

Goreword

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

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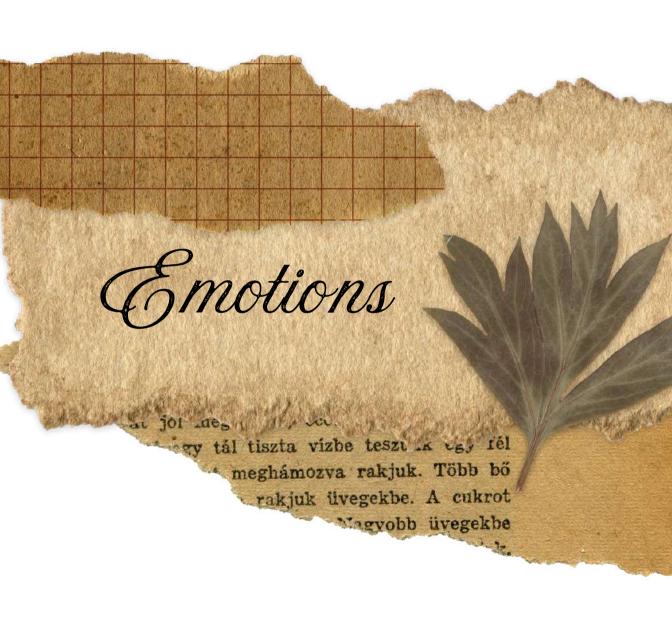
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DI MANA ENGKAU BERADA?

Oleh: Iqaina

Hari ini, aku lihat...

Si penyabar menunjukkan amarahnya

- si bijak menunjukkan bodohnya
- si waras menunjukkan gilanya
- si adil menunjukkan tamaknya
- si lembut menunjukkan kerasnya
- si tenang menunjukkan rakusnya
- si penyayang menunjukkan bencinya

Ada garis halus di antaranya senipis helaian rambut dibelah-belah sama dilawan atau akur kekalahan yang membezakan pilihan adalah akur dan sedar atau riak dan mungkar

Jadi, engkau yang mana?



Translation Di Mana Engkau Berada? Whence Shall You Be?

Today, I witnessed...

The patient one, aflame with anger's glow,
The wise one, donning folly's attire,
The sane one, dancing with mad delight,
The fair one, consumed by greed's raging fire,
The gentle one, hiding harshness deep inside,
The calm one, gripped by insatiable desire,
The loving soul, veiling hatred with tender guise.

Amidst these shades, a subtle line abides, As fragile as a strand of parted hair, Between defiance and surrender, it resides, Choice defines them in truth or deceit's lair.

Thus, I ask of thee, reveal thy truest hue, In this intricate tapestry, do tell, Where doth thy essence hold its clue? In tranquil realms or storms that swell?

Speak, I implore, which facet shall arise, Reflecting thy soul's essence unwound?



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