



Healing,  
with Poetry

VOICE  
of the  
Soul

Volume III



UNIVERSITI  
TEKNOLOGI  
MARA

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

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# *Title page*

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# Family



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



## PERMATA PERTAMA

Oleh : Tuan Atirah Tuan Rusdi

Ibu  
insan pertama yang memelukku erat  
titisan keringat dan air matamu  
menjadi tanda wujudnya aku  
separuh nyawamu kau taruhkan  
untuk satu nyawa yang baharu.

Ibu  
engkau yang pertama bersamaku  
menumpang rahim kecil sucimu  
menahan perit membawaku menuju  
gerbang kelahiranku  
hingga dewasa aku ingin bersamamu, Ibu.

Ibu  
permata yang melengkapi hidupku  
permata yang mengenal kerenah anakmu  
permata yang sabar dengan sikap mudaku  
setiap hari kau jadikanku taat  
setiap waktu kau membantu  
setiap hari kau kuatkan diri  
setiap masa kau sentiasa ada  
kerana yang lain tiada serupa.

Ibu  
bait-bait kata yang menikam kalbumu  
kau telan sepahit hempedu  
menginjak usia aku sedari khilafnya diri ini  
membelah jiwamu di usia mudaku  
maafkan jasad mentahku.





**Translation**  
***Permata Pertama***  
***The First Gem***

Mother,  
the first soul to hold me close,  
your sweat and tears,  
proof of my existence,  
half of your life you entrusted  
for a brand-new life.

Mother,  
you were the first with me,  
dwelling in your sacred womb,  
bearing the pain to bring me  
to the gate of my birth,  
now grown, I long to be with you, Mother.

Mother,  
a gem that completes my life,  
a gem that knows your child's whims,  
a gem that's patient with my youthful ways,  
every day you make me obedient,  
every moment you assist,  
every day you strengthen yourself,  
every hour you are always there,  
because no one else is like you.

Mother,  
lines of words that pierce your heart,  
you swallow the bitterness,  
as I recognize my youthful mistakes,  
tearing your soul in my early years,  
forgive this unripe body.





# *Editorial Team*



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Hajjah Sharina Sa'ad  
*Chief Editor*



Puan Nor Asni Syahriza  
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*Managing Editor*



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Puan Hashimah Hashim  
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