whispering  
Yet softly through the air

Silence bathes the soul in peace  
As calm serenity  
Speaking to the heart through love  
To soothe and comfort thee

None shall e`er be set alone  
Who yet shall heed its call  
For, deep within, its murmurs  
Enrapture and enthrall

It speaks to all so sweetly  
Its secrets to disclose  
It speaks in verses rhyming  
It speaks in simple prose

Silence reigns in solitude  
And though not ever heard  
Within the mind it lingers -  
You`ll know each fleeting word

Valerie Dohren

# Sleep On Sweet Babe

Sleep on sweet babe, lest you should see  
The depth of man`s iniquity  
His measure of what life is worth  
Upon this wrecked and war-torn earth

Yes slumber on and feel no pain  
Nor see the evil one to reign  
Do not your eyes be open wide  
Stay sleeping in your crib and hide

Sleep on sweet babe stay soft and pure  
No human suffering to endure  
Keep shut your eyes and slumber deep  
Your precious innocence to keep

And still`ed be your tiny world  
Your senses never be unfurled  
Thus not to see, nor feel, nor hear  
This world of sadness, pain and fear

Valerie Dohren

# Sleep Well Tonight

Be still, O world, sleep well tonight  
May all your dreams take gentle flight  
Ascending heav`nly stairs sublime  
Through all the corridors of time

To drift on lofty shimm`ring clouds  
Enwrapped in bright celestial shrouds  
Beyond the earth in regions fair  
Without a thought, without a care

Upon a journey set in space  
Another time, another place  
Above the land, above the sea  
There yet to find tranquillity

In magic worlds your mind to dwell  
`Pon fantasies and dreams that tell  
Of hope, unmet, behind closed doors  
And visions seen on distant shores

With pictures painted in the sky  
Upon the wings of doves to fly  
Illusions grand and heaven sent  
Enchanting and magnificent

(Whilst phantoms dance in shadowed places  
Bright with luminescent faces  
Floating through the mind, encaptured,  
There with images enraptured)

Be still, O world, sleep well, sleep sound  
May all your dreams with peace abound  
Then waken softly with the dawn  
To greet again a bright new morn`

Valerie Dohren



# Slip.....

Slip into my fantasy  
Walk into my dream  
Clasp my hand in paradise  
'Neath a soft sunbeam

Touch me as a summer breeze  
Gentle on my face  
Keep me close against your heart  
Warm in your embrace

Slide into my memory  
So I'll ne'er forget  
Linger there within my mind  
That I shall not fret

Step into my glist'ning eyes  
Greet me with your smile  
Feel my gaze upon your face  
Tarry there awhile

Hold onto my shadow cast  
Never set me free  
Wrap me in your tender love  
Through eternity

Journey deep into my soul  
Find the love that's there  
Joined together, two as one  
All our life to share

Valerie Dohren

# Solid Ground

I built my house on solid ground  
Convinced that it was safe and sound  
Not thinking that the earth could move  
But earthquakes happen just to prove  
No ground can ever be secure -  
My house fell down and is no more.

Beneath the surface, nothing's fixed  
As with the rocks our fate is mixed  
And everything can surely break -  
There's nothing that the earth can't shake  
No walls forever stay erect  
And all that's joined can disconnect

Valerie Dohren

# Someone Stole The Moon

Someone stole the moon last night  
Left the land bereft of light  
Sorrow filled the sequined sky  
And all the stars began to cry

There above as glist'ning tears  
(Weeping, weeping, no-one hears)  
Flutt'ring down upon the world  
Like soft confetti deftly hurled

Oh to see her face again  
Then to watch her wax and wane  
Lost to sight her Imbrian sea  
So sweetly named Tranquility

Gone the night-time's wondrous glow  
Tides no longer ebb and flow  
Months shall cease and days decline  
As now the moon no more will shine

Where is she, Oh where is she  
She whose light shone down on me  
Please return her to her place  
Suspended in the frame of space

Set above and counting time  
O'er the mountain tops to climb  
Minute-hand upon the clock

- Tick tock, tick tock - tick tock, tick tock -

Valerie Dohren

# Sometimes When I'M Dreaming

Sometimes, when I'm dreaming,  
I feel you by my side  
In the moonlight gleaming,  
And when the sun has died.

I can hear you breathing,  
Behold your gentle smile.  
Know when you are leaving,  
Then pray you'll stay awhile.

For when you are near me  
The world's a sweeter place -  
As I love you dearly,  
Beyond all time and space.

And when I am dreaming  
Your hand entwines with mine -  
Ah, when I am dreaming,  
The world is so divine.

Valerie Dohren

# Somewhere Shines A Diamond

Somewhere shines a diamond  
Within the cold, grey stone  
Silently it slumbers  
Set deep and yet unknown

Hidden there in secret  
Concealed from mortal sight  
Glist`ning in the shading  
A dazzling shining light

Somewhere full enshrouded  
A glinting speck of gold  
Waits to be uncovered  
So lovely to behold

Longing for the dawning  
When sunlight strikes the land  
Revealing all this beauty  
Fixed in the burning sand

Somewhere in the twilight  
A ray of hope shines through  
Fading all the shadows  
Surrounding me and you

I have searched a lifetime  
These treasures yet to find  
Are they bound in darkness  
Or there within my mind

Valerie Dohren

# Sonnet - I (O Shall You Love Me Through My Mellowed Years)

O shall you love me through my mellowed years  
When I am no more as the rising sun  
As less my visage to your heart endears -  
The sweetness age thus ever has undone  
And wilt thou fix your smile upon my face  
Enjoin your fingers with my weathered hand  
Then in your arms yet tenderly embrace  
As if my life all time had never spanned  
Or shall the years so meet with your disdain  
As when you look upon this ag'ed brow  
O shall you not see beauty there again  
Or know once more the joys that youth endow  
Pray that love may ever so endure  
Unblemished by the years forever more

Valerie Dohren

## Sonnet - Ii (I Pray You Shall Not Leave Me In The Spring)

I pray you shall not leave me in the Spring  
Nor yet in Autumn ever to depart  
I could not bear to hear the sweet birds sing  
If then you chose to break my tender heart  
I beg you do not leave in Summertime  
When all the flowers be in fullest bloom  
O leave me not in Winter's icy clime  
For then, my love, would ever be too soon  
And when the bright sun rises every day  
So too when evening shadows soft descend  
'Tis then I ask that you will ever stay  
That our sweet love may never yet thus end  
    O leave me when my heart has turned to stone  
    For then, my love, I deem to be alone

Valerie Dohren

## Sonnet - Iii (O Love, Thou Art But As A Fleeting Dream)

O love, thou art but as a fleeting dream  
That passeth in the stillness of the night  
To capture souls and fill with vain esteem  
Then carry them above on wing'ed flight  
Enraptured be those caught in your domain  
With eyes that see naught but the one beloved  
Extolling ever with a sweet refrain  
Such passions, glowing warm like bosoms gloved  
O love, thou art a trickster of the mind  
All reason thus be gone and ever lost  
So clouding sight, yet furthermore to blind  
And then to onwards likely count the cost  
    True love must thence be sought with open eyes  
    Lest that beloved, one ever shall despise

Valerie Dohren



## Sonnet - Iv (Speak Truly If You Deem To Speak Of Love...)

Speak truly if you deem to speak of love  
No falsehood should the gentle soul endure  
Nor be deceived by words designed to move  
If such are rendered by a heart impure  
For truth should always be the lover's tool  
To captivate and charm the one romanced  
Let no-one seek to therefore be so cruel  
To serve the heart thus which be sweet entranced  
O let your words be tender and sincere  
Proclaiming love thenceforth forever true  
Such that the one beguiled you full endear  
And bring her ever closer then to you  
..... The heart enraptured thus will so remain  
..... Forever in your keep and ne'er shall wane

Valerie Dohren

## Sonnet - IX (Ah, How Thy Beauty Steals The Gentle Dawn)

Ah, how thy beauty steals the gentle dawn  
And full compares to twilight's tender glow  
Thou art as sweet as summer's golden corn  
And pure as winter's soft untrodden snow  
Thy loveliness is captured in thy smile  
Within thine eyes, as diamonds set in gold  
Forever then all hearts to thus beguile  
O thou art yet so lovely to behold  
Thy countenance delights the sorrowed heart  
All melancholy thus to chase away  
I pray thy beauty never shall depart  
Forever to enchant throughout each day  
..... Thou art a vision fixed within the soul  
..... That I perchance forever shall extol

Valerie Dohren

## Sonnet - V (O Faithless Heart, What Sorrow Thou Dost Weave...)

O faithless heart, what sorrow thou dost weave,  
For those betrayed shall forthwith be undone -  
As by thy will thou ever thus deceive,  
And therefore with thy guile conceal the sun.  
To serve thy love thus shall be deemed unjust  
Against the one to whom thy heart be pledged -  
Forsooth, such feelings be no more than lust  
And shall depart as like a fledgling, fledged.  
Be true, O heart, towards those e'er esteemed  
Lest they take wing, so like thy fledgling muse -  
For thus soft transport may ne'er be redeemed,  
Nor linger that you shall e'er more abuse.  
..... O faithless heart, do not your love betray  
..... If thou would have thy sweetheart ever stay.

Valerie Dohren

## Sonnet - Vi (O Gentle Heart, Hold Fast To All Thy Dreams)

O gentle heart, hold fast to all thy dreams  
Mind them ever safe within thy keeping  
For love may never render what it deems  
Nor save the fragile breast from ever weeping.  
Forever may thy fantasies remain  
To sweet enchant and charm thy soulful heart -  
Whenever all is lost they yet sustain  
With joy, with hope, with love to thus impart.  
O drift along illusions' misty way  
Reality's dark face to thence deny  
Within the realms of heaven thus to stay  
That never shall thy heart be wont to cry.  
..... Relinquish not thy dreams for earthly prize  
..... Lest thy reward be set in downcast eyes

Valerie Dohren

## Sonnet - Vii (O Moon, Bright Moon, In All Thy Glory Bound)

O Moon, bright Moon, in all thy glory bound  
Thine aspect shall yet soothe the trembling heart  
For as thy beauty gleams thus all around  
Such sweet serenity thou full impart  
For there within the darkness of the night  
Upon the starry vault, thy countenance  
As like a lantern ever glowing bright  
Shall through all time all gentle souls entrance  
Then with the wax and waning of thy face  
To thus effect the oceans' ebb and flow  
The golden sands forever to embrace  
Whilst on the steely waters thou dost glow  
..... Thou art the ancient keeper of the night  
..... Upon the world to set thy shining light

Valerie Dohren

## Sonnet - Viii (O Carry Me Above This Plaintive Earth)

O carry me above this plaintive earth  
Where'er there be a sweeter dwelling place  
To touch the distant harbour of my birth  
As fixed beyond all mortal reach of space  
Across the boundless oceans of all time  
Above creation's full encircling spheres  
Far upwards shall I ever seek to climb  
Transported thus away from worldly fears  
Yet still I tarry 'neath the sapphire skies  
In earthly shackles theretofore entwined  
With yearning for such freedom in these eyes  
As in the world this soul be yet confined  
..... Above, beyond, my heart does so desire  
..... To fly, to fly in splendour, ever higher

Valerie Dohren

## Sonnet - X (When I Am Gone Do Not, My Love, Lament)

When I am gone do not, my love, lament  
For I shall find a gentler resting place  
Beneath the stars where I shall lie content  
Sweet solitude forever to embrace  
Then silent be the murmurs of my soul  
No more to rant and rave at life's unease  
Nor hear the sombre chime of bells that toll  
As I am laid to rest 'neath ancient trees  
Yet I shall not in mildness so depart  
Nor on the wings of peace address the close  
A tempest thus shall seize this beating heart  
Before the sun sets long on my repose  
..... With life's completed scroll forever furled  
..... I'll wave contempt and scorn upon the world

Valerie Dohren

# Soon There Will Be Roses

Soon there will be roses  
Adorning gardens fair  
Soon there will be roses  
Their perfume everywhere

Roses white and yellow  
Soft pink and crimson too  
Roses in the sunlight  
Bedecked with morning dew

When I touch the roses  
Caress them tenderly  
If I feel them quiver  
I'll know you still love me

Roses hold a secret  
A secret in my heart  
Roses are a symbol  
Of love to thus impart

Soon there will be roses  
I wait for them to bloom -  
Roses sweet and fragrant  
Shall sanctify my room

Valerie Dohren



# Spider Month

Batten the hatches  
And seal all the doors  
Close all the windows  
And scour all the floors

They`ll hide in your bed  
And in your dinner  
Sit on your shoulder  
Each one`s a winner!

So get out your torch  
And be vigilant  
Look out for our friend  
`Cause he aint no ant!

They`re big as a bird  
So walk round in fear  
All larger than life  
O spider month`s here!

Valerie Dohren

# Star

I scarce could see the rainbow's hue  
Through teardrops in my eyes  
Nor hear the skylark singing sweet  
In soft and sapphire skies

O heavy was my heart, as then  
All hope seemed cast away -  
Upon the windows of my soul  
The light no more did play

But still there seemed a gentle glow  
In distant reaches set  
As there a lone star shone above  
To herald fortune yet

I pondered thus upon the scene  
All fixed before my sight  
An awesome feeling stirred within -  
Such wonder and delight

How could this star yet move me so  
To set my soul aflame -  
Why should it ever steal the void  
And reap all heav'n's acclaim

(There be a tale from ages passed  
Of such a star, so fine,  
Which then, 'tis said, resplendent shone  
Upon the land, divine)

What story do you deem to tell  
What secrets do you hold -  
To render hope, are you set there,  
And all true dreams unfold

O star that gleams beyond, above,  
On high for all to see  
Bestow your grace across the world  
Upon humanity

-----

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO  
ALL AND THANK YOU SO VERY MUCH FOR YOUR  
VALUED SUPPORT THROUGH 2012 - Val :)

Valerie Dohren

# Stay With Me

Stay just one more day with me  
Don` t fly away, sail the sea  
Stay and soothe my trembling heart  
Stay that we may never part

Do not wander far away  
Stay with me just one more day  
Lay your head upon my arm  
Stay with me and keep me warm

Stay until the sun doth set  
Stay so close that I won` t fret  
You and I will watch the moon  
Do not leave me yet, so soon

Stay, my love, please stay awhile  
Stay with me that I may smile  
Please don` t go and leave me here  
Sad without you, stay my dear

Valerie Dohren

# Stillborn

(A mother`s lament)

Oh rest your head my little one  
Upon a silken cloud  
And let the angels cradle you  
Wrapped in a golden shroud

In love, I bore your tiny form  
So pure, so calm, so still  
And gazed upon your precious face  
My dreams n`er to fulfil

I ached to see the breath of life  
To hear the sweetest cry  
Rise up within your silent breast  
So so still you did lie

Then held you tightly in my arms  
Pressed close against my heart  
And wept an avalanche of tears  
To know that we must part

And as the years pass by, my child,  
Your mem`ry will remain  
No-one will ever understand  
This everlasting pain

You`ll always be a part of me  
A gift from heaven above  
And `though I`ll never hold your hand  
You`ll always have my love

So rest your head my little one  
Upon a silken cloud  
Within my dreams I`ll cradle you  
My love for you avowed

Valerie Dohren

# Stolen

You took all the words from my lips  
And left me with nothing to say  
Then stole the bright sun from my sight  
Thus chasing the daylight away

You captured the stars from my eyes  
And now I'm unable to see  
Then tore out my frail tender heart  
So that I could no longer be

You seized all the thoughts from my mind  
And now I can no more believe  
Destroying the light in my soul –  
O how you did my heart deceive

You then razed the smile from my face  
Extinguished the love that I bore  
Then stole every vestige of hope  
So leaving me empty once more

You cut into each of my dreams  
And now I am bleeding inside  
Lay hold upon all of my life -  
And you didn't care when I died

Valerie Dohren

## Stolen (Lost Poem Retrieved)

You took all the words from my lips  
And left me with nothing to say  
Then stole the bright sun from my sight  
Thus chasing the daylight away

You captured the stars from my eyes  
And now I'm unable to see  
Then tore out my frail tender heart  
So that I could no longer be

You seized all the thoughts from my mind  
And now I can no more believe  
Destroying the light in my soul -  
O how you did my heart deceive

You then razed the smile from my face  
Extinguished the love that I bore  
Then stole every vestige of hope  
So leaving me empty once more

You cut into each of my dreams  
And now I am bleeding inside  
Lay hold upon all of my life -  
And you didn't care when I died

Valerie Dohren

# Stories

There are many stories to tell  
but they die in the telling ...

Voices tremble  
and words falter.

Eyes close  
on the reality they conceal.

No-one will ever know  
these stories -

they remain untold.

The pain is too immense

so they die

in the telling.

Valerie Dohren



# Storm

Dark clouds gathering  
rain beating down, swirling,  
thunder roaring  
lightning flashing  
crackling down to earth

Electrified air -

- turning into malevolent eyes  
Shock - gasping for breath

Valerie Dohren

# Summer Comes

Summer comes  
splendid in its coming -

bringing to maturity  
the promises of Spring.

Summer comes  
with the aching wantonness of fertility  
and fulfilment

the ripening of moist fruit  
soon to harvest

and the pregnancy of  
virgin soil.

Summer comes -  
eager to bring forth new life.

When Mars conjoins with Venus .....

Summer comes.

Valerie Dohren

# Summertime, O Summertime

Beautiful the sunshine's glow  
On a gentle summer`s day  
Bringing glee to every heart  
With all sadness chased away

All the birds across the land  
Play in ever gay delight  
Flutt`ring through the leafy trees  
Singing sweet farewells to night

Flowers bloom in full display  
O so beauteous to our eyes;  
Verdant fields spread far and wide -  
Cotton clouds in azure skies

Noon-time shadows softly fade  
`Neath the sun so high above;  
All earth`s creatures dance and play  
Full embraced in nature`s love

Summertime, O summertime  
Splendid be your aspect fair  
Bearing gladness in your train -  
Joy to all who linger there

Valerie Dohren

# Sunrise

Where earth meets sky, around the world  
A golden thread is softly curled  
And then from sleep thus slowly torn  
The angel of the day is born

To herald yet another dawn

Encircling all with dazzling rings  
As phoenix-like he spreads his wings  
And so unveils his gleaming light  
Shining, incandescent, bright

To steal the shadows of the night

And clouds aflame with burning glow  
With red and amber lit below -  
There scarce could be more beauteous play  
Than when the night turns into day

And when the dark is chased away

For at the rising of the sun  
Another day has yet begun  
Another day, your way to find  
Another day within your mind

Another day... are you still blind?

Step, step, step this way  
Into the brightness of the day  
Into the world of beauteous play  
After the dark is chased away

Valerie Dohren

# Sunset

`Tis now the lantern of the day  
Shall slowly start to slip away  
To fall into a distant place  
Beyond the earth and set in space

The closing of the day embrace

The sky ablaze with fiery glow  
Reflected on the ground below  
As shadows drift across the land  
Like cloaks of darkness softly spanned

The clouds above yet strangely fanned

Then threads of silver light remain  
Should e`er the fading day complain  
Before the night shall chase away  
The dying embers of the day

So turning all to steely grey

With shimm`ring fall of evening mist  
`Pon glist`ning leaves by moonlight kissed  
And eerie silhouetted spires  
Against the backdropp of the skies

For ever now the sunlight dies

As evening steals away the glow  
That lingers on the earth below -  
Then she who shines with tender face  
Upon the land bestows her grace

Then takes the heavens all apace

The trees are still, the birds asleep  
All silent now, as growing deep  
The day turns slowly into night  
As with the fading of the light

And as all dreams shall now take flight

So gently close your eyes and rest  
Sleep softly now at her behest  
As night-time takes you to her breast  
For he now slumbers in the west

Valerie Dohren

# Sweet Angeline In Heav`n Did Weep

Sequestered deep in mystic realms  
`Midst all the stars in full display  
Encircled there by misty souls  
I heard her sad soliloquy

Sweet Angeline in heav`n did weep  
Her tears upon the world were spilled  
Lamenting as one lost in dreams  
Of dreams yet dreamed but unfulfilled

Those tears, they fell so like the rain,  
As gentle snowflakes drifting by -  
With broken heart, as shattered glass,  
So like a nursling she did cry

She spoke of love she barely knew  
That precious love, elysian kind,  
That all her heart would so enchant  
Yet all her life she sought to find

She looked in woodlands void of light  
Beneath the darkened moonlit sky  
In cloistered caves and valleys deep  
In dusky glens she wandered by

With hope she searched in twilight`s gloom  
In shaded arbours strung with vine  
She cried as one in sorrow deep  
(I heard her weep throughout all time)

Yet never once to glance above  
Towards the sun, with brighter glow,  
Nor seek to find her heart`s delight  
In places high not set below

Sweet Angeline in heav`n did weep  
In sadness ne`er to feel nor find  
The love that she so yearned to know  
In dusty hollows of her mind

Valerie Dohren



# Thank You

As through your comments I peruse  
I do my best with my 'thank you`s'  
But if you think I`ve been remiss  
And left you out, then here`s a kiss.. x  
So 'thank you' all, and thanks again  
Your lovely words are not in vain

Your continued support - means a great deal  
That`s why I deem now - to express how I feel

Valerie Dohren

# Thanks To All

I would just like to thank all of my friends/fellow poets at Poemhunter for all the lovely messages of sympathy and condolence which I have received. They have been heartwarming indeed, and have brought me great comfort and solace following the loss of my dear husband on 4 September 2013.

Your support is greatly appreciated and valued, and I am proud indeed to be a member of such a wonderful community.

My very best wishes to you all, and many many thanks once again.

Valerie Dohren

# The Big One

Get in gear  
The big one`s near

So with good grace  
Watch this space.....

(This was written as a precursor  
to the submission of my 100th  
Anniversary poem - Titanic, submitted  
on the anniversary date of 14 April  
2012) .

Valerie Dohren

# The Case Of The Lost Poem (Limerick)

My poem called 'Stolen' has vanished  
I wonder if PH has banished  
In the fullness of time  
I'll post back my rhyme  
Return it to you re-established

Valerie Dohren

# The Day Is Done

(For my dear husband, who passed away  
on 4 September 2013) .

□

All flames shall dim, all books shall close  
Petals fall from the dying rose  
The actor makes his final bow  
The curtain falls, its over now

With no more words and no more sighs  
We`ve spoken now our last goodbyes  
The time has come, the end of this  
From trembling lips, a final kiss

Eclipsed is now the coming dawn  
From which another night is born  
For shadows move across the earth  
Another death, another birth

As darkness clouds the closing day  
Your quiet heart in silence lay  
After the fading of the sun  
Last breath taken - the day is done

□

(Little yellow flowers  
Dancing in the breeze  
Little yellow flowers  
Huddled round the trees  
Little yellow flowers  
Seemed to know my pain  
Little yellow flowers  
In my mem`ry will remain)

Valerie Dohren

# The Eyes Of Love

Look deep into the eyes of love  
They glisten soft and true -  
I looked into the eyes of love  
When first I looked at you

I saw a gleam of tenderness  
A heart so full of care -  
Such sweet enchantment captured me  
That naught else could compare

Within their depths I yearned to fall  
Bewitched yet by their spell -  
The eyes of love to carry me  
To lands where angels dwell

And in that moment wonderful  
That moment fixed in time  
I never shall forget those eyes  
Beguiling and sublime

I looked into the eyes of love  
To see what they revealed -□  
The truth, the truth is there, my friend,  
It shall not be concealed

So if you would deny the truth  
And live a life of lies  
Beware to take a single glance -  
Don't look into those eyes

Valerie Dohren

# The Ghost

(A little light relief)

As resting in my bed, I lay,  
I saw an awesome sight  
A ghostly spectre hov`ring there  
To haunt me through the night

I hid my face beneath the sheets  
Too scared to move at all  
What was that apparition  
Which stood there by the wall

Why had it come to visit me  
To fill me with such fear  
Would it stay there all night long  
Or would it disappear

I hardly dared to look again  
But opened just one eye  
Then slowly peeked across the room  
And thought that I would die

I`m sure I saw it move my way  
I couldn`t even scream  
Because through fear I`d lost my voice  
Oh tell me it`s a dream!

That`s it, I thought, I`m fast asleep  
It isn`t really there  
And when I wake up in the morn`  
I`ll laugh at such a scare

So, still hidden `neath the sheets,  
I made it go away  
Then slumbered softly through the night  
Until the break of day

And when the morning light shone in  
I sat up with a frown

The ghost I thought was haunting me  
Was just my dressing gown! !

Valerie Dohren



# The Manvantara

At the beginning.....

Uncreated form lay resting  
In the silent cosmic womb  
Unconscious bliss pervaded darkness  
Life lay dormant, yet to bloom

The breath began, the note went forth  
Through the void which filled with light  
Pulsating life became the logos  
Ever now the spark shines bright

And seven great years passed by -

At the end.....

The spark enfolded all in oneness  
Truth became reality  
All man`s dim senses were illumined  
By the act of unity

The breath returned, all murmurs faded  
Silent now the path we trod  
As I am the thinker and the thought  
This I know for I am god

Valerie Dohren

# The Migration

I look upon the skies to see  
A myriad flutt`ring wings  
And hear above a symphony  
A choir of feathered kings

Their music echoes through my mind  
To fill my heart with joy  
Such freedom do I seek to find  
And earthly cares destroy

Lit by the moon`s soft glowing light  
Their journey lingers on  
Towards the dark expanse of night  
Towards the distance sun

I know not where their journey wends  
What verdant land their prize  
Perhaps `tis where the rainbow ends  
Perchance `tis Paradise

Valerie Dohren

# The Moon

Beautiful lady, born of the night  
Floating across the ebony sky  
Clothed soft in gossamer, shimmering bright  
Beneath all your charms, to love and to cry

With threads of silver curled all around  
Spreading your hair as moonbeams that fall  
Strands of your glory touching the ground  
Celestial light, I rise to your call

Heavenly goddess, climbing so high  
Waxing and waning, queen of the night  
Longing to touch you, I sigh, I sigh  
Wonderful vision, ethereal sight

Valerie Dohren

# The Old Lady

With furrowed brow and silvered hair  
Crumpled low in her rocking chair  
Draped in a shawl of tattered lace  
A thousand years upon her face

And sallow cheeks, the rosy cast  
Of girlhood having long since passed  
She raised her eyes up to the sun  
For now she knew her life was done

So many stories she had told  
Across the years as she grew old  
But now the time was drawing near  
To be with those she loved most dear

She meekly smiled and gave a sigh  
In memory of the years gone by  
Then glanced down at her wedding band  
Hung loose upon her withered hand

Her eyes then gazed towards the place  
Where stood a portrait of his face  
The first and only love she'd known  
Which blossomed like a rose, full grown

Yet as she looked, her eyes grew dim  
(She thought she caught a glimpse of him)  
But only shadows filled the room  
The wilted rose no more to bloom

She stroked her hair and touched her breast  
Where once her sleeping children pressed  
So lonely in her room to weep  
Then passed into eternal sleep

Valerie Dohren

# The Passing Hours

Softly in the glow of moonlight  
`Neath the canopy of stars  
There to ponder in the silence -  
Still, within the passing hours

Wistful thoughts of precious childhood  
Drift through valleys of my mind  
Times when all the world was boundless -  
Oh so free and unconfined

How I danced through fields of yellow  
Skipped along the leafy ways  
Breathing in the joys of springtime  
Blissful in those tender days

Thus unfraught by life`s deceptions  
Youth and innocence my guide  
Seeming then that all was splendid -  
In a pure world to abide

Promises of dreams unfolding  
(All illusions yet concealed)  
Looking to such bright tomorrows  
As believed to be revealed

But now wise, and in the evening -  
At the sunset of my life  
There I see the truth before me  
All the lies, the pain, the strife

Yet I will not fall in sorrow  
For all yearning now shall cease  
Eyes now fixed upon the closing  
Ever then to be at peace

Valerie Dohren

# The Rain Keeps Falling

I prayed the sun would shine today  
But still the rain keeps falling  
It seems the clouds are here to stay -  
O feel the darkness calling

Yet high above the misty skies  
There smiles the sun full shining  
Thus promising to stay our sighs  
With clouds of silver lining

The rain brings beauty to the earth  
The mill wheels keep revolving  
All trees and flowers find re-birth  
The hardened land dissolving

I prayed the sun would shine today  
But still rain keeps descending  
Beneath the showers yet I play  
In joyfulness unending

'Tis better to behold the world  
In all her glory, turning -  
With all her beauty thus unfurled  
To ease our soulful yearning

Valerie Dohren

# The Rose

Calm the night and stilled the sea  
Bathed in its tranquility  
A fleeting glimpse of death`s repose  
Gently stirred the sleeping rose

(But still too blind to understand  
I let it wither in my hand)

The lifeless form fell to the earth  
There again to find new birth  
For withered though the rose may be  
Its seed lives on eternally

Valerie Dohren

# The Shadow

At the dawn of man`s becoming  
Spun a web of dark deceit  
So to seize his soul forever  
Clothed in envy and conceit

In the darkness moves the shadow  
Like a veil of ebony  
Clouding all the sleeping senses  
Tracing out each destiny

Deep into his core it burrows  
`Til he bleeds a stream of tears  
Stealing his tranquillity, and  
Sowing there his hidden fears

As a cloud of starlings flying  
`Cross the sky to shroud the sun  
So the mind eclipsed by sorrow -  
Man`s destruction has begun

In the darkness moves the shadow  
There with heart as black as coal  
Night obscures the fading dawn, with  
Dereliction of the soul

Valerie Dohren



# The Snow Birds

They fly beneath the cotton clouds  
With plumage virgin white  
As angels spread their beauteous wings  
To bear them on their flight

Through air so sweet and rarefied  
Above the earth, so cold,  
Yet with the sun behind their wings  
In light soft aureoled

Then as they shed their feathers, down  
Upon the land they fall  
As snowflakes floating silently -  
Ah, can you hear them call?

They call, they call with sirens songs  
Which echo through all time  
To mingle with the winter`s hush  
With music sweet sublime

And now with luminescent glow  
All sheeted dazzling bright  
The ground is soft beneath our feet  
A wondrous pristine sight

Like crystals sparkling in the sun  
Or stars in night`s embrace  
The snowfall fixed below our gaze  
Reflects upon each face

And then, clad scantily, they soar  
Above this glorious scene  
The snow birds on their journey wend  
To places set with green

To bask in summer`s gentle heat  
To grow their plumage new  
Flutt`ring o`er the treetops high  
To sing in skies of blue

Valerie Dohren

# The Sound Of Love

Hushhhh.... can you hear the sound of love  
As soft as April rain  
And carried on a gentle breeze  
Ah, such a sweet refrain

Then listen for its tender voice  
Yet whisp`ring soft and warm  
As in a mother`s lullaby  
Sung to her child new-born

And hear it in the raindrops, as  
They tumble to the earth  
So kissing field and pasture thus  
To propagate new birth

Then hear it in the falling snow  
Soft floating to the ground  
As in the rustle of the trees  
Ah yes, the sweetest sound

And hear it in a violin  
So smooth and finely strung  
As list`ning to a songbird sweet  
Whilst tending to her young

Then hear it in a symphony  
In music so sublime  
To lift you to the highest peaks  
Of ecstasy divine

And hear it in the silence fixed  
Between the tender sighs  
Of two whose hearts are woven close  
(And see it in their eyes)

Hushhhh....listen in the darkest hour  
Before the dawn breaks through  
For this is when you`ll hear it clear  
Soft whisp`ring 'I love you'

Valerie Dohren

# The Stars Are Shining Bright Tonight

The stars are shining bright tonight  
And the moon is gently glowing  
The land is softly bathed in light  
But a cold, cold wind is blowing  
Yes, a cold, cold wind is blowing

My eyes no longer see the sun  
Nor yet all the skylarks flying  
The time for weeping has begun  
And I am in sorrow crying  
Yes, I am in sorrow crying

Where is the joy that was so true  
O where is the love o'er-flowing  
Lost are the dreams that I once knew  
With heartache and sadness growing  
Yes, heartache and sadness growing

The stars are shining bright tonight  
But the world is gently sighing  
Who will now hold me warm and tight  
For my soul is slowly dying  
Yes, my soul is slowly dying

Valerie Dohren

# The Train To Hell

I caught the train to Hell today  
A dark and bumpy ride  
So many souls were huddled there  
Full packed it was inside

With men and women, children too,  
It was a great surprise  
So many people that I knew  
Were set before my eyes

The train, it trundled `long the track  
All screeching at a pace  
No way was there to send it back  
`Twas writ` on every face

Their misdemeanours were all marked  
Wrapped up and fully bagged  
By Hell`s own wardens they were kept  
And prop`ly neatly tagged:

Old Freddie boy who shot his wife  
'Because she gave me so much strife'  
And little Johnny (heard his cries)  
Because he plucked the wings off flies

O then there was that sad old dame  
Who spent her whole life on the game  
Old Joshua, without remorse,  
Had cru`lly battered his old horse

With head in hands, a guy called Frank  
Had meanly robbed a village bank  
And then a pensioner he mugged  
Because, he said, that he was drugged

And then there`s me, O such a crime,  
I wrote a verse that didn`t rhyme  
And furthermore, I don`t see fit,  
The rest of it I should admit

Clickety-click along the lines  
Still puffing out its steam  
That poor old train came to a halt  
Thank God, `twas just a dream! !

Valerie Dohren

# The Tricky Lady

She dances like a shimmering wraith  
Against the sequined sky  
Adorned with skirts of misty green  
Bright flickering there up high

As swirling luminescent clouds  
Across the darkened night  
She floats above the icy land  
To captivate our sight

Then drifting through the frosted air  
This twisting beautiful dame  
Fast disappears into the void  
As quickly as she came

In awe-filled silence then we wait  
To see her face return  
But fickle as the lady be  
All we can do is yearn

Valerie Dohren



# The Willow Weeps

I sat beneath the Willow tree  
And cried in sad lament -  
The Willow wept because I wept;  
Despaired and discontent

I lay upon the clovered grass  
Enwrapped in fresh, sweet air -  
The Willow wept, oh how she wept  
To see me lying there

Her tears dripped down from branch and leaf  
Then touched the moistened ground -  
The Willow wept, because I wept  
As there I sobbed and frowned

My love, my love has gone away  
And never to return -  
The Willow wept, oh how she wept;  
With me, to ever yearn

She touched my face with gentle sway  
Of boughs that bended low -  
And then she wept, because I wept;  
Why did you have to go?

My love, my love has left me now  
And I am so alone -  
The Willow wept, oh how she wept;  
Then watched me turn to stone

And now the clover 'round me grows  
Beneath the azure sky -  
The Willow weeps, because I wept;  
Forever here to lie

The sun shall burn upon this stone  
Yet cold I'll always stay -  
The Willow weeps, oh how she weeps,  
For here I lie today

Valerie Dohren

# The Wind

The wind blew oh so wildly  
The night my father died  
It rag`ed like a tempest  
And on that night I cried

Yet upon my wedding day  
The wind blew sweet and free  
Gently o`er my bridal gown  
To bless and honour me

The wind blew calm and softly  
The day my child was born  
Whisp`ring oh so tenderly  
To welcome each new dawn

And it shall yet be quiet  
No more to rage and roar  
When`er my life is over  
And I will be no more

The wind will blow in fury  
When`er the world shall cease  
Then linger still and silent  
When all that reigns is peace

Valerie Dohren

# The World

Part of the world is bad

Part of the world is mad

The rest of the world is sad

When the banks of the Crimson River burst.....

The world is dead!

Valerie Dohren

# The Yew Tree

The wind has sighed upon my leaves  
Through many ages passed  
A sheltered place for he who grieves  
Beneath my branches vast

I reach above towards the sky  
`Midst ancient slabs to dwell  
O touch me and you yet shall die  
Beware the tolling bell

Behold my splendid aspect fixed  
Against the falling sun  
As there I stand, alone, betwixt  
All heav`n and everyone

(Magnificent her posture be  
Her shadow softly falls  
Upon all those now ever free  
Laid down behind stone walls)

Enfolded deep within my boughs  
I`ll bear your wearied soul  
To carry you, not e`er to rouse,  
Then meetly deem you whole

To thus transform and so renew  
All set beyond this earth  
Deliver each as pure and true  
And grant e`erlasting birth

Valerie Dohren

# They Soon Forget

They soon forget and turn away,  
for them, their days remain -  
each day is just another day  
and passes all the same.

They soon forget - the steady pulse  
of life beats on and on -  
the sun shines bright upon their time;  
for others, it has gone.

For those with sorrow in their soul  
the hurt continues long -  
resounding in their broken hearts,  
Gorecki's mournful song.

They soon forget, they soon forget,  
their memory grown pale -  
the world for them keeps turning round  
within their holy grail.

The steady pulse of life beats on,  
the earth still moves through space -  
they soon forget, they soon forget  
the ones we can't replace.

Valerie Dohren

# This Melody

What is this song, this melody,  
Which moves me so with tears -  
Such gentle words, a sweet refrain,  
To soothe away all fears.

It stirs me deep, and fills my soul  
With tenderness and love -  
Such music surely fell to earth  
From starlit skies above.

Perhaps I've heard this lovely song  
Before, in some past life -  
As rendered when the world was new  
And free from mortal strife.

Or as a lay the angels sang  
When beauty was designed -  
And thus to issue from their lips  
When love was first divined.

Such harmony and cadences  
I've never heard before -  
I deem these sounds ethereal  
Escaped through heav'ns door.

And as I listen with closed eyes  
I hear it in my soul -  
A gentle song, a tender song  
Which I shall e'er extol.

The words and tones so beautiful  
That I could not forget -  
Such music that inspires me so,  
Within my mind is set.

This melody, this lovely song,  
This splendid work of art -  
I pray will ever linger on  
Forever in my heart.

Valerie Dohren



# This New Eden

If e`er the human race should die  
And I then stood alone  
I`d raise my eyes up to the sun  
And take him as my own

For he would be my guiding star  
To lead me through each day  
Upon my quest to change the world  
His light to show the way

The moon would be my lantern bright  
The caves my dwelling be  
The amber sand my carpet soft  
The trees my canopy

For as sole guardian of this earth  
I`d wander far afield  
In search of all to be transformed  
Each blemish thus revealed

And through this wondrous alchemy  
This world would yet be changed  
Each imperfection classified  
And deftly rearranged

Then with my heart I`d sow the seeds  
Of Paradise anew  
With each one fashioned out of love  
So perfect, pure and true

Each leaf, each bloom, so beautiful  
Unveiled for all to see  
(But hidden deep where none could find  
I`d set the apple tree)

And every creature large and small  
Would roam this glorious land  
Released from pain and suffering  
To stand at man`s right hand

This earth would hence become the place  
Where joy would reign supreme  
No guns, no bombs, no tears, no hate,  
This is my greatest dream

And then a rainbow I would steal  
Her colours soft and pure  
To carefully delineate  
Humanity once more

And paint the seas with emerald green  
The skies with sapphire blue  
Earth`s beauty thus to redefine  
Then give her back to you

Then I, unworthy yet to dwell  
In this new Eden born  
Would slumber long in deep repose  
Awaiting man`s new dawn

And whilst asleep, my one desire  
That when our time is here  
Each one would live in innocence  
And happiness, not fear

For every heart would beat in time  
The sweetest symphony  
Each breath, each touch, each spoken word  
In perfect harmony.

(May love, sweet love, forever grow  
Her seeds may all forever sow)

Valerie Dohren

# Those Days

Those days which were by sunlight blessed  
Which were by sweetness full caressed  
Are now consumed by shadowed time -  
(Cold church bells in the distance chime) .

The Winter brings her discontent  
Those Summer days yet to lament -  
The trees are bare, uncovered now,  
Whilst stems, unflowered, downward bow.

And through the night, the watery moon  
Shines as a phantom in the gloom -  
Suspended there in dim display  
Beyond the earth, so far away.

With shortened days, and nights too long  
We all now sing a sadder song -  
It seems the world has lost its grace  
As now it shows a darker face.

But seasons turn as seasons will  
And though the Winter lends its chill  
The time shall come when Mother Earth  
Will bring her bounty of new birth.

Towards the Springtime then we turn  
The eager sun to brighter burn -  
When all the land shall be reborn  
With fields fresh-sown with golden corn .....

And early comes the glowing dawn.

Those days, those days, no more forlorn.

Valerie Dohren

# Through All My Five & Time-Spun Years

Through all my five and time-spun years  
I`ve watched the moon full wax and wane  
Beheld the oceans ebb and flow -  
Walked in the sunshine and the rain

I`ve glimpsed the flowers bloom in Spring  
In Autumn`s chill, their petals fall  
Known much of happiness and pain  
Seen those set low 'neath those stood tall

I`ve fixed my eyes upon the dawn  
Upon the dazzling setting sun  
Have thus beheld the glitt`ring stars  
In full display when day is done

And in the passing of the years  
As earth in all her beauty turns  
I`ve known the seasons marking time  
And witnessed every soul that yearns

I`ve watched the rich man take his fill  
The poor man falter in his wake  
Known those who walk on fallow ground  
And those the world chose to forsake

I`ve smiled through all my halcyon days  
With joy and splendour to abide  
But in the darker hours when spent  
That`s when I`ve cried, O how I`ve cried

So what remains in future years  
For such I cannot yet foretell -  
Whatever time be left for me  
I deem that I shall use it well

Valerie Dohren

# Time

Bang .....

Tick, tock, tick tock,

seconds

minutes

hours

days pass

seasons turn

years

portions of existence

melt

into eternity

Valerie Dohren

# Titanic

## 100th Anniversary Poem

(Considered to be the greatest maritime disaster of all time - 14/15 April 1912)

Fair maiden of the ocean deep (1)  
This mighty vessel lost to sleep  
A jewel `neath a moonless sky  
`Twas fate that she so soon would die

Against the ice her doom was sealed (2)  
Just ten percent of it revealed  
As close against its buried side  
With grace and dignity to glide

The greater part was hid below (3)  
For so it be with frozen snow -  
A jagg`ed fortress `neath the sea  
A dark, unseen catastrophe

Her belly slashed, then set to die, (4)  
(Upon the ocean bed to lie) -  
Into her hull the ocean gushed  
People and objects swirled and crushed

But no-one listened to her cries (5)  
Nor even to her calls did rise  
And none acknowledged all her flares  
Nor sought to answer all her prayers

Two hours and forty minutes passed (6)  
With all her charges holding fast  
Just twenty lifeboats, not yet filled,  
(And fifteen hundred hearts were stilled)

Water seeping into her heart (7)  
Tearing her very soul apart  
Invincible of White Star Line

She lurched, she groaned, with severed spine

O`er time a saviour ship arrived (8)  
To aid the ones who had survived  
To take them thus into her care  
A ship of safety anchored there

But in the darkness of the night (9)  
In ice-cold waters void of light  
Bounced scattered souls upon the waves  
Descending to their watery graves

Then all the while, when hope was gone, (10)  
In calm repose the band played on -  
`Nearer My God To Thee, ` they think,  
As, with grace, she started to sink

One hundred years her memory (11)  
Still lingers `neath the raging sea  
Within the hearts of all bereft  
Of those whose lives have long since left

They said that sink she never could (12)  
But oh, dear God, she surely would!  
Invincible of White Star Line  
She lurched, she groaned, with severed spine

And though one century has passed  
Lost souls in memories are cast  
Their eyes as stars in heaven dwell  
Reflected in the ocean`s swell

With tales of life and secrets kept  
Of those who loved and those who wept  
Your stories you will never tell  
Farewell, my friends, farewell, farewell...

The sun upon the shimm`ring sea  
Will ever your companion be

-

Verse 1:

10 April 1912 - depart Southampton bound for New York - North Atlantic crossing.

Verse 2:

14 April 1912 at 11: 40 am she hit an iceberg - she was travelling too fast and had taken a more northerly route than was appropriate for that time of year.

Verse 3:

The iceberg lay just 1000 yards ahead but was not seen due to it being a moonless night.

Verse 4:

She was hit starboard bow - many assumed it was just a glancing blow which she had survived.

Verse 5:

The crew of The Californian went to bed as it was thought that she was having a party.

Verse 6:

She held only 20 lifeboats instead of the 64 which she was designed to carry - just one-third of her capacity, and these were not filled.

Verse 7:

Five compartments were flooded (only four and she would have survived) , and just before 2-20 am on 15 April she broke up as she sank.

Verse 8:

RMS Carpathian responded to her cries for help and proceeded to rescue lifeboat survivors.



Verse 9:

1500 lives were lost, of which 53 were children: 52 third class, but just one first class! Two dogs were saved.

Verse 10:

As they did on deck - all members of the band were lost, and subsequently were regarded as heroes.

Verse 11:

1912-2012: 100th Anniversary Poem.

Verse 12:

Captain Edward John Smith went down with his ship - his body was never recovered.

Valerie Dohren

# To Joy

O come when I am sleeping  
And take me to your care  
For I am spent with weeping  
And yearn for regions fair

Pray glance upon my sorrow  
Endow me with your grace  
Bring forth a new tomorrow  
Redeem my saddened face

Then fly me to your arbour  
And hold me there awhile  
A calm and sheltered harbour  
Where I shall softly smile

Where I may ever tarry  
Become again at peace  
Upon the wind to carry  
All heartache to release

O walk into this sadness  
And take away the pain  
Enfold my heart in gladness  
That I should live again

Valerie Dohren

# Too Much To Drink

I've had too much to drink tonight  
I'm feeling rather funny  
A glass of wine, a tot of Port  
And Whisky mixed with honey

I thought that it would be okay  
To take a little Brandy  
But one small drink turned into two  
And now I'm feeling randy

And then I took a swig of beer  
To finish off my boozing  
I know that was a big mistake  
For now I feel like snoozing

To wake me up I feel I need  
A mug of real black coffee  
But being drunk and quite confused  
It turned out like thick toffee

So what the heck, I think I'll try  
A schooner of that Sherry  
The Vodka also looks quite nice  
And now I'm feeling merry

I've had too much to drink tonight  
I need the bathroom quickly  
Its all gone to my silly head  
I'm feeling rather sickly

And when the morning comes around  
My head will feel quite tender  
I know that I will so regret  
I went on such a bender

The moral of this little tale  
I hope will be explicit  
It's not a good idea to drink  
Beyond one's limit – IS IT! !

Valerie Dohren

# Transcendence

Gladly will my heart surrender  
At the closing of the day  
When my eyes shall rest in slumber  
Chasing sorrows fast away

Then to `bide in peace and silence  
As the world soft fades from sight  
Drifting into realms celestial  
At the coming of the night

Yet the dark brings sweet redemption  
With another day to dawn  
When the light shall shine within me  
So that I may be reborn

Floating high above in splendour  
Where there is no thought of I  
Nothing there will be my captor  
As all fear shall pale and die

In the stillness of my being  
So to seek the rising sun  
With all worldliness transcended  
Melding into all as one

Valerie Dohren

# Tread Gently Through My Soul Good Friend

Tread gently through my soul good friend  
For I am sore from life`s travails  
Tread gently through my soul perchance  
You touch upon some tender ills

There are no remedies for pain  
Incurred through worldly strife  
Tread gently through my soul good friend  
For I am sore from living life

No alms can soothe this troubled brow  
Nor mend this aching heart  
Tread gently through my soul good friend  
Don`t tear this fragile life apart

Valerie Dohren

# Two Shadows

I saw two shadows walking  
Yet I was there alone -  
Two shadows softly drifting  
As I walked on my own.

Two shadows in the sunlight  
Two shadows there with me -  
As I turned round to see them  
One mine, the other he.

But he was not there with me  
Not there, not by my side,  
Yet still two shadows lingered  
Though long ago he died.

I saw two shadows walking  
Upon that lovely day -  
I saw one softly drifting  
Then slowly fade away.

Valerie Dohren

# Under The Laburnum Tree

(A simple tale)

Under the Laburnum tree  
She saw his gentle face  
Under the Laburnum tree  
She knew their first embrace

Under the Laburnum tree  
She gave to him her love  
Under the Laburnum tree  
Beneath the stars above

Under the Laburnum tree  
He left her there to cry  
Under the Laburnum tree  
That`s where she chose to die

(Under the Laburnum tree  
Were scattered all its seeds  
Under the Laburnum tree  
Amongst the growing weeds)

Under the Laburnum tree  
The moon was shining bright  
Under the Laburnum tree  
Her silv`ry soul took flight

Under the Laburnum tree  
At last she was set free  
Under the Laburnum tree  
She found eternity

Valerie Dohren



# Universe

Today I held a universe  
Within my palm confined  
It glittered in the shining sun  
A galaxy defined

So tiny this phenomenon  
So tiny yet so vast  
Before my eyes I saw just how  
A universe is cast

It was so beautiful to see  
Its parts less than their sum  
So large in its conception yet  
Atomic to become

Today I held a universe  
Set there upon my hand  
It glittered in the shining sun -  
It was a grain of sand

Valerie Dohren

# Untitled

His name rests tender on my lips  
through all the long dark hours –  
fond memories of stolen love  
my aching heart devours.

I feel his breath upon my face,  
his trace upon my breast –  
sweet whispers drift across the room  
where once we soft caressed.

Then as he gently slips into  
the depths where love is born,  
within a different time and space  
the fabric's meetly torn.

And moving slowly deep within,  
bestowing ecstasy –  
I close my eyes upon the void  
to feel he's part of me.

But reaching out to keep his touch,  
to grasp it while I may,  
It's in the reaching out that touch  
evaporates away.

(His misty image fills my mind,  
a passing recollection  
dancing on the edge of time –  
a shimmering reflection) .

Valerie Dohren

# Upon A Winter's Day

So cold upon a winter's day  
In icy winds the trees did sway  
And all around the snow there lay -  
So cold upon a winter's day

I felt the chill upon my face  
The mist did all the hills embrace  
With frosted trees as fine-spun lace -  
I felt the chill upon my face

And snowflakes melting on my hand  
Beneath my feet the frozen land  
White crystals speckling the sand -  
Like snowflakes melting on my hand

With raindrops falling from the sky  
The birds to warmer regions fly  
You left me here, alone, to sigh -  
'Neath raindrops falling from the sky

O why then did you say goodbye .....

Valerie Dohren

# Vistas New

O the beauty of the morning  
Fixed before my slumbered eyes  
So to greet me as the dawning  
Sets aglow the darkened skies

Golden sunlight thus abounding  
Softly then my heart to steal  
With such glory full surrounding  
All creation to reveal

Seize a moment from your sorrows  
Pause in silent reverie  
See those ever new tomorrows  
Lost in time to set us free

Each new day may yet surrender  
All the shadows of the night  
As to bathe the soul in splendour  
Bearing pure unclouded sight

Vistas new arise through dreaming  
Bringing hope to ease the mind  
In the darkness ever beaming  
Shines a light that shall unbind

Valerie Dohren

# Volcano

Seething cauldron, an inferno  
belching noxious vapours  
spewing red hot molten lava  
spilling down mountainside  
to drown the land in sulphurated destruction

Rocks hurtling through the air,  
falling everywhere -

- turning into words pouring from lips  
burning - destroying

Valerie Dohren

# Watching

Watching in the mellowed light  
Through the darkness, through the night  
Eyes that pierce and eyes that burn  
Eyes that twist and eyes that turn

Watching every move you make  
Every single breath you take  
Are they there to steal your soul  
Glistening, and black as coal

Do they claw into your heart  
Ripping every thought apart  
Haunting yet your quiet mind  
Do you heed them, are you blind

Can you see them, do you hide  
Shall you mock them, shall you chide  
Are your own eyes ..... open wide

Valerie Dohren

# Waterfall

Raging, crashing torrents  
splashing over rocks,  
bubbling, foaming,  
gushing down into the ravine  
spurting upwards

Water spraying into the air -

- turning to tears trickling down cheeks  
face melting - drowning.

Valerie Dohren

# What Becomes Of Love That Falters

What becomes of love that falters  
Skies that turn from blue to grey  
Tenderness which coldness alters  
Eyes then sadly turn away

Hearts bereft of gentle feeling  
With the passing of the years  
Love once at the altar kneeling  
Turning thus to bitter tears

Arms that ever were enfolding  
Kisses sweet as summer rain  
Hands so clasped and tightly holding  
Parted now as love doth wane

Lost in dreams to feel that splendour  
So unbounded long ago  
Whispered words then sweet and tender  
Blown away, no more to know

Cold and dark the waking morning  
Sorrow borne the new day brings  
Ever sad the moment dawning  
When the heart no longer sings

Valerie Dohren



# What Heaven Is This

What heaven is this, before my eyes,  
Where far beyond, veiled mountains rise,  
And lush green pastures `neath my feet  
Yet urge my heart to faster beat.

What place is this, what beautiful land,  
That each before my sight is spanned  
All nature's treasures, bright and true,  
In full display, in every hue.

What shangri-la, what joyful bliss,  
Should so excite my soul like this -  
Am I to think that death is near  
To bring such visions, bright and clear?

But what of death, no earthly curse,  
For then the spirit shall disperse  
To spread its tendrils o'er the world,  
Such that the mind be so unfurled.

What is this time, what is this place  
Within my heart, I feel its grace -  
A sweeter realm where ends the night,  
And where forever shines the light.

Valerie Dohren

# What Say You My Heart So Tender

What say you my heart so tender  
In the glow of eventide  
When the world is calm and silent  
And all tears fore'er subside

Shall you greet the coming dawning  
Peacefully in sweet repose  
Or shall you renounce in fury  
All you cherish, at the close

As the clouds caress your slumber  
And all dreams then fade from sight  
Will you cease your ardent pounding  
At the coming of the night

Or shall you throb ever stronger  
Sore afraid to free the bind  
Grasping tightly at the passing  
There within your troubled mind

See, O see the darkling moonlight  
Watch the shining rising sun  
Slip into eternal rapture  
When the day is ever done

Sleep as like a babe so tranquil  
In the arms of loving care  
Give yourself to stillness 'biding  
Rest forever, peaceful there

What say you my heart so tender  
As you take your last encore  
Shall you whimper as a childling -  
Or be still and beat no more

Valerie Dohren

# When I Am Gone

When I am gone, when I am gone,  
will you then think of me -  
not this for long drawn hours or days  
or for eternity ....

Nor yet through Winter's cold decline,  
nor Springtime's sweet embrace -  
not during Summer's long-spun days  
to dwell upon my face.

But only for a moment's time,  
a fleeting memory  
that passes through the twilight hours -  
one second just for me.

And when I'm gone, yes when I'm gone  
please then recall my name -  
not as the raging ocean's swell  
or brightly burning flame ...

But merely as a passing cloud,  
a softly blowing breeze,  
or as a distant murmuring -  
a whisper in the trees.

I ask only a moment's thought,  
to think of me, then smile -  
not this for long drawn hours or days  
but just a little while.

Valerie Dohren

# When Shall The World

When shall the world in splendour rise  
To touch those sweet empyreal skies  
Above all things in shadows cast  
As captured there through years long passed

And when shall the world with eyes that see  
Unite as one, in harmony,  
To take his neighbour for his friend  
All strife and warfare so to end

When shall the world with hearts that care  
Provide for all, its wealth to share,  
None to suffer deprivation  
Plentiful for every nation

And when shall the world with love imbued  
Be no more sad, no more subdued,  
Let happiness surround each day  
All sorrow thus to fade away

O when shall the world in full rejoice  
E`er speak out loud with equal voice  
Dance in peace and touch the flowers  
To celebrate this world of ours

Valerie Dohren

# Where Abides Love`s Sweet Domain

Where abides love`s sweet domain  
In the realms of deep unrest  
Does it tarry in your heart  
Will it wax at my behest

Does it hide between each word  
There betwixt each breath you take  
Shall I find it in your hand  
Or in every tear you make

Will I see it in your face  
Set within your smile so bright  
Do I seek it high above  
`Midst the stars that shine at night

And shall I find it in the air  
Floating `cross the azure skies  
Upon the wings of ashen doves  
Or within your limpid eyes

Do I hear it softly sigh  
Through your melancholy days  
Let me feel it there within  
See it in your wistful gaze

Is it found in silent places  
In the shadows, black as coal,  
Ling`ring in the darkness `biding -  
Love, sweet nectar for my soul

Valerie Dohren

# Where Flowers Grow

They fight in fields where flowers grow  
of yellow, red and blue -  
spattering blood on virgin soil  
and blooms of fragile hue.

They fight beside the babbling brook,  
along the wooded ways,  
in meadows draped with misty veils,  
on lands where cattle graze.

And so with faces masked in green  
pulled from earth's treasured trees,  
they scramble through the undergrowth,  
scorned by a whispering breeze.

Then fire their missiles through the air,  
and cleave the ocean's still,  
scattering shoals of shimmering life -  
their mission set to kill.

They fight in fields where flowers grow  
of yellow, blue and red -  
beneath the soft unblemished sky,  
they fight 'til all lay dead, lay dead .....

They fight 'til all lay dead!

Valerie Dohren

# Where Is The Night

Where is the night that I may rest  
In silent solitude  
Amidst the moonlit starry skies  
With peacefulness imbued

The dark to steal my languid soul  
Above, beyond the sea,  
That I may reign forever fixed  
In sweet serenity

Beneath my eyes, the earth shall turn  
Whilst I remain so still  
Thus contemplating such desire  
Man's eager need to fill

But here I stay 'midst earthly gloss  
Caught ever by its spell  
Yet tethered by all worldly things  
Within my heart to dwell

So high upon the ragg'ed clouds  
Of dreams long borne, I fly  
Through yonder storms and battlefields  
Where all are wont to cry

Until the day when I shall loose  
All chains that capture me  
And soar above to regions where  
My heart and soul be free

Valerie Dohren

# Where The Wild Gulls Fly

O lift me high upon the wind,  
To where the wild gulls fly -  
Above the mighty ocean's swell,  
Across the sapphire sky.

My refuge be the sailing ships  
Which brave the raging seas,  
And isles adorned with swaying Palms,  
My heart to thus appease.

Then circling high above the storms  
Of life's beleaguered trail -  
O carry me to distant shores,  
To fly o'er hill and vale.

The wild gulls cry, the sweetest sound,  
Is calling, calling me -  
And I shall follow where they lead,  
To where I shall be free.

O lift me high upon the wind,  
To where the wild gulls fly -  
Beyond all things that serve to bind,  
Above the earth, so high.

And higher still to realms unknown  
To mortal man below -  
Behold the sun, behold the moon,  
And dawn's soft afterglow.

May air as sweet as angels' breath  
Caress me as I soar -  
To feel nirvana's soft embrace,  
Enfold me evermore.

Valerie Dohren



# Where Will My Haven Be

The world shall go on turning  
Through the darkness of despair  
As I, with seamless yearning, strive  
To find a haven there

Set deep within the valleys  
Or above the raging sea  
In regions high and rarefied  
Where will my haven be

Shall I search in flowered fields  
Or the hillside strewn with gorse  
Upon the rugged moors and heaths  
In woodlands wild and coarse

Or is it set in pastures  
Where the sheep and cattle graze  
In peace and calm serenity  
To while away their days

Will I find it on the shore  
There amongst the whorl`ed shells  
Between each wave that ebbs and flows  
Or where Poseidon dwells

Searching in the wilderness  
Through all days to seek and find  
A place to rest and contemplate -  
A cradle for my mind

For then shall I relinquish  
All that binds and fetters me  
Where I can dream in solitude  
My spirit to set free

Valerie Dohren

# Who Will Stand Beside Me

Who will stand beside me  
When my life is done -  
There to watch me slip away  
Just like the fading sun.

And who will hold my hand  
At my final breath -  
Who will say a last goodbye  
When I am close to death.

Shall you see me weeping  
Wipe away my tears -  
Gently soothe my fevered brow  
Dissolving all my fears.

Watching as I falter  
When my time is due -  
Softly whisp'ring through the night  
A tender 'I love you.'

As I lay there dying  
Will you speak my name -  
Shall I see you by my side  
Once more with me again.

And shall you look upon me,  
See my spirit soar -  
Reaching out with open arms  
To hold me then once more.

When my heart stops beating,  
When I close my eyes -  
Shall you gently carry me  
With you to Paradise.

In that final moment,  
Touching the unknown -  
O shall you stand beside me  
So I am not alone.

Valerie Dohren

# Within The Dreaming Hours

There within the dreaming hours  
Whisp'ring voices soft exclaim  
Carried on the gentle wind  
Calling, calling out my name

Haunting echoes from the past  
Loved ones lost, so far away -  
Through my mem'ry sweet souls drift  
So upon my heart to play

In the shadows, thus I see  
Images of those no more  
Flick'ring phantoms, as pale flames  
Dancing on the distant shore

Reaching out, can I touch them  
Hold them in my trembling hand -  
Through my fingers they would slip  
Ne'er be grasped, like shifting sand

So within the dreaming hours  
I shall linger, in my mind,  
Be with those fixed in my heart -  
Know the love, once more to find

Valerie Dohren

# World Of Wonder

A world of wonder waits for you  
Just seek and you shall find  
A multitude of miracles  
To captivate your mind

Look far upon the ocean's swell  
White horses rise and fall  
Then watch the glowing sun at dawn  
And hear the song-birds call

Across the wide expanse of blue  
Tall sailing ships drift by  
While cotton clouds that float above  
Adorn the sapphire sky

The autumn leaves that turn to gold  
Then summer into green  
And bluebells nestling in the woods  
Create a heav'nly scene

With tinted hues the flowers bloom  
The corn sways in the fields  
Such beauty set before our eyes  
Which Mother Nature yields

A world of wonder waits for you  
Just look around and see  
There's so much splendour on display  
To dazzle you and me

Valerie Dohren

# Youth Long Lost

O fill the desert in my heart  
With words of tenderness -  
Sweet words of comfort to impart  
My soul to soft caress

As time weighs heavy on my mind  
The fleeting years sustain -  
Fond memories of youth long lost  
And true love still remain

For as I walk the rugged paths  
Of life`s deceiving way  
Yet searching for a sweeter land  
Where so to dance and play

I seek release from life`s travails  
(O fortune, be my lead)  
To take me thus to brighter plains  
For I am sore indeed

Now gazing in the mirror where  
The phantoms of my youth  
So flicker as reflections there  
In visions of the truth

As time has passed and blown away  
My dreams and hopefulness -  
I now, as in my aging years,  
(The balance to redress)

Fall....., into nothingness

Valerie Dohren