

## **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 “**The War Within**” and “**The Silence Within**”.

**The Chief Editor**

### **The War Within**

I am at no war; not with anyone,  
I want no war with friend or foe someone.  
I have no time to fight with anyone,  
I am busy; busy in fight with just this one.

Each one's perpetual war is the one within,  
The enemy they say is not out but in.  
The inner one can be a friend, but is rarely one,  
The enemy is often within for each and every one.

Our mind if in our control is our friend,  
A mind out of control is no one's friend.  
If a man can control his very own mind,  
He alone is happy, and he is not a common kind.

So what's the fight, what's this inner war about?  
It's about keeping ANTs\* and wasteful thoughts out.  
Not being driven by negativity of any kind,  
Not living in the garbage of past stored in one's mind.

Our mind is very subtle; you can't fight with it and win,  
But watching it as an impartial observer can do it in.

Being unaware and unmindful of what goes on in the mind,  
You then flow with the automatic thinking patterns of the mind.

Being aware and awake about what goes on in the mind,  
Is the best way to take charge of your own mind!  
Nipping unhappy states of mind in the bud, that's the fight,  
Not getting lost in automatic thoughts, that's the fight.

\*ANTs= Automatic Negative Thoughts

### **The Silence Within**

There is a core within you where silence reigns,  
This silence in your center is where peace alone reigns.  
Could you ever access this core of silence within?  
It's hard to reach but once there you find joy and peace within.

In your head mostly some self-talk or a chat goes on and on,  
It's often related to stories of past or the current goings on.  
Memory of past starts as a visual on your mental screen,  
Imagination gets added on and story progresses scene by scene.

This often repetitive, often wasteful movie making in the head,  
Is the continuous chatter that goes on in your head!  
This noise in the head often ends up in a headache,  
If unbridled it may end in mental illness or psychic aches.

Most people suffer because they can't stop this chatter,  
They don't know how to silence this habitual inner prattle.  
They haven't ever felt the presence of silence within,  
Only when the chatter stops you can sense the silence within.

The way to that silence is through being an inner witness,  
Not being identified with thoughts, but by being their witness.  
If you can witness a thought just as it arises,  
It will shy away as you watch and you'll see it vaporizes.

Being its witness gradually quietness the mind,  
When no thoughts arise that's a silent mind.  
A quiet mind alone is a source of inner joy and peace,  
Through this inner silence, you access a realm of peace.

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