

## 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 "WhoTold You To?" and "Deal and Drop".

### The Chief Editor

#### WhoTold You To?

Who told you to suffer at your own hands?  
And you only suffer at your very own hands!  
You could stop this suffering at your own hands,  
If you get a few tricks up your sleeve and head bands.

Who told you to live in your head all the time?  
You chat with yourself all the time!  
You talk to yourself without reason or rhyme,  
No one is there near but self talk goes on all the time.

Who told you to hold on to the past?  
You don't let go of it, especially the unpleasant past.  
You take it as normal to go over and keep revising the past,  
Past gives you identity; you think you are your cumulated past!

Who told you to keep dreaming of a happier future?  
This time of action you waste in dreaming of a better future.  
You think it is ok to dream and get lost in dreams,  
Without appropriate action there is no use of any dreams.

Who told you life is merely comparison and competition?  
You then tend to get lost in what is beyond your jurisdiction.  
Draw inspiration and put in some perspiration,  
That is the success formula that takes you beyond competition.

Who told you that you are isolated, just like an island?  
Don't you see universal connections playing on this land?  
You live in certain fear because of feeling disconnected,  
You will not suffer if you for ever felt connected.

Who told you that thinking too much is beneficial?  
Have you never felt that such thinking is detrimental?  
Have you ever stopped thinking, knowingly and at will?  
This trick when learnt and practiced, happily do we live!

#### Deal and Drop

Who doesn't make a mistake? So, harbor no guilt;  
With too much of guilt, towards depression you'll tilt.  
Learn lessons from mistakes and just move forward,  
Life's passages are narrow and crooked, seldom straight forward.

Who is not uncertain about the future? But why worry?  
Anxiety will take over you; tomorrow won't be better through worry.  
Learn skills and apply, work well, you will surely move forward,  
Negotiate smartly through life's slender passages, keep moving forward.

One skill we need to learn is to deal and drop,  
Deal with situations and then let them go and drop.  
Deal and drop, deal and drop, deal and drop,  
People or situations, you simply deal and drop.

If you don't drop them they will linger,  
They hurt you longer if you let them linger.  
They linger in your mind, where else they will linger?  
If you can't drop them, they continue to hurt and hinder.

Deal well with full attention, when situation is active and alive,  
Once it is dead and gone, you don't relive to give it a new life.  
Persons and situations can become a burden if you let them simmer,  
Deal well with the world and then you drop it soon, nay, sooner.

A mirror deals and drops, deals and drops, as we see and know,  
It reflects you well when you are there, drops you when you go.  
It holds nothing, drops everything, stays clear and shining,  
We too must deal and drop to stay internally light and externally smiling.

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March 2016 marked 20 years since Bahrain Medical Bulletin has started publishing poems of Dr. Anil Chawla. The first poems appeared in March 1996.