

Talent in Medicine

The medical profession is not different from other workforce sharing with them all 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 presentation. This issue contains two poems titled "Moods" and "Nothing Is Wrong!"

The Chief Editor

MOODS

Moods will come and moods will go,
You will go on, so persevere dear Yo, Yo!
Good moods and bad moods and whatever,
Don't sway much with them nor swing forever.

I saw you dear; you were in a good mood just now,
You talked to me and you looked good right now.
What happened, what changed your mood?
What such came up that put you into a bad mood?

Watch your moods; watch just as they happen,
Notice what brings about the change as it happens.
Be aware of the slightest shifts in your moods,
You'll be in command soon if you watch your moods.

Everyone off and on does get into a bad mood,
Soon you take measures to get out of a bad mood.
But if bad moods become sudden, frequent or persistent,
Then is the time to seek advice without any reluctance.

If there was a way in, there must be a way out,
Bad mood isn't normal; look and you'll find the way out.

Don't you ever succumb too long to a bad mood,
It can be disastrous to stay long in a bad mood.

Wrong decisions and actions can follow from a bad mood,
Avoid serious deliberations while in a bad mood.
Take some rest and sleep or go exercise and jog,
Get in touch with friends and family, if you can't slog.

Kick the moods, kick the moods; don't be their slave,
Master your emotions well, or the results are grave.
Get wise counsel my dear, there's a way over the moods,
Wise ones will tell you, you can overcome your slippery moods.

NOTHING IS WRONG!

Nothing is wrong, yes, there's nothing wrong with life,
Everything is fine; yes everything is fine with life.
See no wrong and where is anything wrong with life,
What is; is how it is; that is life; there's nothing wrong with life!

What is wrong? What doesn't support me or my self interest?
Know that Life is not here to support any one's self interest.
When your self interest is shattered, you see all wrong with life,
Then keep no self interest to see nothing wrong with life.

See no wrong in you, in nothing and in no one else,
You are as you are and so is everything and everyone else.
Get this notion out of your head; know nothing can be wrong,
Laws of Nature are very strong and nothing can go wrong.

It just appears wrong, know that there's nothing wrong,
Death and disease are there; you suffer as you feel they are wrong.
Gain and loss, birth and death, joy and sorrow, life is made up of such,
The two go together, one changes into another, life's game is such.

Always rich, always healthy, always well known and successful?
This always business doesn't work here; relax, don't be stressful.
Right and wrong also go together, your right is another's wrong,
For life which is one connected whole, right balances wrong.

What you gain by labeling people, things and events right and wrong?
Just deal with what arises in the moment; call it neither right nor wrong.
Life itself has brought it about; it's futile cursing it as wrong,
Just take it, handle it as needed; don't get stuck in right and wrong.

When you stop so labeling, youøll see a change within yourself,
Peace and calm will now reside in you; you will be your joyous self.
Grateful for whatever is there; you will be an expression of thanks and joy,
Weøre here to express the joy of living; weøre made of peace, love and joy.

Dr Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)
Senior Consultant in Medicine
W-035, Regency Park II
DLF phase IV, Gurgaon, India
Email: chawla.ak@gmail.com