



The **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

Capturing Life Lessons and Moments

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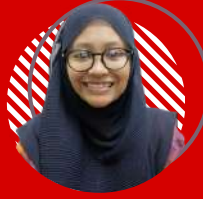


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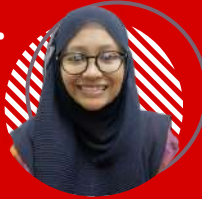
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Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fourth edition of its e-magazine, *The Epitome*. This publication represents our steady dedication to cultivating creativity in language and literature.

The primary objective of *THE EPITOME* is to offer a platform for writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing playwriting, short stories, songs, speeches, memoirs, literary journalism, humour writing, lyric essays, innovative essays, and personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: English, Bahasa Melayu, Mandarin, and Arabic.





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Preface

Mr. Azlan Abdul Rahman
Head of Faculty
Academy of Language Studies
UiTM Kedah Branch

Welcome to the fourth issue of *Epitome*, where creativity and imagination shine brightly. Within these pages, you will discover a rich tapestry of voices and visions—each piece a celebration of the limitless potential of words.

This issue of *Epitome* is more than a mere publication; it is a tribute to the art of storytelling in all its forms. Whether you are captivated by evocative poetry, enthralled by engaging short stories, or intrigued by insightful essays, we aim to present something that resonates with every reader.

We are passionate about the transformative power of literature, and we hope that this collection will inspire, challenge, and delight you. As you explore these pages, may you uncover new perspectives and experiences that enrich your own creative journey.

Thank you for embarking on this literary adventure with us.

Happy reading!



Editor InChief

Dear gentle readers,

Let me welcome you to our fourth edition of e-magazine, where we explore the beauty of life's journey. Our theme, "Capturing Life Lessons and Moments," encourages you to pause, reflect, and celebrate the wisdom that arises from everyday experiences.

Life is a mosaic of moments, each with the potential to teach us something profound, inspire change, or remind us of the surrounding beauty. Within these pages, we have unfolded stories, reflections, and insights that illuminate the lessons woven into the fabric of our lives. From the quiet wisdom found in fleeting moments to the power of life-changing events, this edition pays tribute to the learning that occurs beyond the classroom, in the heart of our daily lives.

Our contributors have poured their hearts into capturing these moments, sharing personal stories that resonate with authenticity and depth. You will find essays exploring the significance of small acts of kindness, articles reflecting on the lessons learned from adversity, and creative pieces celebrating the joy found in simple leisure. Each piece serves as a reminder that life's greatest lessons often emerge from the most unexpected places.

As you flip through this edition, we hope you find inspiration in the shared stories and perhaps discover a mirror to your own experiences. May these pages encourage you to appreciate the moments that shape you, learn from the challenges that test you, and embrace the wisdom that life offers at every step of your journey.

Thank you for joining us in exploring life's lessons and moments. We invite you to take your time, savour each piece, and maybe even gain a new perspective on the experiences that have shaped your own life.

Happy reading!

Warm regards,

Razanawati Nordin
Editor-in-Chief
THE EPITOME





Every word you say *is a* *prayer*

Ezatul Mazwe Muhammad Arif
College Of Creative Art, UiTM Shah Alam

As we grow up, we often hear our parents or even the elderly say this. As Malaysians, it is essential that we adhere to this principle, regardless of our racial or religious backgrounds. As I progressed through my postgraduate studies, I found a multitude of compelling articles that are relevant to my research and resonate with the statement made earlier. The power of vibration, frequency, and energy in our words, thoughts, and bodies is profound, yet it frequently goes unnoticed by many.

In my youth, I frequently observed my aunt conversing with her ailing body parts, wishing for their swift recovery. In another situation, I saw several people chanting in front of the mirror. Initially, the scene appeared unsettling as they gazed intently into the mirror, seemingly peering into their own souls. However, as I approached, I realized they were expressing positive affirmations to themselves. Viewed through the eyes of a child, it is quite entertaining, since the habit of self-dialogue is commonly perceived as strange within our cultural context.

Once upon a time, 'word of affirmation' was an alien term to most of us. So, what are words of affirmation? Gordon (2024) explained that 'word of affirmation' conveys gratitude, love language, motivation, and appreciation towards an individual or yourself. We exist in an environment filled with vibrations, frequencies, and energy. Did you know that the human body consists of vibration, frequency, and energy? Did you realize that our bodies contain molecules that play a crucial role in energy production? Yes, it is true. Stanborough (2020) elaborates that the molecules are persistently moving, which vibrates and produces energy. Just like music, the vibration in our body is another form of physical rhythm, but in a fascinating pattern and scale. A substantial representation of physical rhythm is manifested in the measurable and observable events of heartbeats and the rates of breathing. This is in stark contrast to the vibrations occurring at the nanoscale level in tiny molecules, which are smaller than the diameter of a human hair, as evidenced by measurements taken with an atomic force microscope. It also produces an energy wave known as an electromagnetic wave, explained Stanborough (2020). Several studies were conducted, and articles were written on this topic.



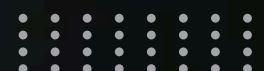
Our speech, thoughts, and feelings vibrate at a specific frequency. High frequencies release positive vibrations that allure positive elements, situations, people, and even emotions, while low frequencies release low vibrations that will lure a negative aura or energy, attract diseases, increase cortisol levels, increase stress hormones, alter your mood, and allure negative situations (Kamaluddin, 2018). As described by Kamaluddin (2018), the 'Vibrational Scale' is utilized to evaluate vibrating frequency, with '0' representing the lowest frequency and '1000' signifying the highest frequency that can be achieved. The lowest frequency starts from '0' to '175' and consists of shame, guilt, apathy, grief, fear, desire, anger, and pride, while the higher frequency, which is the positive vibration, starts from '300' to '1000' and incorporates willingness, acceptance, love, joy, peace, and enlightenment. Most of us vibrate at a frequency of 207, which is on the lower side. An individual vibrating on a scale of 500 experiences a range of positive and high-frequency emotions, such as appreciation, happiness, delight, and love. In addition, without realising it, you will activate your 'Law of Attraction', which will captivate positive situations, events, energy, and even people towards you.

The interrelationship between our thoughts, emotions, and speech is significant. This connection affects the vibrational frequency of our bodies. According to Brown (2021), our thoughts serve as the fundamental source of emotional exchanges. When we cultivate positive thoughts, our bodies generate a favourable frequency, guiding our consciousness toward the positive aspirations or objectives we hold in our minds. Accordingly, it is essential to acknowledge that the brain releases a hormone that facilitates happiness, which influences our emotional reactions and has a reciprocal effect on the vibrational scale. The same goes for our speech and words; the more we repeat positive words, the more our consciousness will start believing and move towards what we say. So do our mental and physical. It is vital to quickly convert negative emotions, including sadness, frustration, anger, guilt, jealousy, envy, or feelings of being overwhelmed, into positive emotions such as love, gratitude, joy, generosity, and happiness, especially when one's heart and mind are troubled by these adverse feelings. Our body tends to experience fatigue and tiredness when vibrating at a lower scale. Not only that, our body also vibrates at a higher level, making us feel energetic and lively when we experience joy, love, happiness, motivation, and all the other positive emotions. It is important to be continually conscious of our feelings, thoughts, and especially the vocabulary we utilize, as these can greatly affect not only our own state but also the people we communicate with.



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