# 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 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

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**Cover Design/ Layout/ Illustration:**
Dr. Shafilla Subri
Syahrini Shawalludin

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# Title page

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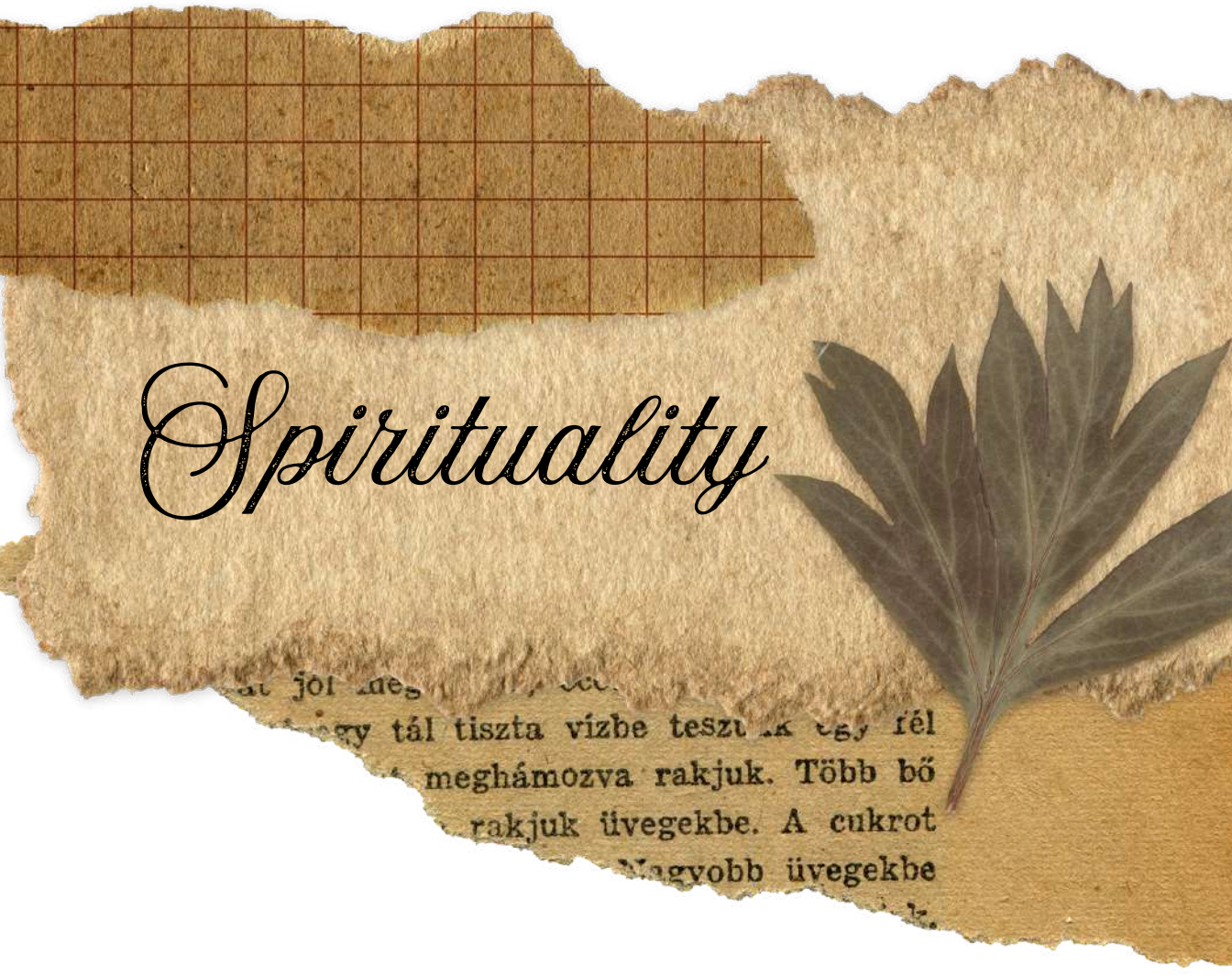
# Spirituality



# RESILIENCE OF THE GREEN DEER-WATERMELON

By: Haziq Ahmad

World's like a flying rug in the sky it roams,
Where it'll halt, none of us truly knows.
Each creation rushes, seeking its direction true,
Which shall we pursue? The good or the askew?

As far as we soar, let's seek that steadfast One,
So when the journey ceases, our lives aren't undone.

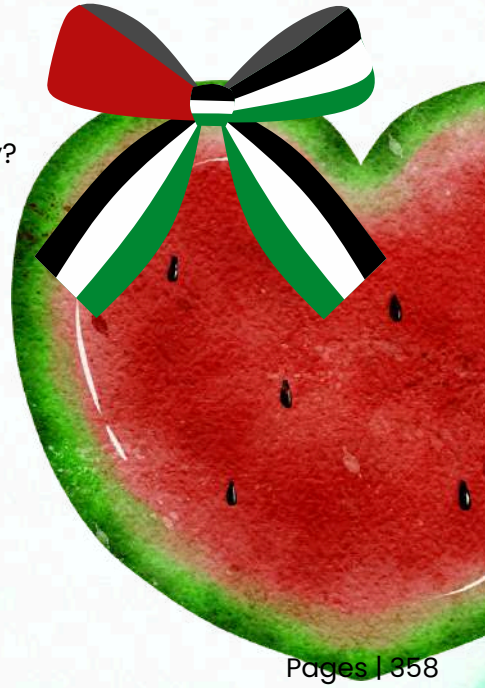
This world's not cruel like the blue deer amidst the green,
Firework lights fade, sounds dim, scarcely seen.
What's your aim? The ache, the inner strife,
Bring back that laughter, it's the joy of life.

Soul and instinct, not mere pawns in our play,
Do we realise, it's all just a grand display?
Chasing love, uncertain if it's near or far,
World, a flying rug, a surreal memoir.

But fantasies can shape a vivid reality,
Have you painted your story with genuine vitality?
Traversing eras like silk in an age-old spree,
Do we still have time, can they still be free?

Stand firm or falter, it's a choice, no pretence,
The exceptional spirit, resolute in its defence.
Let that spirit keep blazing, a fierce display,
Believe in yourself, the greatest gem in the fray.

Strong as the green, unwavering, unswayed,
We wait, you reside in my heart, arrayed.
**-Free, Watermelon! Free! -**



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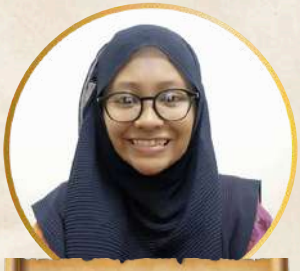

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