



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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Table of Content

• Foreword	i
• Preface	ii
• Acknowledgement	iii
• Copyright	iv
• Title Pages	v
• Editorial Board	vi
• Table Of Content	vii

• That Was Then – Fairuz Ramli	267
• What Have I Done – Mohd Safuan Bin Saiful Bahri	268
• Integrity Is ... – Imran Danial Krish Abdullah	269
• Finding Light In Darkness – Mia Emily Abd Rahim	270
• A Wonderful Journey – Nursuhaila Ibrahim	271
• Embracing Life's Challenges With Love – Harshida Hasmy	272
• When I've Got No Husband And No Kids – Nur Anis Pauzi	273
• 长长的路 A Long Road – Dr Lee Seng Hua	275
• Pantun Jenaka – Gladys Tagie & Florene Ejot Masanat	277
• Kurniaan Tuhan – Siti Zafrina Mohd Zahari	278
• Nostalgia Terindah Di Teratak Pusaka – Nurnazirah Jamadin	280
• Nota Hidup – Mahathir Ahamad	282
• Normal – Nurziehan Baharuddin	283
• Pencarian Hakiki – Noor Shariena Zaraini	285
• Perginya Sang Penghibur – Arnida Jahya	287
• Syair Mencari Wira – Sharir Aizat Kamaruddin	289
• Rona Di Kanvas Putih – Roziani Mat Nashir @ Mohd Nasir	290
• Secangkir Kehidupan – Zainatul Shuhaida Abdull Rahman	294
• Sekeping Gambar – Gadis Monolog	295
• Sisa Hidup – Atifah Othman	296
• Manusia, Rasa, Makna – Ts Siti Hajar Aznam	297
• Ratapan Gaza – Noor Jannah Yob	298
• Ruang – Shahriza Ilyana Ramli	300
• Adab – Nur Hidayah Yahaya	302
• Suara Kemanusiaan : Peritnya Sebuah Kehilangan – Amanina Binti Mat Ghani & Bazilah Binti Mat Ghani	304
• Sebuah Tahun Pelbagai Rasa – Intan Nurul'ain Mohd Firdaus Kozako	308

Love

• Dearly Beloved; – Khaleda Alia Mohamad Jamil	311
• Galatea In The 2020s – Amy Sofeena Kamarulzaman	312
• A Reason To Believe – Yasmin Farani	313

Life

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



ADAB

Oleh : Nur Hidayah Yahaya

Ke mana hilangnya adab?
semakin lama semakin hilang
semakin lama semakin sepi
semakin lama semakin ditinggalkan.

Ke mana hilangnya adab?
adab anak kepada ibunya
adab pelajar dengan gurunya
adab sesama rakyat jelata.

Di mana hilangnya adab?
umpama hanyut bersama sampan
umpama ditelan lautan dalaman
umpama bunga layu di taman.

Adakah adab ditelan zaman?
adakah adab semakin dilupakan?
janganlah kita menjadi perosak
hidupkan adab sepanjang zaman.



Translation

Adab

Manners

Where's manners disappearance?
The longer it goes away
The longer it gets lonely
The longer it left behind

Where's manners disappearance?
Manners the son to his mother
Manners the student with his teacher
Manners among human being

Where's manners disappearance?
It is like the flooding of the swamp,
It like the swallowing of the sea,
It like a wilted flower in the garden.

Is the manners swallowed by age?
Are we getting more and more forgotten?
Let us not be parasite.
Let apply manners forever.

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