



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."



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Dr. Shafilla Subri  
Syahrini Shawalludin

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08400 Merbok, Kedah



# *Title page*

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# 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

# Family



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

## MISSING YOU, DEARLY FATHER

By : Tina Stephen Enggong

Dearly Father, it has been three years since you have been gone  
How we wish that the clock could be turned back  
Where things are just the way they are  
Everything seems fine with us all

Dearly Father, you will be remembered forever  
Our hearts are still aching and grieving today  
Why? It is because of our hearts that we are searching for you  
We really miss you, dearly father

Dearly Father, as we walk down memory lane  
We have been deeply touched  
And as we walk further down  
We, your family, embrace each other in prayer  
To remain strong and courageous in this life

Our lives will never be the same without you  
Yet, there is one common thing that is prevalent in your family's lives  
We are all feeling the same way  
We are missing you, father  
We miss you dearly





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*Chief Editor*



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*Language Editor*



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*Graphic Designer*



Cik Syahrini  
Shawalludin  
*Graphic Designer*



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Mansor  
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Guest Language Editor



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Puan Hashimah Hashim  
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Editor



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@Ahmad Jali  
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