



Healing,
with Poetry

VOICE
of the
Soul

An illustration of a hand holding a quill pen in a blue inkwell, positioned to the left of the word 'VOICE'. The quill is green and the inkwell is blue. The hand is white and wearing a blue sleeve.

Volume III



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."

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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
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Emotions



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

SECRETS

By : Nor Asni Syahriza Abu Hassan

For as long as I have lived
I carry with me a heavy weight
That one can never have it lifted
You may try, but many have failed
So forever it will be safely shielded
And with me one day, it will be buried.

People say to heal is to share
But I could never share you, nor do I want to
Not even to the most honest souls I know
And I know quite a few
Who would genuinely say "oh my dear, I am listening"
"For to bear alone can erode your well-being"
"Lighten your heart, let it heal"
But my heart is strong, and so is my will.

Dear secret,
Long have you kept me in pain
Long have you caused me sufferings and shame
And far too long have you haunted me to take the blames
It only makes sense for me to hate and to isolate
But there are feelings I cannot explain
Sometimes, I feel sorry and in need of you
When truth is you don't deserve such devotion
So to make peace, I tried mending
I should have known it would all be in vain
I decided to pretend and ignore
Like you don't exist and we'd be on separate ways
It seems easier that way.

Dear secret,
You've been quite heavy on my back
And you scarred my heart so bad
Because of you, I am not much of an open book
But a sneak peek into the pages
You'll see only colours and rainbows
I am thankful nonetheless
For you have taught me , life is life regardless.



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