

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 “Cat and the Mouse Hole” and “Happiness!”

The Chief Editor

CAT AND THE MOUSE HOLE

Is it? You can't bring your mind under control?
It's easy! Always play the game of the cat and the mouse hole.
You'll have to play the role of the cat watching the mouse hole,
You'll be surprised how the tough mind comes under control.

What is mind- it is but a flow of thoughts;
Often random, repetitive, drifting wasteful thoughts,
Often negative, misery producing thoughts,
Very often sad, gloomy, depressing thoughts!

In our house there was a mouse hole,
In the night huge rats would be in and out of the hole.
When the cat was around and watching their hole,
They'll look up and quickly withdraw into the hole.

Here is how we play the game of the cat and the mouse hole-
You, yes you, take up the alert cat's role,
Your head becomes now the famous mouse hole,
Thoughts that arise in it are the rats in that hole.

Smart cat, smart cat; watch the head, that's your mouse hole,

Notice every thought, the mouse as it peeps at the hole.
When the thought sees you watching the hole,
It'll quickly withdraw and disappear into the hole.

When your watch is continuous and well-sustained,
The mice can't come out, they'll get drained.
They'll become feeble and die off soon,
You'll be free of random thoughts, day, night and noon.

What is suffering? It's all caused by thoughts,
Thoughts about events long before wrought,
Thoughts of events that haven't yet come to pass!
'ANTs'* so depressing, O Lord, save me from my thoughts!

When the cat is around the mice can't fritter and liter,
When the watcher is around, thoughts become timid and quitters!
Now, when you become the watcher, observer of all thoughts,
Your head becomes light, free of meandering thoughts.

It works, it works, it works very well,
What you lose, give it a try and get out of your hell?
Persist with the game; perseverance makes us better,
With mind under control, now you're your Master.

*ANTs = Automatic Negative Thoughts

HAPPINESS!

Tell me a guy who isn't trying to be happy?
Guy or girl, everyone wants to be happy!
You and me, we all love to be happy,
Show me the one who is always happy!

Happiness comes but soon happiness goes,
Happiness gotten from a thing or someone comes and goes.
We change, and things and events also inevitably change,
So, with every change our happiness will change.

There's a happiness that neither changes nor dissolves,
For this you must make three resolves!
The formula is ancient, though not so well-known,
'Being centered' is the key to open the gates unknown.

Let me, let me tell you now of those three resolves*-

“I don’t want anything from anyone”-the first resolve,
“I’ll be of use to everybody” is the next resolve,
“Nobody can make me unhappy” is the third resolve.

Happiness now around you will for ever revolve,
For now you live with ‘the three resolves’!
Expect no thanks or returns, just do the deed,
Try it; happiness that comes thus will last indeed!

Outside, the world may change and change it will,
Your happiness is independent of the world; stay it will!
This formula for happiness, I tell you is a secret one,
Very few know it; those who *live it* are the happy ones!

* ‘The Art of Living!’

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