

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 “**What’s Happening?**” and “**When You Were Born**”.

The Chief Editor

What’s Happening?

When a ‘yawn’ or ‘sneeze’ comes, it comes; you can’t stop it,
Gas forms in the tummy itself; you can’t even hold it!
Breathing happens- keeps you alive- you don’t do it,
Heart beats - keeps you kicking- you don’t do it.

Seeing happens when an object is in front, far or near,
Hearing happens when a sound disrupts the silence dear.
Smelling too just happens when a smell is near,
Taste also happens; you don’t do it, isn’t it clear?

Hunger happens, thirst happens;
Then labor to appease them follows, of necessity it happens.
Bowel movement happens or you do it?
Urine forms, fills and distends the bladder, then makes you do it.

Hormones happen, puberty happens;
Thoughts and feelings change, sexuality happens.
Conditions get created, connections happen,
Babies get born and then the whole world happens.

In your head thoughts happen, feelings happen;
You think you think but mostly thinking happens.
Your past exposures decide the thoughts that happen,
With ‘will’ you may change them or else thoughts just happen.

What are you doing then, when almost everything just happens?
Aren’t you the mere witness of all that happens?
You know the automation, with which all happens,
You are the witnessing knower of all that happens.

It seems you do; but watch well- what you do also just happens,
Even labor and hard work, out of love or necessity they happen.
Nature is built such that even coming and going, it all just happens,
You allow or change what happens; don’t stress over what happens!

When You Were Born

When you were born, you cried and then slept,
You woke up when you were hungry or wet.
You were pure awareness when you opened your eyes,
You had no concepts of truth or lies.

When you were born, there were no words in your head,
When you looked around no interpretations you catered.
No words, no sentences, so no thoughts and no non sense,
You were pure awareness, just pure common sense.

When you were born, there was no chatter in your head,
Free of past and future; you were a bundle of joy instead.
What was worry or shame- these you did not know!
You were pure awareness, ready to learn, beam and glow.

When you were born, there was no insecurity or lack of faith,
That you'll be taken care of, you had abundant faith.
You were simple, honest and straight with nothing to hide,
Nor was there anything that you showed off with pride.

When you were born, your vision was clear, there were no distinctions,
Cast, color, creed and religion as if, had gone into extinction.
You were natural and spontaneous, you were pure attention,
Your smile was prompt; you were the focus of everyone's attention.

Now you live in worry, tension, anxiety and depression,
What've they taught you over the years, that's causing you apprehension?
You know very well how you were when you were born,
If you don't want any more suffering, you can right now be like you were born!

All we have to do is to let go of 'you and me' comparisons to be free again,
Give up 'should' and shouldn't like concepts that are the cause of pain!
Unlearn all good and bad precepts and notions that were learnt,
Drop words, memory and imagination; a silent 'presence' is then felt and learnt.

Dr. Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)
Senior Consultant Physician, Global Hospital and Research Center
Mount Abu, Rajasthan, India, Email: chawla.ak@gmail.com