

DIC E



A Solume 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 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 tranquility 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

ditorial CRoard

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 iv
•	Copyright	 V
	Title Pages	 vi
•	Editorial Board	 vii
•	Table Of Content	 viii

•	Brayden The Active Young Man - Ting Su Ung	217
•	The Men - Jasmin Hassan	219
•	Six Kids In The House - Siti Aishah Che Kar	220
•	A Lifetime Of Family, Love And Guidance - Sharina Saad	222
•	Genitori E Figli Mai Bisbigli - Dr Catarinella Piermauro	223
•	Gelora Rindu - Nurul Farraheeda Abdul Rahman	228
•	Ibu Tua Di Teratak Ini - Nurliyana Mohd Shazali	229
	Permata Pertama - Tuan Nor Atirah Binti Tuan Ahmad Rusdi	
	Aku Tinggalkan - Ahmad Noh	
	Mak - Anita Abu Hassan	236
	Ayah Jom Ayah! - Suzana Yusof	

Life

•••••••••••	Awakening The Spirit Of Small Hearts - Nasibah Azme I Cheated Death - Sharina Sa'ad Lost And Found - Dr Afzan Adilah Ayoub Life's Journey On The Rails - Nur Faiqah Mohamed Ismail Healing Through Forgiveness - Zaamah Mamat@Mohd Nor Small Little Acts - Amir Lukman Abd Rahman The Optimistic Pessimist - Muhammad Zulfadhli Saifuddin The Road Taken - Norlizawati Md Tahir The Sky Is The Limit - Nabila Eizati Komarudin Solitary - Nurul Aida Ngah Mirror Mirror - Noor Syazana Ngarisan The Black Pages - Nurul Izati Md Rashid Watermelon - Profesor Madya Dr Ibtisam Abdul Wahab Womb Escape Day - Hazrati Zaini Never Give Up - Razifa Mohd Razlan A Tapestry of Life - Mafarhanatul Akmal Ahmad Kamal & Dr. Mohd Fadhlii Shah Khaidzir Dream Big, My Children - Dr Farhana Wan Yunus A Mother's Silent Symphony - Fatihah Norazami Abdullah Final Destination - Emma Marini Abd Rahim I Gave Up - Ilham Alia Mat Isa Journey To Self-Forgiveness - Nur Syafiqah Abdul Kadar Ray Of Hope - Tina Ak Stephen Enggong	241 242 243 245 246 247 248 249 252 253 254 255 256 257 258 259 261 262
•	Ray Of Hope - Tind Ak Stephen Enggong	



at joi mes sy tál tiszta vízbe teszt a tes rél meghámozva rakjuk. Több bő rakjuk üvegekbe. A cukrot Magyobb üvegekbe

- 1-

THE ROAD TAKEN By : Liza Md Tahir

As life offers vast choices Awaits hoped and unwanted consequences Though the roads taken or not taken One shall be free from the burden

To decide is wholly daunting If to choose one might be unwilling Taken one road leaving the other Unsure the road taken is better

As one road cautiously taken One advances the path awaken Foresee unceasing or dead ends As road taken begins

Editorial Team



Puan Hajjah Sharina Sa'ad Chief Editor



Puan Nor Asni Syahriza Abu Hassan Managing Editor



A Mary

Puan Sharifah Syakila Syed Shaharuddin Secretary



Puan Rafidah Amat Technical



Cik Siti Mukhlisa Mohamad Khairul Adilah Language Editor





Madam Bawani Selvaraj Language Editor



Puan Shahriza Ilyana Ramli Language Editor



Cik Nur Syifaa Md Tahir Language Editor

Pages | 380





Guest Language Editors



Dr. Nur Syazwanie Mansor Guest Language Editor Puan Norlizawati Md Tahir Guest Language Editor



Puan Faridah Ngadin Guest Language Editor



Guest Language Editor



Puan Leila Nasser Guest Language Editor





Dr. Berlian Nur Morat Guest Language Editor



Cik Fathiyah Ahmad @Ahmad Jali Guest Language Editor

