



Healing,  
with Poetry

VOICE  
of the  
Soul

An illustration of a hand holding a blue inkwell with a quill pen. The inkwell is blue with a green quill pen resting inside it. The hand is white and is holding the inkwell from below. The entire illustration is part of the title design, with decorative flourishes connecting the words.

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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**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  
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# *Title page*

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# 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

# LA MIA UTOPIA: UN MONDO A TUTTO TONDO NON IRACONDO

*DREAMING UTOPIA: A WORLD WHERE PEACE REIGNS*

By : Piermauro Catarinella

SAY NO TO WAR. LET PEACE REIGN WORLDWIDE.

L'umanità è in guerra, che la afferra e vieppiù la sferza sottoterra.

*Numerous conflicts persist, each with a predetermined outcome: the inevitable loss of a portion of humanity.*

Ama le bombe e non le colombe; con le prime si soccombe e si crea un'ecatombe.

Despite our inclination to construct and employ weapons of war, fully aware of the resulting casualties numbering in the thousands or millions,

Vuole armi per ammazzarmi e disperarmi, non certo per valorizzarmi o migliorarmi.

*a staggering surge in military expenditures marks the global landscape.*

Crea missili non certo atossici ed olistici, ma certamente non carissimi e dolcissimi.

*Such investment offers no collective advantage to humanity.*



Studia munizioni per aberrazioni e amputazioni, rigetta invece progetti ambiziosi e amorosi.

*Instead of channeling our efforts into the creation of increasingly sophisticated missiles, understanding their capacity for global destruction and loss of life,*

Conscia che la distruzione reca aberrazione, alienazione, amplificazione e autolesione.

*we could redirect our energies towards constructive and peaceful initiatives that would benefit all of humanity.*

Tuttavia prosegue imperterrita e in confraternita, mettendo la ragione in capitolazione.

*We find ourselves increasingly drawn to costly and intimidating weaponry, all the while neglecting projects that could benefit humanity as a whole.*

Sa benissimo di abiurare, abberare ed accoltellare la sua mente, capiente ed altresì docente.

*Despite our full awareness that the use of weapons in conflicts inevitably results in death, destruction, and widespread suffering, we persist on this path of horror and terror. Instead of employing our intelligence for constructive pursuits, we consciously choose to tread a destructive path.*

Vite umane rese vane e malsane e poscia lontane dalla loro dolcezza, fulgidezza e vispezza.

*Faced with a clear choice between good and evil, we opt for the latter with alarming clarity and composure. The use of weapons and engagement in wars not only extinguish human lives, including the potential of the very young who are robbed of the chance to flourish and mature.*

Carri armati allineati ed assetati, pugnaci e rapaci, con i loro cingoli di cattiveria deleteria.

*Our infatuation with formidable and intimidating tanks, employed for harm, is a misguided belief that perpetuates this destructive cycle.*

Il conteggio cui segue il carteggio è una circonferenza di interdipendenza e onnipresenza.

*After every war, the tally of countless lives lost is reckoned, yet there is a conspicuous absence of shame, repulsion, and remorse.*

Bambini uccisi e recisi, senza i loro lettini e privati dei loro giochini.

*The plight of children and adolescents, robbed of their lives and dreams, fails to elicit any emotional response.*

Donne violentate, disperate , disastrate e disperate, violate e calpestate.

*The brutal victimization of mothers and girls through rape, murder, and barbaric mutilation, does not stir our indignation.*

Vite umane acciaccate, adulterate, affondate e appannate.

*The profound human suffering in the wake of wars seems to leave us untouched as if the value of these lives is diminished in our collective consciousness.*

Ambiente amaramente cedente, inquinato , affrontato e ammazzato

*Furthermore, the environmental toll of wars, with its impact on flora and fauna, results in toxic and harmful pollution.*



Costi, dunque, tosti e scomposti che rinnegano l'essenza dell'intelligenza.

*Inexplicably, we allocate billions to the pursuit of weapons and wars, a squandering that defies and denies the intelligence we possess.*

In guerra, non abbiamo vinti, né finti convinti, ma solo estinti.

*At the culmination of any conflict, there emerges not a victor, but an all-encompassing and catastrophic defeat for the entire world.*

Il costo della guerra sia preposto ad un arrosto. E quello delle munizioni alle abitazioni.

*Rather than pouring resources into warfare and weaponry, wouldn't it be wiser and more beneficial to invest those funds in nourishing our less fortunate brothers and sisters or in constructing schools and hospitals?*

Abbandoniamo la stoltezza ed abbracciamo la saggezza, la misuratezza e la ponderatezza. Solo così costruiremo un mondo di bellezza.

*I extend an invitation to all of us, urging a collective focus on the positive, constructive pursuits that can bring prosperity to people globally. Let us firmly reject wars once and for all. Through such a choice, we have the potential to rediscover our inherent wisdom and innate goodness.*

Ecco dunque la mia utopia, che è sì anche astruseria. Una ambasceria priva di fonia.

*I am aware that my proposal might seem like a utopian dream, with some dismissing my words as insignificant or unworthy of consideration, and it is quite likely that it will be so.*

Un sogno di cui agogno il bisogno.

*I still hold onto the dream. Let me be a dreamer, envisioning a world blessed with holy peace.*



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