



Healing,
with Poetry

VOICE
of the
Soul

An illustration of a hand holding a quill pen in a blue inkwell. The hand is white and the inkwell is blue. The quill is green and yellow. The illustration is positioned to the left of the main title.

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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Spirituality



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

LE COSE PREZIOSE CHE IL DENARO NON PUÒ COMPRARE

BEYOND RICHES: THE TAPESTRY OF VIRTUE

By: Piermauro Catarinella

In life, the most precious things are priceless!

Nella vita, le cose bramose e favolose non son radiose, gioiose e petalose. Ma semmai disastrose e barbose.

Many individuals hold the belief that money has the potential to enhance the quality of our lives. While it is true that money enables us to acquire numerous tangible possessions, it does not necessarily guarantee happiness. Accumulating excessive wealth can lead to various problems and misfortunes.

Odiöse e schiföse, sabbiose e non preziose. Rigogliöse e luminöse, o pittosto rabbiose e tenebrose.

We can purchase luxurious items such as fancy cars, stylish clothing, expensive watches, jewels, and even gold bars with money. However, possessing these items does not automatically translate into becoming decent, joyful, or serene individuals.

Una brama di ricchezza, assicura agiatezza e baldezza? Magari ebbrezza, sì ma grezza, e fors'anche invece pochezza e trascuratezza.

While having substantial wealth may create a sense of affluence, it raises the question: what does "rich" indeed mean in this context? Money often can inflate our egos, fostering a sense of accomplishment and power. Yet, it is essential to question whether money consistently yields a positive impact on our lives.



La tua notorietà non ti aiuterà, e la tua bramosità è sempre segno di civiltà?

While possessing wealth may lead to fame, does this renown automatically equate to decency, goodness, altruism, and morality?

La tua ostentazione è sì accumulazione, ma non reca in sé ammirazione, ambientazione o positiva aggettivazione.

It is often observed that those who flaunt their wealth are frequently individuals with a sense of inner poverty. Being wealthy does not guarantee admiration and appreciation.

La tua vanità, non dà affettuosità o benignità, ma cecità e boriosità. E non rispecchia congenialità e convivialità.

Some individuals exploit their possessions for personal gain, enjoying the attention, admiration, and desire that come with them. They might not receive the same level of consideration without their material wealth.

La tua sfarzosità denota ariosità, altezzosità ed alterità, ma non si traduce in affabilità, affidabilità, cupidità ed attendibilità.

Wealth, defined solely by the possession of money, does not inherently cultivate qualities such as caring, seriousness, or reliability. These virtues are independent of one's financial status.

Non ho denaro, ma sono caro, un corsaro e un carbonaro.

Living happily without financial wealth is entirely possible when you have the love and acceptance of a family who values you for who you are.

La salute, che ci vien dal paracadute, non ha vedute, ma è soggettivamente tangente e sommamente strapotente.

Health, a divine gift, remains beyond the reach of monetary transactions. Those fortunate enough to enjoy good health can genuinely appreciate the richness it brings, as our lives can only be truly enjoyed when we are in good health.

Oh mia serenità, della mia vita accettabilità, senza ansietà e astiosità, che mi dà una beltà e massima canorità.

Given the choice between a luxurious, yet troubled and painful existence, and a serene, carefree life that allows me to connect with the marvels of nature, I would unquestionably opt for the latter.

Cerco pace, verace e vorace, che non sia fugace , né mendace. Una felicità senza artificiosità, è costruttività alla cubicità. Anche se la sua durabilità è sempre eccezionalità.

Accumulating wealth does not guarantee a harmonious existence with ourselves and others. The ultimate goal for every individual is to achieve authentic happiness, even though it is widely acknowledged that happiness is fleeting.

Con l'amore, il mio animatore, appagatore e beneficatore. E collettore di bellumore.

The key to a fulfilling life lies in the authentic love we feel for our family, friends, and those around us. Genuine happiness is guaranteed through the emotion of love.

La lealtà senza ambiguità non è banalità, ma credibilità, l'esatto contrario di meschinità.

Loyalty extends beyond individuals to encompass the values we genuinely believe in, constituting a true moral virtue that garners appreciation and respect from everyone.

La sincerità, scevra da qualsiasi ambiguità, è non solo una canonicità, ma vieppiù cardinalità.

To earn love and respect, sincerity in both words and actions is crucial, and we all deeply admire those who are truthful with us.

Ed infine, l'onestà, derivante da maternità, sinonimo di signorilità ma avulsa da scolarità. Una preziosità che speriamo omogeneità in orizzontalità ed anche verticalità. E se è metodicità, allora diremmo addio alla litigiosità ed alla mafiosità?

Lastly, it is imperative to recognize the intrinsic value of honesty, a virtue that cannot be purchased. Imagine a world where everyone steadfastly adhered to a policy of unwavering honesty in self-reflection and interactions with others. The outcome would unquestionably be splendid, aptly characterized as a heavenly state on Earth.

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