



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 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."

Copyright

Copyright@ is held by the owners/authors. These poems are published in their original version without editing the content. However, language editing and proofreading has been conducted by the editorial team with permission from the authors.

The views, opinions and technical recommendations expressed by the contributors are entirely their own and do not necessarily reflect the views of the editors, the faculty, or the university.

Editorial Team:

Sharina Sa'ad | Chief Editor
Nor Asni Syahriza Abu Hassan | Managing Editor
Sharifah Syakila Syed Shaharuddin | Secretary
Rafidah Amat | Technical
Nor Aslah Adzmi | Treasurer
Siti Mukhlisa Mohamad Khairul Adilah | Editor
Jacqueline Chuah Bee Peng | Editor
Bawani Selvaraj | Editor
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

Cover Design/ Layout/ Illustration:

Dr. Shafilla Subri
Syahrini Shawalludin

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



Title page

HEALING WITH POETRY: VOICE OF THE SOUL VOLUME III ANTHOLOGY OF POEMS

Editorial Team :

Sharina Sa'ad | Chief Editor
Nor Asni Syahriza Abu Hassan | Managing Editor
Sharifah Syakila Syed Shaharuddin | Secretary
Rafidah Amat | Technical
Nor Aslah Adzmi | Treasurer
Siti Mukhlisa Mohamad Khairul Adilah | Editor
Jacqueline Chuah Bee Peng | Editor
Bawani Selvaraj | Editor
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

Cover Design / Layout : Dr. Shafilla Subri

Layout: Syahrini Shawalludin

Certificate/ Logo : Dr. Shafilla Subri

Editorial Board

VOICE OF THE SOUL VOLUME III: A COMPILATION OF POEMS

PATRON: Prof. Dr. Roshima Said

Advisor I: Dr Junaida Ismail

Advisor II : Azlan Abdul Rahman

Editor -in- Chief : Hajjah Sharina Sa'ad

Managing Editor/ Corresponding: Puan Nor Asni Syahriza Abu Hassan

Secretary : Puan Sharifah Syakila Syed Shaharuddin

Technical: Puan Rafidah Amat

Treasurer: Puan Nor Aslah Adzmi

Language Editors :

Cik Siti Mukhlisa Mohamad Khairul Adilah

Madam Jacqueline Chuah Bee Peng

Madam Bawani Selvaraj

Puan Shahriza Ilyana Ramli

Cik Nur Syifaa Md Tahir

Guest Language Editors:

Dr. Nur Syazwanie Mansor

Dr. Berlian Nur Morat

Cik Fathiyah Ahmad@Ahmad Jali

Puan Norlizawati Md Tahir

Cik Fatin Rahaina Ahmad Sani

Puan Nadira M. Jahaya

Encik Muhammad Ikhmal Mohd Jamil

Encik Ahmad Noh

Puan Faridah Ngadim

Puan Leila Nasser

Puan Hashimah Hashim

Graphic Designers:

Dr Shafilla Subri

Syahrini Shawalludin

Table of Content

• Foreword	i
• Preface	ii
• Acknowledgement	iii
• Copyright	iv
• Title Pages	v
• Editorial Board	vi
• Table Of Content	vii

• Aku Seorang Ibu Tunggal – Dr Nurhayani Romeo	92
• Harapan Yang Dikhianati – Siti Zalipah Ibrahim	95
• Memetik Hikmah – Awang Nasrizal Awang Ali & Siti Zaidah Othman	96
• Memujuk Monsun – Nur Idawati Md Enzai	97
• Antara Fikiran & Hati – Dr. Nurul 'Ayn Ahmad Sayuti	98

Experience

• A Supervisor, A Mentor, A Galvanizer – Dr Wan Norafikah Othman	100
• The Road Taken – Wan Noorli Razali	101
• The Broken Sense – Razif Ibrahim	102
• Being Me – Noor Syazana Ngarisan	103
• Betrayal – Where It Has Gotten Me – Arrominy Arabi	104
• Hush! – Emma Marini Abd Rahim	106
• Confined Existence – Mia Emily Abd Rahim	107
• Gasping For Air – Nurul Nadiah Rasdi	108
• Threads Of Wisdom: The Journey Of Experience – Dr Roszi Naszariah Nasni Naseri	109
• Cahaya Yang Hilang – Nor Asni Syahriza	200
• Annapurna – Aimi Nabila Anizaim	202
• Kehidupan Yang Aneh – Atifah Othman	204

Family

• Café Hunting – Syazliiyati Ibrahim	206
• Dear Noah – Muhammad Zulfadhli Saifuddin	207
• Maternal Whispers – Amy Sofeena Kamarulzaman	208
• Sisters; – Khaleda Alia Mohamad Jamil	209
• Sisters – Wan Noorli Razali	210
• The Bitterness Of Life Without You – Nur Haziq Fikri Ahmad	211
• The Missing Part Of Me – Pauline Georgina Priya Hebert Sundram	212
• Five Man One Women- Dr Shafilla Subri	213
• Doubters Of Mothers – Hanna Insyirah Mohd Sukri	215
• Missing You, Dearly Father – Tina Ak Stephen Enggong	216

Experiences



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

THE ROAD TAKEN

By : Wan Noorli binti Razali

Stood at a busy fork
Left or right I can only mock
A traveller I am, not a fortune teller
To the end I can only wonder

The pyramid has its peak
But it is not meant for the weak
The sharpest point is filled with wrath
The only option is the trodden path

What is the use of my knowledge?
If I keep myself at the edge
Forgetting my own pledge
Hiding the wound with a bandage

I wish to let go of my ego
Live the lives people would forego
I must let go these heavy cargo
To enjoy freedom and follow my tempo



Editorial Team



Puan
Hajjah Sharina Sa'ad
Chief Editor



Puan Nor Asni Syahriza
Abu Hassan
Managing Editor



Puan Sharifah Syakila
Syed Shaharuddin
Secretary



Puan Rafidah
Amat
Technical



Cik Siti Mukhlisa
Mohamad Khairul Adilah
Language Editor



Madam Jacqueline Chuah
Bee Peng
Language Editor



Madam Bawani
Selvaraj
Language Editor



Puan
Shahriza Ilyana Ramli
Language Editor



Cik Nur Syifaa
Md Tahir
Language Editor

Graphic Designers



Dr. Shafilla Subri
Graphic Designer



Cik Syahrini
Shawalludin
Graphic Designer

Guest Language Editors



Dr. Nur Syazwanie
Mansor
Guest Language Editor



Puan Norlizawati
Md Tahir
Guest Language Editor



Puan Faridah Ngadim
Guest Language
Editor



Encik Ahmad Noh
Guest Language
Editor



Puan Leila Nasser
Guest Language
Editor



Puan Hashimah Hashim
Guest Language
Editor



Dr. Berlian Nur Morat
Guest Language Editor



Cik Fathiyah Ahmad
@Ahmad Jali
Guest Language Editor



Healing,
with Poetry

VOICE
of the
soul

Volume III



Universiti Teknologi MARA Cawangan Kedah