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."

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

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Title page

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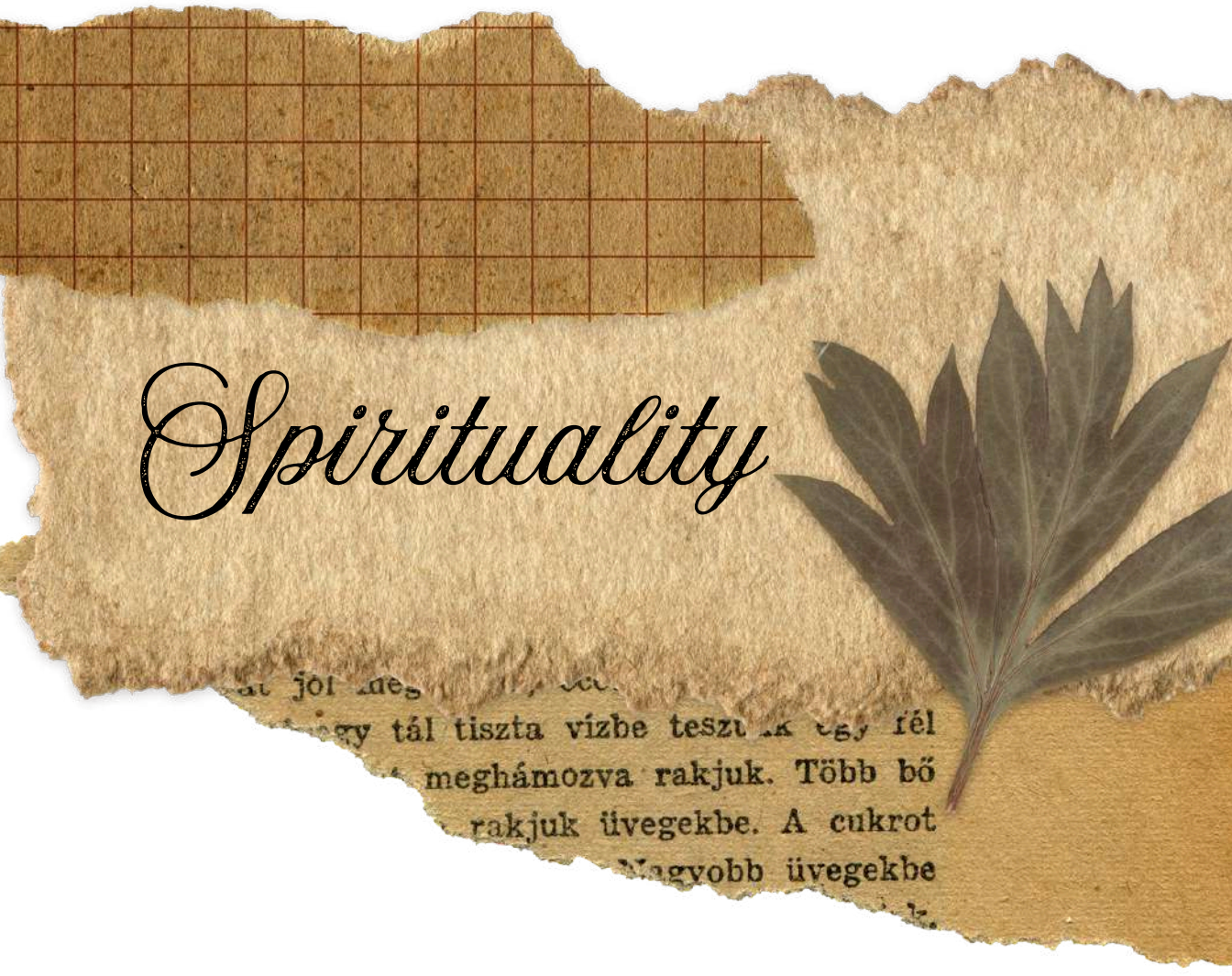
Spirituality



AL-QURAN: THE ULTIMATE SOLUTION TO THE HUMAN PROBLEM

By: Dr Su'aida Dato Safei

Al-Quran is a miracle left to us by the Prophet Muhammad
Al-Quran contains guidance and mercy from Allah
Al-Quran provides answers to matters of this world and the hereafter

Surah Al-Baqarah verse 25 depicts the rewards for us in the afterlife, where we live in a beautiful paradise with a soul mate.

When we make a mistake,
Surah Ali-Imran verse 135 teaches us to seek forgiveness from Allah.

When we feel gloomy,
Surah Ar-Rad verse 28 asks us to remember Allah so that our hearts may be at peace.

When we feel that our life is incomplete,
Surah Ibrahim verse 34 reminds us that Allah's favours and blessings are countless.

When we commit sins and want to repent,
Surah Al-Hijr verse 49 and Surah Az Zumar verse 53 inform us that Allah is Forgiving and Merciful.

When we question gender equality,
Surah Al-Ahzab verse 35, tells us that men and women will receive equal rewards for their good deeds.

When we look at different races, we see some as more dominant than others,
Surah Al-Hujurat verse 13 emphasises that the most honorable of us in the sight of Allah are those who are pious and righteous (Taqwa).

When we feel like we are not valued,
Surah Al-Insan verse 22 reminds us that our efforts will be recompensed.

When we are exhausted by the hardship in life,
Surah Al-Inshirah verse 5 advises us that with hardship comes ease.

Surah Al-Shu'ara verses 192 to 194 affirm that Al-Quran is the words of Allah.
Surah Al-Nahl verse 89 indicates that Al-Quran is complete in explaining everything.

When we are finding answers to many things in our lives,
Always turn to Al-Quran to find possible solutions.

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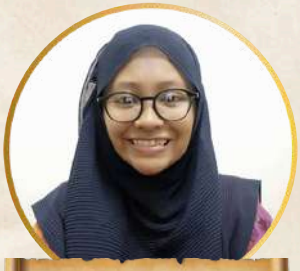

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