

# 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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#### Cover Design/Layout/Illustration:

Dr. Shafilla Subri Syahrini Shawalludin

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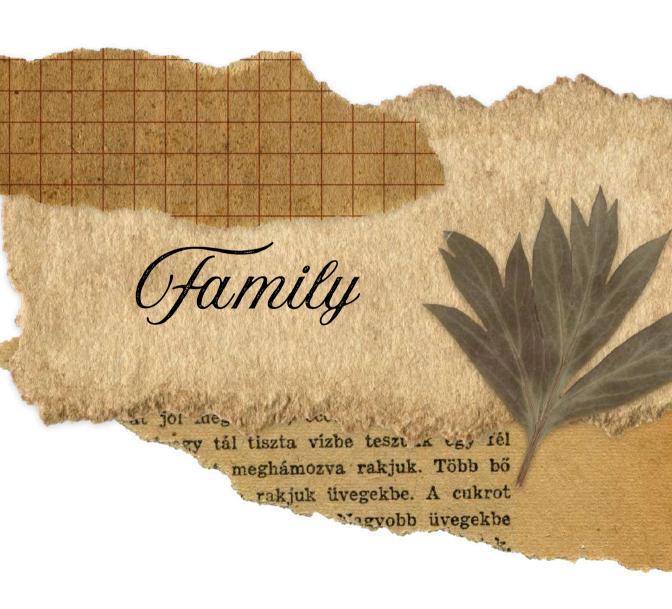
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### "HARMONY OF HEARTS: EMBRACING THE PARENTS-CHILDREN BOND"

By: Piermauro Catarinella

Nessun segreto tra genitori e figli. I segreti minano le relazioni familiari.

No secrets between parents and children. Secrets undermine family relationships.

Genitori ed i loro amori, un legame non solo ossame ma vitame.

Parents share a robust, unique, and unbreakable connection with their children, destined to endure throughout their lifetimes.

Una vita mai smarrita, ma sempre unita e gradita, vieppiù riempita.

Together, they navigate the challenges of life and remain steadfast in supporting each other during times of need.

A volte sgualcita, sbigottita o sfinita, ma giammai inferocita. Even when disagreements or conflicts arise between parents and children, love and respect consistently triumph, eventually resolving any issues.

Tra di lor non v'è che amore ed ardore, e sì batticuore e fors'anche dolore.

This is because, inherently, the parent-child relationship is rooted in love, and parents are always prepared to step in and assist their children.

## I figli sono il nostro cuore accentratore, adoratore, annaffiatore e albergatore.

Children, in the eyes of parents, constitute an integral part of their hearts and souls, and the love for their offspring is profound and unwavering.

## Per le nostre creature siam disposti a tutto anzitutto, oltretutto e e innanzitutto.

As parents, our unfaltering commitment is to do whatever it takes to support, resolve problems, and alleviate the struggles of our children. Their well-being always takes precedence, with everything else in life considered secondary.

## Pronti a morire ed asservire, ma anche ad arricchire ed esaurire.

We are prepared to go to any lengths for our children, even to the extent of sacrificing ourselves if necessary, as they hold the most paramount place in our lives.

## Essi ci donano felicità, amabilità ed affettuosità, e certo anche angolosità con ansietà.

The joy our children bring us is unparalleled, and we shower them with love and attention, navigating through occasional concerns because our role is to guide them through life's twists and turns.

## Una cosa sola appiccicosa, deliziosa e fascinosa, e pur anche gioiosa, grandiosa e laboriosa.

The bond between us parents and our children is inseparable - a connection forged by blood. As we traverse the journey of life, encountering both joys and sorrows, our unity remains unbroken, and we stand ready to make sacrifices for one another.

Alle incomprensioni, seguon sempre gli abbraccioni; alle argomentazioni le armonizzazioni.

Though misunderstandings and moments of anger may arise between parents and children, maintaining an open dialogue is crucial.

Dopo eventuali intemperanze, lagnanze, mancanze o distanze, ecco la lungimiranza, la pregnanza e la ricordanza. As adults, it is our responsibility to always listen and respect the opinions and choices of our children. While lively discussions are normal, love ultimately prevails, and any problem can be overcome through mutual understanding.

Caro figlio, tu sei il mio meraviglio, il mio appiglio, naviglio e consiglio.

To my dear son, you brighten my days like sunshine, and despite your younger age, I am always open to listening and acknowledging my shortcomings.

Cara figlia, la mia vaniglia, conchiglia, maniglia e somiglia. You are my sweetheart, my cherished daughter, and I will forever stand by your side.

Caro papà, la mia affidabilità, agorà, arduità ed anche la mia centralità, celebrità e comprensibilità.

To my beloved Dad, you are not only my role model but also my teacher and idol. The wealth of knowledge and wisdom I can gain from you is immeasurable, and I am truly grateful for your invaluable guidance.



Cara mamma, mia genitrice, amatrice e alzatrice, nonché addestratrice, comunicatrice e ispiratrice.

My dearest Mother, I owe my existence to you and each day, I depend on your guidance to navigate life's challenges and continue to grow. Your constant presence is my anchor, and I feel adrift without you by my side.

Tra di noi, giammai indiscreti, senza segreti e giù le reti. Parents and children must maintain open communication, sharing everything and avoiding the temptation to keep secrets.

Confidare laddove abbisognare, sempre aperti per piacerti e sostenerti.

In our lives, no matter what hidden aspects may exist, open dialogue with our children is preferable, and the same transparency is expected from them towards their parents.

Dopo il brutto, tritatutto; dopotutto tra noi vige il costrutto. Within the family, there is no room for judgment; instead, suggestions are made to collectively address any situation.

Siamo qui per aiutarci e parlarci, non già per giudicarci, allontanarci o fermarci.

Even in times when we feel deeply troubled and see no apparent solution, it is essential to remember that our family members are there to offer aid and support.

Tutti noi, esseri imperfetti e poveretti, consapevoli di contare ed accantonare se vi son problemi o patemi estremi.

Parents are consistently ready to assist and support their children in any situation. Children need to understand that they can always rely on their parents. Regardless of age, humans are prone to making mistakes. However, within our family, there will always be someone willing to lend a hand and provide encouragement to help us overcome our challenges.

Parliamoci dunque e sempre in maniera trasparente, appassionatamente, chiaramente e candidamente. Tra di noi, solo e sempre la verità, in piena ariosità, senza mai astiosità, né arduità o chiassosità.

Consequently, parents and their children should always maintain open and free communication within their family, breaking down any barriers that may exist. The truth should always prevail, no matter how challenging it might be to acknowledge. When it comes to assistance, nobody else can provide as much support as our family members. Within our family, a commitment to honesty should always be upheld.



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