

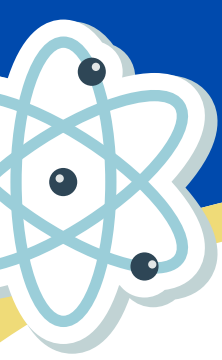

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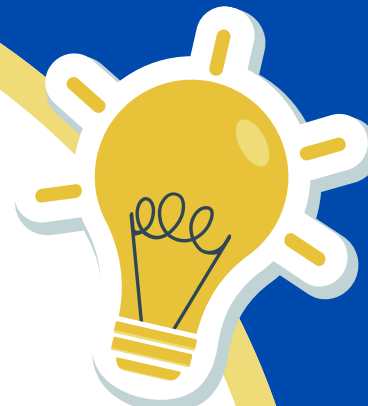
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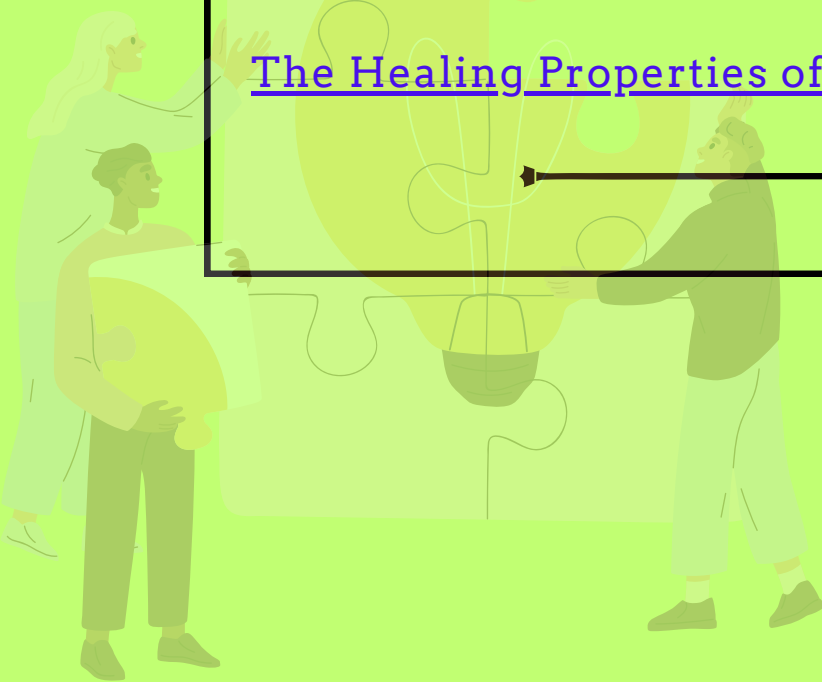
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HAIKU

By Dr Nur Ilianis Adnan

Sometimes, I make Haiku to express how I feel. Expressing feelings using Haiku makes me feel a lot better. I feel like I can remain calm and mysterious at the same time. Apart from expressing my emotions, creating Haiku is also good for your brain. It trains your brain to stop and reflect. Try it if you don't believe me. Here are some Haikus I made a few months back when I felt I needed to be more appreciated.

A drop of honey,
On my lips, the biggest grin
Imagine, a hive?

Pretty wings I own,
Fly higher, and if I go,
Will you ever catch?

Like the fine rainbow,
Appreciate and embrace me,
For I will vanish

Enjoy my presence,
And don't ever be reckless,
Good ME won't come twice.

