



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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Cover Design/ Layout/ Illustration:

Dr. Shafilla Subri
Syahrini Shawalludin

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Title page

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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



PENCARIAN HAKIKI

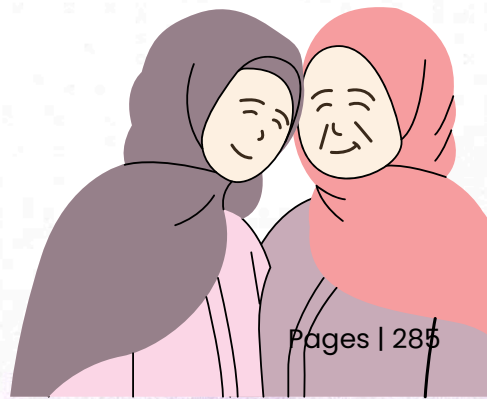
Oleh : Ilham Alia Mat Isa,
Mafarhanatul Akmal Ahmad Kamal,
Noor Shariena Zaraini, Nor Eleyana Abdullah
& Munirah Asary

Tenang itu di jiwa, mekar di dalam dada
serabut itu di minda, bersawang tanpa dipinta
sayang dalam kelembutan, cinta dalam
kepercayaan
kasih dalam kebesaran.

Robohnya jiwa, runtuhnya rasa
hilang segala waras minda, lenyap segala apa di
damba
rebah seluruh kasih dan sayang, tergadai janji
cinta
terhapus gelora rasa, hilang dalam gelapnya
gelita.

Tinggallah kita terkapai sendirian tanpa pedoman
kesunyian tanpa pegangan, hilang dalam
kesesatan
menangisi jalan cerita, mengutip segala sisa yang
ada
mengenang segala duka dan lara.

Hidup ini sedetik cuma, usah dikejar yang
sementara
mengharap yang tidak pasti, tiada apa yang
kekal abadi
menyesal kemudian merana jiwa, perit pedih
hanya kita yang rasa
terluka sendiri tiada siapa simpati.

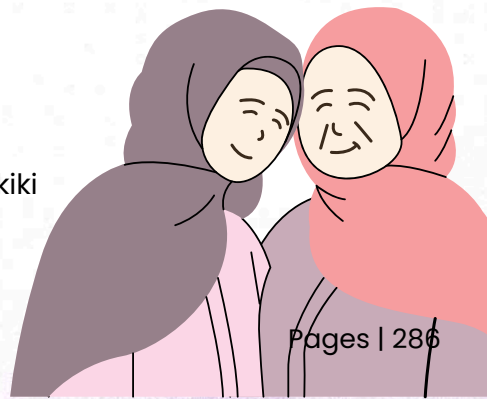


Cinta itu, perlu mesra rasanya
jika terhalang atau terkurang, meronta hati,
merunsing kepala
berlebihan juga memakan jiwa, taruh harapan
bakal terluka
biar yang sedang-sedang sahaja, biar beringat
yang sedap tidak kekal lama
selalunya yang pahit itulah ubatnya, yang sakit
itulah penawarnya.

Mungkin kita lupa, lalai dalam alpa
layang-layang terbang tinggi, cantik di langit lagi
berseri
namun terputus tali hilang di awan
sayang manusia biar berhati-hati, sayang yang
kekal itu hanya milik tuhan
yang maha kuasa dan pemegang hati.

Sungguh ramai yang bijaksana, petah berlaung
namun bisu bila beraksi
kencang khabarnya gegak gempita
sehelai daun pun tidak terusik, sebutir pasir pun
tidak berganjak
arkian, usahlah kentar pada madah pujangga
kita punya bahasa, punya lisan jua
biar beradab, berbudi juga tidak dilupa.

Usah dihisab kekurangan yang ada
sudah lumrah, kita hamba bukan pencipta
tagihlah pada yang maha memberi
janji-Nya pasti, jangan persoal lagi
terus menapak penuh percaya
beroleh yang dicita itu pasti, kebahagiaan hakiki
itu yang dicari.



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