



Healing,
with Poetry

VOICE
of the
Soul

An illustration of a hand holding a quill pen over an inkwell, positioned to the left of the main title. The quill is blue and green, and the inkwell is blue. The hand is white and wearing a blue sleeve.

Volume III



Compilation of Poems:
Universiti Teknologi MARA Cawangan Kedah

Foreword

It is with great honor and enthusiasm that I write the foreword for *Healing With Poetry*, a remarkable anthology curated by our esteemed chief editor and featuring 200 poignant poems. This compilation is a testimony to the profound impact that poetry can have on our emotional and psychological well-being.



In an era marked by extraordinary challenges and rapid change, the healing power of poetry offers a unique and necessary relief. Through the verses of these talented poets, we find a sanctuary where words provide tranquillity and understanding, bridging the gap between individual struggles and collective healing.

The Academy of Language Studies is committed to fostering a deeper appreciation for the literary arts and their therapeutic potential. This anthology embodies our mission, showcasing the talent and creativity within our community and beyond. Let us celebrate the success of the VOS III compilation.

I extend my deepest gratitude to all the poets who contributed their work to this collection, to the dedicated editorial team, and to everyone involved in bringing this project to fruition. Your collective efforts have created a work of enduring value and beauty.

May *Healing With Poetry* inspire, console, and uplift all who read it, reinforcing the timeless truth that through the power of words, we can find healing and hope.

Sincerely,

Azlan Abdul Rahman

Head of the Academy of Language Studies

Preface

It is with great pleasure and pride that I present to you Voice of The Soul Volume III: A poetry compilation with the theme of Healing With Poetry. This volume is a testament to the power of words to heal, comfort, and transform. The 200 poems contained within these pages are diverse in theme and style, yet they are united by a common purpose which is to offer relief and insight during times of struggle and to celebrate the flexibility of the human spirit.



As the chief editor, I have had the honour of curating and refining these works, ensuring that each poem resonates with the theme of healing. This journey has been a deeply enriching experience, allowing me to witness the myriad ways in which poets can articulate pain, joy, hope, and recovery. Each contributor has poured their heart and soul into their verses, creating a tapestry of emotions and reflections that will undoubtedly touch every reader.

This compilation would not have been possible without the unwavering support and collaboration of many individuals. I extend my heartfelt gratitude to our dedicated team of editors, who meticulously reviewed each submission, and to the poets whose bravery and creativity have brought this project to life. Special thanks are also due to our publishing team for their hard work in bringing this volume to fruition.

Healing With Poetry is more than just a collection of poems; it is a journey through the human experience, offering a beacon of light for those navigating the darker times. It is my hope that these poems will provide you with the same comfort and inspiration that they have given me.

Thank you for joining us on this journey of healing and self-discovery.

Warm regards,
Editor- in - Chief
Sharina Sa'ad

Acknowledgement

The production of this poetry compilation, *Healing With Poetry*, has been a collaborative journey filled with inspiration, support, and dedication. I would like to extend my heartfelt gratitude to everyone who has contributed to bringing this project to life.

First and foremost, I thank all the poets who shared their heartfelt words and personal experiences. Your courage and creativity have provided the essence of this collection, transforming pain and healing into powerful verses. I would also like to acknowledge the contributions of the editorial team. Your meticulous attention to detail and dedication to excellence have ensured the highest quality for this collection. Thank you for your hard work and commitment.

To the designers and artists, your creative talents have given this compilation a visual identity that complements and enhances the written word. Thank you for bringing the poetry to life through your beautiful designs.

Lastly, I extend my gratitude to all readers. Your engagement with this collection and your appreciation of the healing power of poetry give purpose to this work. May these poems bring solace, reflection, and inspiration to all who read them.

Voice of The Soul Volume III: A compilation of Poems is published today because of you. Congratulations and Thank You, everyone.

Chief Editor
Sharina Sa'ad

"Poetry is a healing balm for the soul, a way to weave our pain and joy into words that speak to our deepest selves."

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Title page

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Education



at jól mes
egy tál tiszta vízbe tesszük és fél
meghámozva rakjuk. Több bő
rakjuk üvegekbe. A cukrot
Magyobb üvegekbe

“BIAU PIRING DAYAK IBAN”
THE TRADITIONAL DAYAK IBAN OFFERING
BLESSING MIRING POEM

Oleh : Ms. Florene Ejot Anak Masanat @ Meramat &
Mr. Nicholl Ragai Lang

Sa, dua, tiga, empat, lima, enam, tuuuujuh!
Enda aku lesi nengkadah matahari, enda aku danjan
merening meda bulan,
Laban kaki aku berdiri atas segi batu anggung pala aku bisi
ketapu ujuk bulu kenyalang kenyalali rakung,
Belakang aku taap seludang baju burung ngeli nanji aku
udah ngetup badi lungga rinchung,
Punggung aku bejung batu danan wi selumpung aku tu ga
nunda adat Rentap Apai Tambong,
Nunda penti Buwi Nasi datai ari tisi langit gadung,
Aku tu megai selanjau ijaun manuk jelayan kena aku miau
pamping piring penganan,
Ke begamal melan- melan baka bulan pranama kembang,
Pesingan tangan tunjuk ujung aku megai selanjau ijaun
manuk bejalak,
Kena aku miau pamping piring ai tuak ansak padi sedung,
Semua perengka piring udah begelumu ditu nadai
ketimpang.
Dinga ketawa taing taing pamping piring asi kuning,
Ngambat penatai Keling kedua Laja datai ari Panggau Libau
Lendat dibiau takang isang,
Ketawa kaung pamping piring penganan tepong nganti
penatai Kumang seduai Lulong datai ari Gelong Batu
Nakung Nenjang Nerabang,
Uha! Uha! Uha!



Nama utai ke meletup munyi bedil tak semegom munyi
bandir,
Oh! sapa ke ngangau, sapa ke nesau tu,
Tu kanggau, tu tesau, tu sada tu sapa bala rayat Sarawak,
Kami minta tulung minta sukung laban kami tu merinsa
mensena, miskin semua,
Nya alai Petara ari Panggau Libau datai ngabang,
Mai ubat taring tengiling begelung enggau keruntuk tanduk
rusa kampung,
Nya ubat kena kami bumai ngisi sengkabai tibang
terentang kita Kumang ari Gelong datai ngabang,
Mai batu pukat empelawa melai enggau batu kerubung
tekuyung sungai,
Nya ubat ngasuh anak telesak kami pandai sekula bulih sijil
degree enggau diploma,
Nuan Geluma Ini Manang datai ngabang mai batu idu,
Awakka semua rayat Sarawak gerai nyamai gayu guru
nguan menua,
Nuan Aki Lang Sengalang Burong ke datai ari Kebong Langit
Landung,
Baruh sempayung pagar bintang,
Mai tanduk pelanduk ke nempekuk mulai ke mua enggau
keruntuk tanduk rusa gunja,
Nyadi beri ngagai bala anak Sarawak ke lelaki,
Awakka sida berani ati sekaki enda rari setempap enda
ngansat,
Manjung Agi Idup Agi Ngelaban naan di sempadan menua
Sarawak Bumi Kenyalang,
Nya alai kami minta berekat ari Petara awakka kami kaya
raja,
Kami besampi minta Petara nyaga ngemataka menua kami
rayat Malaysia,



Awakka rayat diau sama begempung,
Agi ga kami minta Petara ngiring ngembing ngemata
nyaga semua tuai perintah,
Awakka sida gawa ngemansangka menua nya alai tu gayu
kitai ku Manang Bidu,
Grai nyamai semua rayat Malaysia ku Selampandai,
Tinggi nama jelai berita menua Malaysia diberekatka
Petara,

Sa, dua, tiga, empat, lima, enam, tuuujuh!
Grai nyamai semua kitai, kaya raja kitai diau dalam dunya.
Nunda adat nampung jaku Sempurai seduai Apai Migu,
Ke dulu ngempung jaku adat Iban,
Udah pengaruh gembar tubuh da biau anak Bujang
Lemambang Tupong Bulu,
Semua datai kitu begempuru sama siru nyaga utai ke
nganu,
Pengaruh emperegam bisu lekat da pegu pun raang.
Pesingan tangai jari pemegai aku mega selanjau ijau
manuk tawai,
Kena aku miau semua pengaruh tuai, taring uting babi
ngelampai,
Keruntuk tanduk rusa mulai, batu batang temiang kirai,
Udah ke da diau anak Bajang Lemambang Tanggai Lulai,
Bisa ari tuba tubai kirai, maang ari kepayang rendam
sepagi,
Munuh ari ipuh ngujung jengi da kena sida Melanji Bujang
Ganggam,
Naan da menalan Bumi Kenyalang berujanka lunju sangkuh
besai,
Ari pagi nyentuk ka malam nadai ruji mesai abi sayat
kemelang.



Sa, dua, tiga, empat, lima, enda, tu u u u ujuh!
Anda semua taring uting babi menua, keruntuk tanduk rusa
gunja, ngasi sisi semua pengaruh,
Tuai kena anak lelaki naanka kuta Bumi Kenyalang anak
Malaysia.
Uha! Uha! Uha!

Meaning

The Traditional Dayak Iban Offering Blessing Miring Rites is one of the Iban tradition and culture poem. This poetry was about Miring ceremonies are generally performed to honour the 'petara' (gods), spirits and ancestors. Thus, the poetry is significant as it serves as a way for the Iban people to connect with their spiritual beliefs and ancestors, seeking blessings, protection, and guidance in their daily lives. It is also performed to make a wish or to seek success in future ventures whether in education, business, and travel. Apart from that, the poem also described about the prayer of successes for young generation today through education and for Malaysia to stay harmony and peace. It is also aims the generation today to exchange opinions, to brainstorm ideas, share thoughts and experiences as well as secrets to gain a better life in the future endeavours.



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Volume III



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