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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."

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#### 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

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Table of Content

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

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	
Pantun Jenaka - Gladys Tagie & Florene Ejot Masanat	
Kurniaan Tuhan - Siti Zafrina Mohd Zahari	278
Nostalgia Terindah Di Teratak Pusaka - Nurnazirah Jamadin	280
Nota Hidup - Mahathir Ahamad	282
Normal - Nurziehan Baharuddin	
Pencarian Hakiki - Noor Shariena Zaraini	
Perginya Sang Penghibur - Arnida Jahya	287
Syair Mencari Wira - Sharir Aizat Kamaruddin	289
Rona Di Kanvas Putih - Roziani Mat Nashir @ Mohd Nasir	290 294
Secangkir Kehidupan - Zainatul Shuhaida Abdull Rahman	294 295
Sekeping Gambar - Gadis Monolog	
Sisa Hidup - Atifah Othman	296
Manusia, Rasa, Makna - Ts Siti Hajar Aznam	297
Ratapan Gaza - Noor Jannah Yob	298 300
Ruang - Shahriza Ilyana Ramli	
Adab - Nur Hidayah Yahaya	302
Suara Kemanusiaan : Peritnya Sebuah Kehilangan - Amanina Binti Mat	304
Ghani & Bazilah Binti Mat Ghani	
Sebuah Tahun Pelbagai Rasa - Intan Nurul'ain Mohd Firdaus Kozako	308

## Love

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



at joi mes findet. Tyy tál tiszta vízbe teszt k csy rél meghámozya rakjuk. Több bő rakjuk üvegekbe. A cukrot Magyobb üvegekbe

# LOVE IS BLIND By : Cyndra Robert Budull

I've loved you from the first moment My feelings cannot be translated I would become a writer and describe you in my favourite book

I have a lot of things to say But little time to explain If I could explain these feelings of pain To disappear or to remain

I speak to the sky, staring at the sun Your memory crosses my mind I don't search for answers anymore Deep inside I know this is just another lesson

The cloud is now complaining So then it brings the rains If I never saw you again I wish I could smile again

To me, you're the sun Brightening the day To me, you're the rain My eyes tear all day

Arousal increased; anxiety attacked My hamstring hurts But remember you're worth it Like the krebs cycle Even when you're not fully understood



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