

## **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 “Silence!” and “This World!”.

**The Chief Editor**

### **SILENCE!**

Silence! Silence! Silence class!  
The teacher shouted at the rowdy class.  
Silence, silence; a talk, a lecture is on,  
Silence is essential to listen to someone!

When no words are uttered that is silence,  
This is what we all know as silence.  
This silence can be bane or boon,  
Depends if words are too late or too soon!

Words may not come out but you may be boiling within,  
A volcano may be building up ready to burst and fume.  
Now, this is no silence; it's a mockery of that,  
If this is your silence, beware of that!

Is silence akin to the rest of the laryngeal box?  
Is it a function of the lips, the tongue or cheek box?  
Is it a feature of the speech center in the brain?  
Or of some other higher centers in our brain?

Notice now, if there is silence in your head?

Or a background noise or chatter goes on in the head.  
Through a monologue or dialogue, you're talking to yourself,  
Silence? Where is silence? Where is silence in yourself?

When this chatter in the head stops, well, that is silence,  
When aimless thoughts and words stop, that is silence.  
When mind is quiet in this moment, that is silence,  
When you are just alert, aware presence that is silence!

If silence is golden it must be the silence of the mind,  
This thought-free, silent pleasant presence is the big mind!  
All troubles are in thoughts, silence gives you peace,  
It is this silence that takes you beyond fear like disease!

### **THIS WORLD!**

Where all achievement comes to naught,  
From where everyone goes empty handed flat,  
Where all bickering one day comes to a full stop,  
Where one day will become your day last!

Apparently beautiful, attractive but un-steadfast,  
Ensnares the gullible who get lost in it very fast.  
Once ensnared, to get out of it is no easy task,  
The world's grip is tight; wriggling out is no cakewalk.

Appears so real, you try to hold it in your grasp,  
But like the sand-grains, it constantly leaves your grasp.  
The sights, the relations and fights seem very real,  
You get sucked in; only later you realize it was unreal.

Here we seek happiness where certainly it is not,  
In success, expensive gifts, travel and the whole lot;  
We flounder and yet blunder again and again,  
What the heart seeks is heart, not just goods or grains!

Here you also get lost in the world of thoughts too quickly,  
A world within a world is a world of your thoughts really.  
Through your thoughts, the passing world is taken seriously,  
Heart-wrenching pain then follows certainly, inevitably!

You spread your net by calling things and people as yours,  
'I and mine' are the tentacles that clasp all you call yours.  
The burden of all that's 'mine' becomes bigger and bigger,  
You carry it till the last day and then painfully leave it there.

Stung by the world or by chance, you one day ask the question:  
Is it all not an illusion supreme? Where am I in this equation?  
Then the truth once sought, can't remain hidden for long,  
When the truth is revealed you burst out into laughter and song!

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