



Healing,
with Poetry

VOICE
of the
Soul

Volume 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 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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Life


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







THE SKY IS THE LIMIT

By : Nabila Eizati Komarudin




The sky is the limit
Where the sound of birds chirping is clear
Where family dinners are filled with chats and delicious food
Where people are talking while looking at each other's eyes
Where people are loving and paying attention to each other
In this space, minds and hearts resonate, with authenticity and
purity that truly captivate.

The sky is the limit,
When I sipped water standing and strolling
When my mom stopped me and advised me to sit down and drink
When I could not understand a simple advice, as I see people were
doing the same as me
When etiquettes and manners slowly slip away, when vulgar words
are now every day say
When unwed pregnancies, public kisses are a new embrace
A shifting landscape, a society discovers its own pace



The sky is the limit
Where technologies evolve like no end
Where artificial intelligence surpasses, human intelligence bends
When the power of the brain is underestimated and brilliance is
underrated
When doing task becomes difficult and apps do it all, from easy
feats to tasks intricate
When overdependence on technology is fine and human connection
becomes a rare find



The sky is the limit

When there is a galore of social medias to sign up for

When we connect worldwide, yet those close, we ignore

When our attention misplaced, and forgetting those quietly seek our embrace

Every moment on display, like flags unfurled

Privacy gets pricey and secrecy becomes a treasure in this digital world

The sky is the limit

Where ideologies are explored

Where a male born can be identified as a female

Where a 40-year-old man can be identified as an infant

Where a perfect human being can be identified as a dog

"Be anything you desire", they proclaim, as long as happiness and contentment reign

Where in this boundless realm of self-discovery, the sky is an open canvas of identity

The sky is the limit

When humanity falters in the face of despair, when the world turns away, unaware

When a land can be freely claimed as one's own, houses are rummaged into and owned

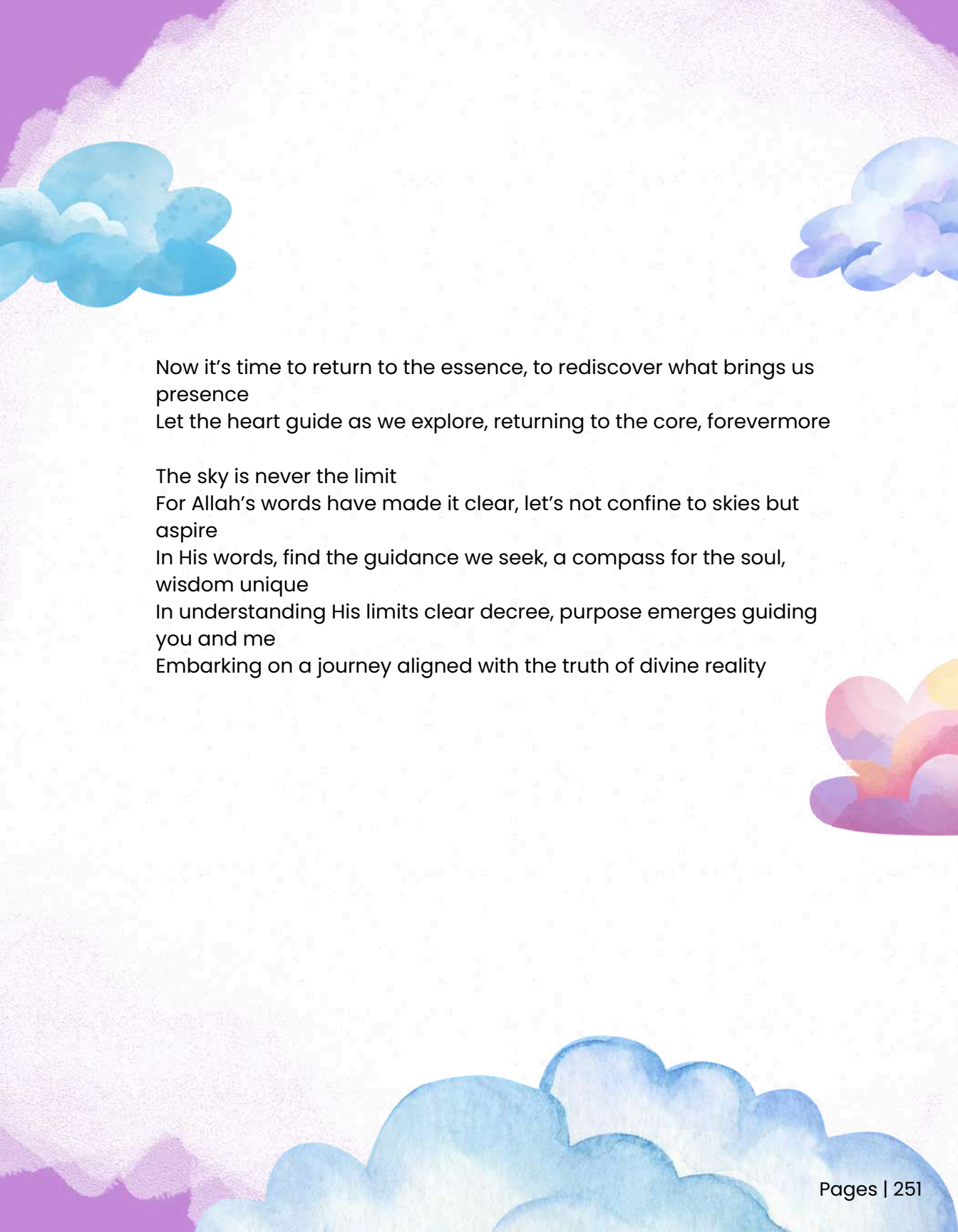
When blood of thousands of women and infants is approved, and reaching for help a sinful move

When access to necessities is unjustly restrained

When the world watches the pain, but helpless to stop the vain

The sky was once our limit, a truth that held for a decade past

But now, it extends no more, perhaps we have soared beyond its core



Now it's time to return to the essence, to rediscover what brings us
presence
Let the heart guide as we explore, returning to the core, forevermore

The sky is never the limit
For Allah's words have made it clear, let's not confine to skies but
aspire
In His words, find the guidance we seek, a compass for the soul,
wisdom unique
In understanding His limits clear decree, purpose emerges guiding
you and me
Embarking on a journey aligned with the truth of divine reality

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