

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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Cover Design/Layout/Illustration:

Dr. Shafilla Subri Syahrini Shawalludin

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

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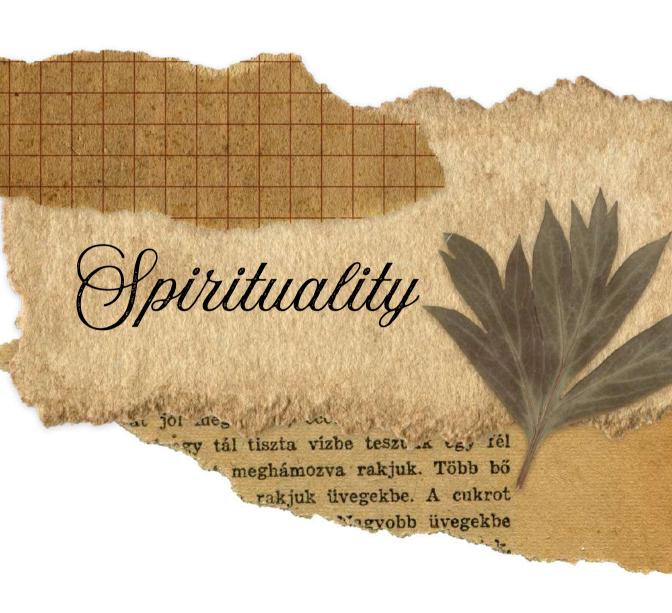
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Table of Content

Foreword	 i
• Preface	 ii
Acknowledgement	 III iv
• Copyright	 ٧
• Title Pages	 vi
Editorial Board	 viii
• Table Of Content	 VIII

pirituality
All Is Well - Dr Noor Hazarina Nordin
Trust And Faith - Yasmin Farani
Human - Wan Noorli Razali
He Is The Greatest Ya Rabb - Nur Jihan Md Johan
Resilience Of The Green Deer-Watermelon - Nur Haziq Fikri Ahmad
Al-Quran: The Ultimate Solution To The Human Problem - Su'aida Safei
Eternal Devotion: A Tribute To Allah - Dr Roszi Naszariah Nasni Naseri
Open My Eyes - Tina Ak Stephen Enggong
Shariah Principles In Rhyme: Exploring Islamic Banking - Dr Siti Nor Amira
Mohamad
Thanksgiving - Bawani Selvaraj
The Night Of All Nights (A Serenade To Laylat-Ul-Qadr) - Dr Aimy Abdullah.
The Shadow - Noor Fazzrienee Jz Nun Ramlan
Le Cose Preziose Che Il Denaro Non Può Comprare - Dr Catarinella
Piermauro
Aku Ini Cuma Hamba - Dr Noraini Nasirun @ Hirun
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Malam Itu - Siti Aishah Che Kar ······



THE SHADOW

By: Noor Fazzrienee Binti JZ Nun Ramlan

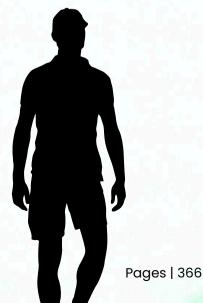
In the morning light, the shadow falls, A constant companion, it heeds no calls, It mimics my steps, with silent grace, Urging me forward, in every race.

In its depths, a reflection true, Of dreams unspoken, yet to be pursued, A whispering voice, in the depths of night, Guiding my path, with steadfast might.

Through valleys low and mountains high, It dances beside me, reaching for the sky, Encouraging whispers, soft and clear, Pushing me onward, dispelling fear.

For in the shadow, I see my might, A mirror of courage, shining bright, With every stride, it urges me near, To aim higher, to conquer fear.

So I embrace the shadow, my faithful guide, With its urging whispers, I'll never hide, With each step forward, it stands by my side, Through every challenge, it serves as my pride.



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