



Healing,  
with Poetry

VOICE  
of the  
Soul

An illustration of a hand holding a blue inkwell with a quill pen. The inkwell is blue and the quill is green. The hand is white and is holding the inkwell from below. The quill is resting in the inkwell. The illustration is positioned to the left of the main title.

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."

# Copyright

**Copyright@** is held by the owners/authors. These poems are published in their original version without editing the content. However, language editing and proofreading has been conducted by the editorial team with permission from the authors.

The views, opinions and technical recommendations expressed by the contributors are entirely their own and do not necessarily reflect the views of the editors, the faculty, or the university.

## **Editorial Team:**

Sharina Sa'ad | Chief Editor  
Nor Asni Syahriza Abu Hassan | Managing Editor  
Sharifah Syakila Syed Shaharuddin | Secretary  
Rafidah Amat | Technical  
Nor Aslah Adzmi | Treasurer  
Siti Mukhlisa Mohamad Khairul Adilah | Editor  
Jacqueline Chuah Bee Peng | Editor  
Bawani Selvaraj | Editor  
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)  
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

## **Cover Design/ Layout/ Illustration:**

Dr. Shafilla Subri  
Syahrini Shawalludin

**eISBN : 978-9672-2948-63-6**

## **Published By :**

Universiti Teknologi MARA  
08400 Merbok, Kedah, Malaysia

## **Printed By :**

Perpustakaan Sultan Badlishah  
Universiti Teknologi MARA Cawangan Kedah  
08400 Merbok, Kedah



# *Title page*

## **HEALING WITH POETRY: VOICE OF THE SOUL VOLUME III ANTHOLOGY OF POEMS**

### **Editorial Team :**

Sharina Sa'ad | Chief Editor

Nor Asni Syahriza Abu Hassan | Managing Editor

Sharifah Syakila Syed Shaharuddin | Secretary

Rafidah Amat | Technical

Nor Aslah Adzmi | Treasurer

Siti Mukhlisa Mohamad Khairul Adilah | Editor

Jacqueline Chuah Bee Peng | Editor

Bawani Selvaraj | Editor

Shahriza Ilyana Ramli | Editor (Bahasa Melayu)

Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

**Cover Design / Layout :** Dr. Shafilla Subri

**Layout:** Syahrini Shawalludin

**Certificate/ Logo :** Dr. Shafilla Subri

# Editorial Board

VOICE OF THE SOUL VOLUME III: A COMPILATION OF POEMS

**PATRON:** Prof. Dr. Roshima Said

**Advisor I:** Dr Junaida Ismail

**Advisor II :** Azlan Abdul Rahman

**Editor -in- Chief :** Hajjah Sharina Sa'ad

**Managing Editor/ Corresponding:** Puan Nor Asni Syahriza Abu Hassan

**Secretary :** Puan Sharifah Syakila Syed Shahrudin

**Technical:** Puan Rafidah Amat

**Treasurer:** Puan Nor Aslah Adzmi

## Language Editors :

Cik Siti Mukhlisa Mohamad Khairul Adilah

Madam Jacqueline Chuah Bee Peng

Madam Bawani Selvaraj

Puan Shahriza Ilyana Ramli

Cik Nur Syifaa Md Tahir

## Guest Language Editors:

Dr. Nur Syazwanie Mansor

Dr. Berlian Nur Morat

Cik Fathiyah Ahmad@Ahmad Jali

Puan Norlizawati Md Tahir

Cik Fatin Rahaina Ahmad Sani

Puan Nadira M. Jahaya

Encik Muhammad Ikhmal Mohd Jamil

Encik Ahmad Noh

Puan Faridah Ngadim

Puan Leila Nasser

Puan Hashimah Hashim

## Graphic Designers:

Dr Shafilla Subri

Syahrini Shawalludin

# Table of Content

• <b>Foreword</b>	.....	i
• <b>Preface</b>	.....	ii
• <b>Acknowledgement</b>	.....	iii
• <b>Copyright</b>	.....	iv
• <b>Title Pages</b>	.....	v
• <b>Editorial Board</b>	.....	vi
• <b>Table Of Content</b>	.....	vii



• The Unseen Dance Of Emotional Labour In Academia – Dr Tengku Elena Tengku Mahamad .....	<b>40</b>
• The Weeping Willow Cries From Palestine – Siti Syairah Fakhruddin .....	<b>42</b>
• Casualty Knows No One – Gaddiel Kudi Donny .....	<b>44</b>
• Repent – Noor Syazana Ngarisan .....	<b>46</b>
• When The Time Comes – Nurul Aida Kamal Ikhsan .....	<b>47</b>
• Smiling – Razifa Mohd Razlan .....	<b>49</b>
• A Villanelle Of Motions Of Emotions – Siti Zarikh Sofiah Abu Bakar .....	<b>50</b>
• Clarity In Confusion – Bawani Selvaraj .....	<b>51</b>
• Finding Courage – Mohd Hafriz Abdul Hamid .....	<b>52</b>
• Cry – Nuruladilah Mohamed .....	<b>53</b>
• Dear Self – Nurhafizah Ali .....	<b>54</b>
• Missing You – Mydah @ Mylenda Eric Mydah Eric .....	<b>55</b>
• Someday – Syakirah Mohammed .....	<b>56</b>
• Suitcase – Syakirah Mohammed .....	<b>57</b>
• The Betrayal Within Shadows Of Friendship – Nur Dalila Adenan .....	<b>60</b>
• The Love Of My Life – Fairuz Ramli .....	<b>62</b>
• The Memories Of You – Nor Azira Mohd Radzi .....	<b>63</b>
• Lost In Translation – Mia Emily Abd Rahim .....	<b>64</b>
• Resilient Hearts: A Poetic Tribute To Courage And Friendship – Noraini Rahim .....	<b>65</b>
• Of Low – Dr Noor Azura Noor Mohamad .....	<b>67</b>
• Angel Of The Souls – Profesor Madya Dr Sharaniza Ab Rahim .....	<b>68</b>
• Within – Sr Dr Hikmah Kamarudin .....	<b>70</b>
• 成长之路 Path Of Growth – Dr Lee Seng Hua .....	<b>71</b>
• La Mia Utopia: Un Mondo A Tutto Tondo Non Iracondo – Dr Catarinella Piermauro .....	<b>73</b>
• Cermin – Razif Dasiman .....	<b>77</b>
• Di Mana Engkau Berada – Wan Ainaa Atiqah Mohd Ismadi .....	<b>78</b>
• Pesan Si Kalam – Nurliyana Mohd Shazali .....	<b>80</b>
• Terus Hidup – Nur 'Ainina Awang .....	<b>83</b>
• Rindu Yang Tidak Bertepi – Masliza Mat Zali .....	<b>84</b>
• Terima Kasih Teman – Nurul Akmal Awang .....	<b>86</b>
• Si Kopiholic – Rohaizan Mat Nashir @ Mohd Nasir .....	<b>87</b>
• Relung Kerinduan Bonda – Ts Dr Suzi Seroja Sarnin .....	<b>90</b>

# *Emotions*



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

## DEAR SELF

By : Nurhafizah Ali

Dear self,  
You were once the star  
I caused your descent  
I extinguished your light and –  
I left you to 'death'

I'm sorry that –  
I ruined you  
I broke your heart  
I caused you pain  
I understand that a simple sorry won't be enough  
But I want to ensure you  
That I am committed –  
To make things right  
To be patient  
To learn from my mistakes  
Thus, be the person you once trust

I vow that –  
I'll listen to you  
I'll be honest with you  
I'll stand by your side and –  
I'll not hurt you  
In the same way again

Dear self,  
You were once the star  
A flame once bright  
I'll hang you in my sky  
A cherished light



# *Editorial Team*



Puan  
Hajjah Sharina Sa'ad  
*Chief Editor*



Puan Nor Asni Syahriza  
Abu Hassan  
*Managing Editor*



Puan Sharifah Syakila  
Syed Shaharuddin  
*Secretary*



Puan Rafidah  
Amat  
*Technical*



Cik Siti Mukhlisa  
Mohamad Khairul Adilah  
*Language Editor*



Madam Jacqueline Chuah  
Bee Peng  
*Language Editor*



Madam Bawani  
Selvaraj  
*Language Editor*



Puan  
Shahriza Ilyana Ramli  
*Language Editor*



Cik Nur Syifaa  
Md Tahir  
*Language Editor*

# *Graphic Designers*



Dr. Shafilla Subri  
*Graphic Designer*



Cik Syahrini  
Shawalludin  
*Graphic Designer*

# *Guest Language Editors*



Dr. Nur Syazwanie  
Mansor  
Guest Language Editor



Puan Norlizawati  
Md Tahir  
Guest Language Editor



Puan Faridah Ngadim  
Guest Language  
Editor



Encik Ahmad Noh  
Guest Language  
Editor



Puan Leila Nasser  
Guest Language  
Editor



Puan Hashimah Hashim  
Guest Language  
Editor



Dr. Berlian Nur Morat  
Guest Language Editor



Cik Fathiyah Ahmad  
@Ahmad Jali  
Guest Language Editor



Healing,  
with Poetry

VOICE  
of the  
soul



Volume III



UNIVERSITI  
TEKNOLOGI  
MARA

Universiti Teknologi MARA Cawangan Kedah