



Healing,  
with Poetry

VOICE  
of the  
Soul

An illustration of a hand holding a quill pen over an inkwell, positioned to the left of the word 'VOICE'. The inkwell is blue and the quill is green. 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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# *Title page*

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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

## THE WEEPING WILLOW: CRIES FROM PALESTINE

By : Siti Syairah binti Fakhruddin

Yesterday it was known for its rich cultural heritage,  
But today, those heritage were destroyed by tanks and  
rockets.

Yesterday it was known for its profound history,  
But today, its history has changed forever.

Yesterday, it was known for its captivating beauty,  
But today, rubble and fallen buildings are scattered  
everywhere.

Yesterday, it was known for its fertile landscape,  
But today, its soil has dried and whittered due to no care.

Yesterday, an innocent child was experiencing a normal  
childhood.

But today, he was found among the many bodies  
underneath fallen buildings.

Yesterday, a father was buying fresh bread for his family,  
But today, guns are pointed towards him, for protecting his  
dignity.

Yesterday, a mother was sightseeing with her children,  
But today, she was assaulted, and hijab pulled off, for  
protecting her chastity.

Yesterday, a doctor was saving countless civilians.  
But today he lost his hands due to rockets hitting the  
hospital building.

And yesterday, a journalist and relief volunteer were helping  
the needy.

But today, they were killed for exposing the real 'terrorist' to  
the world.



These are the many people just like us,  
Whom yesterday had dreams, a family, and a  
place call home.  
But today, the people of Palestine lost  
everything.  
Wiped away by the silence of the world,  
Lost by the ignorance and bias of the so-called  
leaders.

Palestine, Palestine, Palestine today,  
Once a holy land of the sea  
But now becomes the land of the weeping  
willow.

Palestine, Palestine, Palestine today,  
Filled with tears and cries of an innocent child.

Blood, blood, and blood every where  
Filling the streets, buildings, and hands of  
cruelty.  
Bodies of children, women and men laying on  
the cold street  
Cries of hunger, thirst, starvation...

Palestine, we need your help, they said.  
But the world remains silent.  
Silence by the ignorance of the heart,  
Silence by the blindness of the "power" that  
holds their grip tight,  
And silence by the bigotry of the people who  
promotes "human rights".  
But they betrayed for Israel rights?

Palestine, please save us, they said.  
But the world remain silence...and Palestine  
weeps away till its death arrives.



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