

## 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."

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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 08400 Merbok, Kedah





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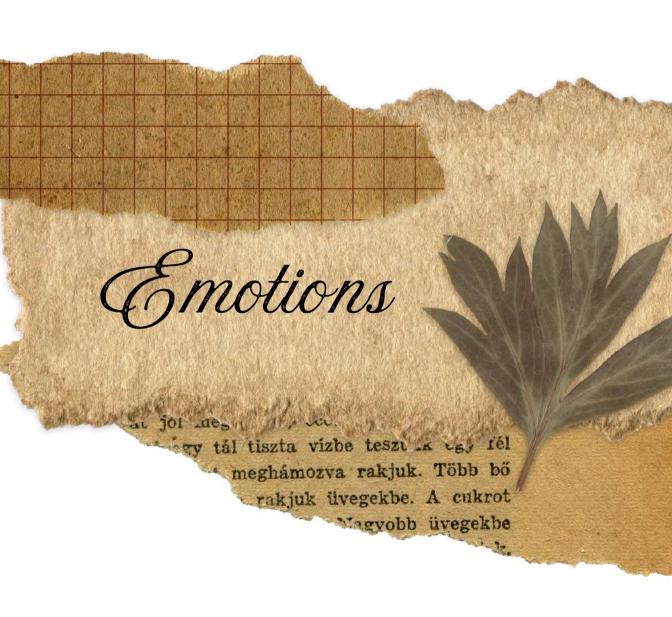
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#### **AKU SEORANG IBU TUNGGAL**

Oleh: Dr Nurhayani Romeo

Aku seorang ibu tunggal pernah kecewa,marah pada tuhannya pernah berkata Tuhan tidak adil pernah pertikaikan ujian hidup pernah tangisi meneruskan hidup pernah keliru akan anak-anak kecilnya

Ya... aku seorang ibu tunggal
lelah dalam meneruskan hidup
lelah bekerja demi anak-anak kecil
lelah mencari duit lebih
bagi menampung anak-anak belajar
lelah menyambung pelajaran
demi kenaikan pangkat pekerjaan
lelah menepis tomahan masyarakat yang tak tentu hala
menuduh dirinya
lelah menafikan penerimaan cinta
dari seorang lelaki
lelah dengan semua ini

Aku masih seorang ibu tunggal tetap teruskan usaha demi usaha tetap berpegang pada ajaran Tuhan tetap menangis sujud pada Tuhan tetap menadah tangan meminta diberi kekuatan diri tetap bangun menyiapkan tesis tetap menyiapkan anak bersekolah tetap bersangka baik dengan aturan hidup dari tuhan tetap percaya nan baik akan tiba jua

13 tahun sudah berlalu
aku tetap seorang Ibu tunggal
senyum tanda puas hadapi kepayahan
senyum tanda jaya tempuhi perjalanan
senyum tanda mengerti akan ujian
senyum tanda terima kasih pada tuhan
senyum tanda empunya diri telah kuat
senyum tanda kejayaan digenggam
senyum tanda anak memahami
senyum tanda tiada lagi kisah sedih
senyum tanda segala diterima reda

Terima kasih, Ya Allah.

### Translation Aku Seorang Ibu Tunggal I am a single mother

I am a single mother
Who was once disappointed and angry with God
Who once said why God is not fair to him
Who once argued about the test of life from God
Who used to cry thinking about how to continue her life
Who was once mistaken to take care of his young children

Yes, I am a single mother
Tired of continuing her life
Tired of working for her little children
Tired of finding more money to support her children's studies
Tired of continuing her studies for the sake of his job
promotion
Tired of fending off society's indecisive accusations against
her
Tired of denying acceptance of love from a man

I am still a Single Mother
Keep working hard
Stick to God's teachings
Keep crying prostrate every night to God
Keep raising your hands asking to be given self-strength
Still get up early in the morning to complete the Education
thesis
Keep preparing the children for school
Stay in good faith with God's rules of life
Keep believing that good things will happen one day

Now 13 years have passed
I am still a single mother
A smile is a sign of satisfaction in facing hardships
A smile is a sign of successfully traveling a painful journey
A smile was a sign of understanding the test God had given her

A smile is a sign of gratitude to God

A smile as a sign that the owner has become strong

A smile has managed to hold a roll of Education degree

A smile is a sign that children are growing up to understand

A smile is a sign that there are no more sad stories

A smile is a sign that everything is accepted with

satisfaction

Thank you, Allah

Tired of all this

## Editorial Team



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