

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."

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





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 II: 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 Shaharuddin

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

Graphic Designers:

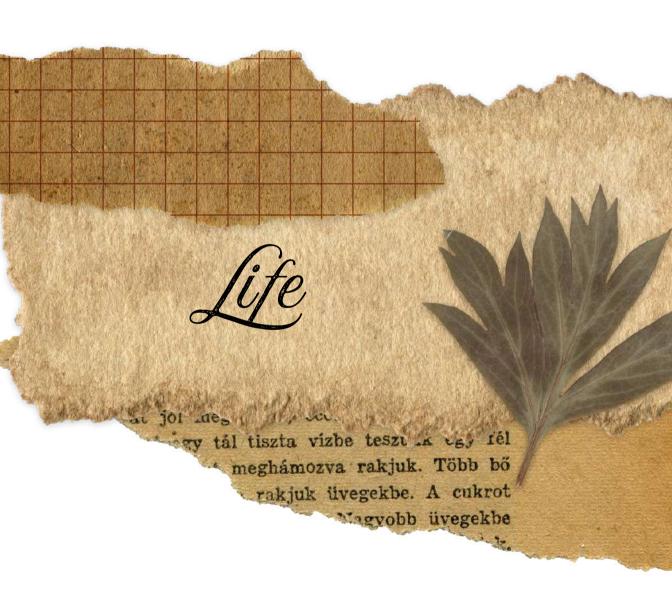
Puan Hashimah Hashim

Dr Shafilla Subri Syahrini Shawalludin

Table of Content

Foreword	 i
• Preface	 ii
Acknowledgement	 III iv
• Copyright	 ٧
• Title Pages	 vi
Editorial Board	 viii
• Table Of Content	 VIII

 Brayden The Active Young Man - Ting Su Ung The Men - Jasmin Hassan Six Kids In The House - Siti Aishah Che Kar A Lifetime Of Family, Love And Guidance - Sharina Saad Genitori E Figli Mai Bisbigli - Dr Catarinella Piermauro Gelora Rindu - Nurul Farraheeda Abdul Rahman Ibu Tua Di Teratak Ini - Nurliyana Mohd Shazali Permata Pertama - Tuan Nor Atirah Binti Tuan Ahmad Rusdi Aku Tinggalkan - Ahmad Noh Mak - Anita Abu Hassan Ayah Jom Ayah! - Suzana Yusof 	
Life Awakening The Spirit Of Small Hearts - Nasibah Azme I Cheated Death - Sharina Sa'ad Lost And Found - Dr Afzan Adilah Ayoub Life's Journey On The Rails - Nur Faiqah Mohamed Ismail Healing Through Forgiveness - Zaamah Mamat@Mohd Nor Small Little Acts - Amir Lukman Abd Rahman The Optimistic Pessimist - Muhammad Zulfadhli Saifuddin The Road Taken - Norlizawati Md Tahir The Sky Is The Limit - Nabila Eizati Komarudin Solitary - Nurul Aida Ngah Solitary - Nurul Aida Ngah Solitary - Noor Syazana Ngarisan The Black Pages - Nurul Izzati Md Rashid Watermelon - Profesor Madya Dr Ibtisam Abdul Wahab Stape Day - Hazrati Zaini Never Give Up - Razifa Mohd Razlan A Tapestry of Life - Mafarhanatul Akmal Ahmad Kamal & Dr. Mohd Fadhli Shah Khaidzir Dream Big, My Children - Dr Farhana Wan Yunus A Mother's Silent Symphony - Fatihah Norazami Abdullah 263 Journey To Self-Forgiveness - Nur Syafiqah Abdul Kadar Ray Of Hope - Tina Ak Stephen Enggong	
	Ī



LIFE'S JOURNEY ON THE RAILS By: Nur Faigah Mohamed Ismail

We're all passengers on life's train, Riding through time on iron rails. Each station a chapter, each face a story, Sewed into our shared voyage.

But life is no scenic ride. Storms gather,
And the tracks twist, testing our resolve.
We encounter junctions where choices diverge—
The crossroads of love and loss, hope and despair.
How many times have we clung to the edge,
Desperate for a lifeline, a hand reaching out?

Empathy, the golden ticket, grants passage.
Those who understand, who feel our silent cries,
They linger by our side, unwavering.
No demands, no expectations—just presence.
Their maturity, a beacon in the fog, guiding us
Through tunnels of uncertainty.

In this vehicle of existence, we crave care, like a warm blanket on a frosty night.

The gentle touch of a friend, the whispered concern Of a lover—these are the coals that lights our engine. And love, it fuels our journey, Igniting the compartments of our souls.

Yet, life's train is not without turbulence.
The wheels screech on sharp turns,
And we yearn for peace—a tranquil station
Where the heart can rest, where scars fade.
The rhythm of the rails lulls us,
Promising consolation at the next stop.

And finally, respect—the conductor's rule.
We honour fellow travellers, their stories,
Their battles fought and victories won.
For in this shared passage, we learn;
To respect life is to honour our own existence.

So, fellow voyagers, let us cherish
The fleeting moments—the sunrise over fields,
The laughter shared, the tears wiped away.
For life, like a train, hurtles forward,
And we are but passengers, bound for eternity.

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

Graphie Designers





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





Dr. Berlian Nur Morat Guest Language Editor



Cik Fathiyah Ahmad @Ahmad Jali Guest Language Editor

