



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

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

Nature

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

Nature



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

AKU INGIN MENJADI KUPU-KUPU

Oleh : Jennifah Nordin

Aku ingin menjadi kupu-kupu
Berwarna warni
Berterbangan jauh, indah dan beragam
Mengepakkan sayapnya
Bertaburan di pelusuk alam
Bergerak di udara di bawa angin

Aku ingin menjadi kupu-kupu
Memiliki mata Lepidoptera
Mata majemuk
Mata tertarik pada cahaya
Terpikat kebersihan dan kelembapan
Terhibur di pinggiran sungai

Aku ingin menjadi kupu-kupu
Kupu-kupu pengunjung bunga
Menyukai bunga beraroma manis
Menyuburkan debunga
Menjadi bunga kupu-kupu
Mencantikkan bumi dan flora

Aku ingin jadi menjadi kupu-kupu
Menjadi pujaan memikat hati
Menonjol indah mempesonakan
Mengagumkan dan menenangkan
Mengkhayalkan hati-hati yang lara
Mati meninggalkan kenangan manis



Umi Jenni 30/12/2023
11.52a.m

Translation

Aku Ingin Menjadi Kupu-Kupu ***I Want to be a Butterfly***

I want to be a butterfly
Colorful
Flying far, beautiful and diverse
Flapping its wings
Scattered in the corners of nature
Moving in the air carried by the wind

I want to be a butterfly
Having Lepidoptera eyes
Compound eyes
Eyes attracted to light
Captivate cleanliness and humidity
Enjoy at the edge of the river

I want to be a butterfly
Paying visits to flower
Loves sweet scented flowers
Fertilize the pollen
Become a butterfly flower
Beautifying the earth and flora

I want to be a butterfly
Become a captivating idol
Prominent, beautiful enchanting
Impressive and soothing
Healing sick heart
Leave sweet memories upon death

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