

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 “**Tune-In Well**” and “**Mental isn’t Fundamental!**”.

The Chief Editor

Tune-In Well

103.5 is my FM radio’s correct and right frequency,
Tune it on exact 103.5 and you get the best frequency.
Best frequency means clear and noiseless frequency,
Let the needle move a little; noise appears, it’s a noisy frequency.

Our head is not unlike a radio tuner,
It has many stations which keep broadcasting for ever and ever.
What I want I must know very well and tune very well,
Or else I end up listening to endless noise and get unwell.

I was doing some work one day and had to work in sequence,
I was doing very well following every step in sequence.
One moment my needle moved, I got lost and I lost the sequence,
Luckily, I realized my distraction quickly and regained the sequence.

Luckily I say, for I didn’t suffer a serious consequence,
Distraction is known to have caused many a serious consequence.
One while driving started texting on the phone, for instance,
A moment’s mistuning and distraction had an unwanted consequence.

We see a man is where his attention is, not where his body is,
And the same is true for a woman; she too is where her attention is.
If our attention is focused and tuned well just to the task,
We do our best and what comes out is a well accomplished task.

Why does our attention drift and fritter? Out of habit I guess!
We believe in multi-tasking; so many things to do and to possess.
We become mediocre doers; unlike those whose attention is tuned well,
One task at a time with well-tuned attention; get best results,
be safe as well.

Mental isn’t Fundamental!

A thousand thoughts you think, that’s all mental,
It’s only mental and not fundamental.
A million thoughts have crossed your head and gone,
You’re there; you didn’t go; what’s not fundamental only is gone.

What comes and goes is ephemeral, transitory; not central,
Unlike breathing, thought is impermanent; mental is not central.
You know thoughts come and go; you, the observer is fundamental,
What is fundamental is you, the observer; the awareness of even mental.

Thoughts may come and go, but this ‘I’ the observer goes on forever,
‘I’ is the knowing awareness that knows all mental phenomena forever.
Stay often with fundamental; you won’t then become a wreck mental,
Lose or forget the fundamental and you get totally lost in mental.

Mental is noisy, mental is restless; it’s only a disturbance,
Being too much mental leads to too much disturbance.
Drop the mental, stay fundamental, where there is no turbulence,
It’s your choice, you abandoned peace and chose turbulence.

Perhaps it’s not your fault; it’s hard to recognize your core of silence and peace,
In deep sleep you feel rested for you touch this core of silence and peace.
If while awake too, you prefer to remain in touch with your true core silent self,
Abandon all other contacts mentally, you can ‘now’ be your calm and peaceful self.

Dr. Anil Kumar Chawla
Senior Consultant in Medicine,
Global Hospital and Research Center,
Mount Abu, Rajasthan, India. 307501
E-mail: chawla.ak@gmail.com

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