

## Talent in Medicine

The medical profession is not different from other workforce, sharing common interests, hobbies and talents. The majority of these activities are unrelated to medicine. Many are musicians, performers, artists, writers, critics, astronomers, photographers, etc., not to mention their excellence in the world of sports. On the other hand, there are also instances when the practice of these activities takes the form of applied interpretation of what they know in human pathobiology and the concerned function. Thus, some may be historians of clinical practice, clinical pharmacologists of locally used herbs or clinical therapists of locally practiced folk medicine.

This section of the Bahrain Medical Bulletin will be devoted to “Talents in the Medical Profession” to show and exchange with others common interests and applied experience. Contributors are therefore welcomed to submit their literary works. This issue contains two poems titled “**Bathing Oneself**” and “**Sometimes**”.

The Chief Editor

### Bathing Oneself

‘Take a bath daily’ you were told when you were a child,  
You even now bathe daily even though you are now no child.  
Bathing removed bad odors, made you feel fresh, smell nice,  
You followed the practice sincerely and didn’t think twice.

‘Take a bath every moment’ is what I have been now told,  
What is this bath, I asked; what is this new mold?  
‘This is a mental bath’, mind gets dirty every moment,  
External mental onslaughts make it impure every moment.

Someone comes and comments and makes you thinking obtuse,  
Another comes and irritates you, makes you off balance, confused.  
Another comes and makes you angry; you lose your composure,  
You have been insulted; you feel rankled; that leaves your mind impure.

When the mind is thus being made dirty by outside influences,  
Every moment there is friction and there are bad influences.  
Or past unhappy events come up in your memory and disturb your peace,  
Your mind is being disturbed from within and without, you lose your peace.

Bathe your mind every moment and bring it back to beauty and tranquility,  
Dirty mind smells worse than dirty body and its smell reaches eternity.  
Bathing mind every moment is essential for your health and prosperity,  
A dirty mind is a pain not only to you but to the whole fraternity.

How to bathe the mind, with what soap and water?  
Be first intensely aware of your normal calm and peaceful nature.  
When you are thus aware, you’ll immediately know when it is disturbed,  
Don’t accept disturbance as normal, bring it to neutral soon as it is disturbed.

Don’t keep going on like a pendulum after the event is over,  
Stop the mental pendulum soon after the event is over.  
Intense awareness is the soap and water and be determined not to gather dirt,  
Thus you bathe every moment, don’t let your mind gather or revel in any dirt.

Soon you will realize your peace is in your control and at your command,  
No one can disturb or upset you; you don’t give anyone such power even on demand.  
You will feel as your master, your peace will never be at stake,  
You wash yourself every moment; be centered every moment; smell like a fresh cake.

### Sometimes

Sometimes.....  
Sometimes when you wake up an hour before it is dawn,  
Get up and sit alert before a ray of light has spawned.  
Don’t be now lazy; don’t engage yourself in a yawn,  
It is much before the squeak of a bird or a fawn.

Sometimes, as you thus sit quiet, you find there’s intense silence,  
Focus on the silence; intently listen to the silence; nothing but silence.  
Match the outer silence with the inner silence as you sit in silence,  
You would then discover within you, a core of silence; your truth is silence.

Sometimes, as you thus sit silent, notice the intense darkness around you,  
Stare deeply and intently into the infinite space of darkness around you.  
As you thus watch the outer infinite space, close your eyes and see,  
Match the outer with the inner dark space, be one with it and see.

Sometimes as you sit silent in space as space, feel the lack of all movement,  
Feel the stillness that abounds, within and without; there’s no movement.  
There’s no movement without and there moves no thought within- that stillness,  
Be still and notice the lack of all vibrations, you notice you are that stillness.

Sometimes as you thus sit silent, spacious and still, you notice you are nobody,  
You are the silent, still space, fully alert and alive but no person, just nobody.  
Just be that; the Being that you are within, don’t try to define yourself nor be somebody,  
Notice the peace of Being, the joy of Being now; give up trying to be somebody.

Sometimes, when you thus find the state of your being before dawn,  
You try to carry it through the rest of the day and don’t become anyone’s pawn.  
Being is important not becoming; when this truth on you fairly dawns,  
You won’t forget the Being till the end of your earthly sojourn.

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