



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."

# Copyright

**Copyright@** is held by the owners/authors. These poems are published in their original version without editing the content. However, language editing and proofreading has been conducted by the editorial team with permission from the authors.

The views, opinions and technical recommendations expressed by the contributors are entirely their own and do not necessarily reflect the views of the editors, the faculty, or the university.

## **Editorial Team:**

Sharina Sa'ad | Chief Editor  
Nor Asni Syahriza Abu Hassan | Managing Editor  
Sharifah Syakila Syed Shaharuddin | Secretary  
Rafidah Amat | Technical  
Nor Aslah Adzmi | Treasurer  
Siti Mukhlisa Mohamad Khairul Adilah | Editor  
Jacqueline Chuah Bee Peng | Editor  
Bawani Selvaraj | Editor  
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)  
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

## **Cover Design/ Layout/ Illustration:**

Dr. Shafilla Subri  
Syahrini Shawalludin

**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**

### **Editorial Team :**

Sharina Sa'ad | Chief Editor  
Nor Asni Syahriza Abu Hassan | Managing Editor  
Sharifah Syakila Syed Shaharuddin | Secretary  
Rafidah Amat | Technical  
Nor Aslah Adzmi | Treasurer  
Siti Mukhlisa Mohamad Khairul Adilah | Editor  
Jacqueline Chuah Bee Peng | Editor  
Bawani Selvaraj | Editor  
Shahriza Ilyana Ramli | Editor (Bahasa Melayu)  
Nur Syifaa Md Tahir | Editor (Bahasa Mandarin)

**Cover Design / Layout :** Dr. Shafilla Subri

**Layout:** Syahrini Shawalludin

**Certificate/ Logo :** Dr. Shafilla Subri

# *Editorial Board*

**VOICE OF THE SOUL VOLUME III: A COMPILATION OF POEMS**

**PATRON:** Prof. Dr. Roshima Said

**Advisor I:** Dr Junaida Ismail

**Advisor II :** Azlan Abdul Rahman

**Editor -in- Chief :** Hajjah Sharina Sa'ad

**Managing Editor/ Corresponding:** Puan Nor Asni Syahriza Abu Hassan

**Secretary :** Puan Sharifah Syakila Syed Shaharuddin

**Technical:** Puan Rafidah Amat

**Treasurer:** Puan Nor Aslah Adzmi

## **Language Editors :**

Cik Siti Mukhlisa Mohamad Khairul Adilah

Madam Jacqueline Chuah Bee Peng

Madam Bawani Selvaraj

Puan Shahriza Ilyana Ramli

Cik Nur Syifaa Md Tahir

## **Guest Language Editors:**

Dr. Nur Syazwanie Mansor

Dr. Berlian Nur Morat

Cik Fathiyah Ahmad@Ahmad Jali

Puan Norlizawati Md Tahir

Cik Fatin Rahaina Ahmad Sani

Puan Nadira M. Jahaya

Encik Muhammad Ikhmal Mohd Jamil

Encik Ahmad Noh

Puan Faridah Ngadim

Puan Leila Nasser

Puan Hashimah Hashim

## **Graphic Designers:**

Dr Shafilla Subri

Syahrini Shawalludin

# Table of Content

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

|                                                                     |            |
|---------------------------------------------------------------------|------------|
| • Me & You – Nur Alia Farhana Adiyakor .....                        | <b>314</b> |
| • Love Is Blind – Cyndra Robert Budull .....                        | <b>315</b> |
| • Red Is Mawar, White Is Melati – Ainol Sarina Ahmad Zazili .....   | <b>316</b> |
| • Sacred Bonds An Allah Blessed Matrimony – Nur Dalila Adenan ..... | <b>318</b> |
| • Butterfly – Dr Lew Ya Ling .....                                  | <b>319</b> |
| • -End- – Amir Lukman Abd Rahman .....                              | <b>320</b> |
| • Our Eternal Love – Razifa Mohd Razlan .....                       | <b>321</b> |
| • Love In Mathematics – Chen Chee Khium .....                       | <b>322</b> |
| • Midnite My Dearest – Nursuria Binti Mahrif .....                  | <b>323</b> |
| • Screaming Of Freedom – Mohamad Faizal Ab Jabal .....              | <b>325</b> |
| • This I Give To You – Dr Aimy Abdullah .....                       | <b>326</b> |
| • Terhenti Di Sini – Nur Hanani Nordin .....                        | <b>327</b> |
| • Si Tua Menyoal Rindu – Tuan Atirah Tuan Rusdi .....               | <b>329</b> |
| • Sandaran Cinta – Siti Hajar Aznam .....                           | <b>331</b> |
| • Bicara Hati – Dr Mohd Izani Othman .....                          | <b>332</b> |

## **Nature**

|                                                                    |            |
|--------------------------------------------------------------------|------------|
| • I Row In The Glacier – Bok Check Meng .....                      | <b>337</b> |
| • Earth's Plea – Emma Marini Abd Rahim .....                       | <b>338</b> |
| • Seashells At The Seashore – Ahmad Najmie Rusli .....             | <b>339</b> |
| • Beneath The Sky, Beside The Sea – Azyan Yusra Kapi @ Kahbi ..... | <b>340</b> |
| • A Little Deer (小鹿) – Chen Chee Khium .....                       | <b>342</b> |
| • Sajak Malam Yang Dingin – Sharir Aizat Kamaruddin .....          | <b>342</b> |
| • Bisikan Di Pinggiran Pantai – Nurnazirah Jamadin .....           | <b>345</b> |
| • Suara Kecil Itu – Dr Arnieyantie Abdul Hadi .....                | <b>346</b> |
| • Aku Ingin Menjadi Kupu-Kupu – Jennifah Nordin .....              | <b>348</b> |
| • Tamat – Ts Siti Hajar Aznam .....                                | <b>350</b> |

*Love*



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

## THIS I GIVE TO YOU

By : Aimy Abdullah

Love,

This I give to you:

A promise that I'll ever be true  
A vow to always see you through  
A hand to hold in happiness  
A friend steadfast in the darkness  
A joyous tear to roll down my cheek  
When you've finally found what you seek  
A steady source of comfort and warmth  
When you're facing your darkest storm  
A heart to hold and support you  
When you're feeling weak, sad and blue  
A smile bright upon my face  
To enlighten all your days

Love,

Doubt not my words, for they are true:  
All this, all this I give to you.



# *Editorial Team*



Puan  
Hajjah Sharina Sa'ad  
*Chief Editor*



Puan Nor Asni Syahriza  
Abu Hassan  
*Managing Editor*



Puan Sharifah Syakila  
Syed Shaharuddin  
*Secretary*



Puan Rafidah  
Amat  
*Technical*



Cik Siti Mukhlisa  
Mohamad Khairul Adilah  
*Language Editor*



Madam Jacqueline Chuah  
Bee Peng  
*Language Editor*



Madam Bawani  
Selvaraj  
*Language Editor*



Puan  
Shahriza Ilyana Ramli  
*Language Editor*



Cik Nur Syifaa  
Md Tahir  
*Language Editor*

# *Graphic Designers*



Dr. Shafilla Subri  
*Graphic Designer*



Cik Syahrini  
Shawalludin  
*Graphic Designer*

# *Guest Language Editors*



Dr. Nur Syazwanie  
Mansor  
Guest Language Editor



Puan Norlizawati  
Md Tahir  
Guest Language Editor



Puan Faridah Ngadim  
Guest Language Editor



Encik Ahmad Noh  
Guest Language Editor



Puan Leila Nasser  
Guest Language Editor



Puan Hashimah Hashim  
Guest Language Editor



Dr. Berlian Nur Morat  
Guest Language Editor



Cik Fathiyah Ahmad  
@Ahmad Jali  
Guest Language Editor



Healing,  
with Poetry

VOICE  
of the  
soul

Volume III



Universiti Teknologi MARA Cawangan Kedah