

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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HEALING WITH POETRY: VOICE OF THE SOUL VOLUME III ANTHOLOGY OF POEMS

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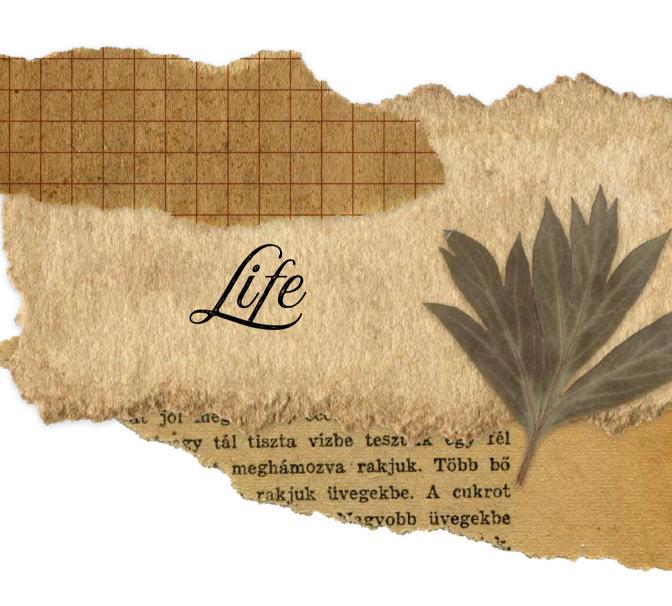
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RONA DI KANVAS PUTIH

Oleh: Roziani Mat Nashir @ Mohd Nasir

Di balik kanvas putih, dunia memancar Tinta menjelma, mengukir masa lalu Dalam goresan, jiwa menari

Kisah terlukis, dalam warna-warna Merah menggebu, biru mempesona Kuning mencerahkan, hijau menyegarkan

Setiap sapuan kuas, mengungkapkan rahsia Cerita yang terpendam, dalam kedalaman hati Lukisan mengalir, seperti sungai kehidupan

Di tepi kanvas, kata-kata terbang Melodi tersirat, dalam gema warna Keheningan bicara, dalam estetika ciptaan

Warna jingga senja, mengusik kenangan Bayang malam, memeluk impian Puisi diam, terlukis indah

Kanvas menjadi cermin, jiwa yang terselubung Dalam jalinan warna, harap bersua Mimpi melintas, di lautan abadi

Tiap titik warna, menyiratkan makna Cahaya menari, dalam pelukan gelap Penggalan kisah, terkubur dalam fikiran

Melodi rahsia, tersusun dalam bait lirik Lukisan jiwa, merentas batas Kanvas dan rona, memanggil batin



Dalam senyap, puisi tercipta Langit malam, merayu penjuru Keheningan, tanda keabadian

Gelora rona, membelai jiwa Tinta dan kanvas, menjelma cinta Puisi mengalir, seperti sungai tak terduga

Di bawah cahaya rembulan, malam bertambah indah Gelap menyambut, dalam pelukan lembut Kanvas menjadi saksi, rahsia terkuak

Dalam remang, warna menari Langit berbisik, rahsia terungkap Puisi tak berhujung, dalam pelukan estetika.



Translation Rona di Kanvas Putih The Colour on The White Canvas

Behind the white canvas, the world emanates Ink transforms, carving the past Within brushstrokes, the soul dances

Stories are painted, in hues Red ablaze, blue enchanting Yellow brightens, green refreshes

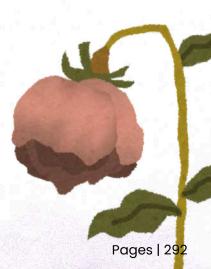
Every stroke of the brush, reveals secrets Tales buried deep, within the heart's depth The painting flows, like the river of life

On the canvas edge, words flutter Melodies implied, in the echo of colors Silence speaks, in aesthetic creation

The orange hue of twilight, stirs memories Night shadows, embrace dreams Silent poetry, beautifully depicted

The canvas becomes a mirror, of the veiled soul In the weave of colors, hope meets Dreams cross, in the eternal ocean

Each color dot, implies meaning Light dances, in the embrace of darkness Fragments of tales, buried in thoughts



The melody of secrets, arranged in verse The painting of the soul, breaking boundaries Canvas and color, summon the spirit

In silence, poetry is born The night sky, woos the corners Silence, a sign of eternity

The swirl of colors, caresses the soul Ink and canvas, incarnate love Poetry flows, like an unexpected river

Under the moonlight, the night grows more beautiful Darkness welcomes, in gentle embrace The canvas bears witness, secrets unveiled

In twilight, colors dance
The sky whispers, secrets revealed
Poetry unending, in the embrace of aesthetics.



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Madam Jacqueline Chuah Bee Peng *Language Editor*



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