

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 “I Want Peace!” and “M.I.N.D.”.

The Chief Editor

I Want Peace!

When the sea of your mind is rough and turbulent,
When waves in your ocean are restless and incessant!
When worries and tensions are playing havoc on you,
The cry, 'I want peace,' 'I want peace' erupts from you.

When I went to a wise man and said, 'Sir, I want peace.'
He made me repeat the words, say, 'I want peace'.
He then said, 'Remove I and remove want you'll be left with
peace,
'I want' he said, 'is what has destroyed your peace'.

I was left wondering by the answer to the plea, 'I want peace.'
I said I don't understand your reply to 'I want peace.'
He then gave me an exercise to one by one remove all wants,
I recognized and kicked them out; yes, all of my wants.

The disturbance to my peace was caused by my wants,
Some were quite gross; many more were subtle wants.
I already had a car, a house, money, family; so no gross wants,
What worried me more were my very subtle wants!

I wanted things to happen in a certain, particular 'my way',
I didn't want another event to happen in that way.
I wanted her to behave better and not say such a thing,
I wanted him to respect me and listen to my wisdom bing.

When I recognized and removed my such subtle silly wants,
Peace was at hand and it was at my command!
I realized then that I am peace when free of wants,
To regain your lost peace, say 'There's nothing in the world that
I want.'

M.I.N.D

Movement in never-ending directions is MIND,
Movement in newer and newer directions, is MIND.
Movement away from here and now, you know is MIND,
Movement in time, in past, future and present is MIND.

You are sitting here and you notice in your head, the movement,
You are here, mind (thought) goes somewhere, that kind of movement.
This movement is so quiet, no one but you can notice the movement,
Movement is in your awareness; the inner eye sees the movement.

Movement in awareness or consciousness is therefore mind,
No movement or movement in no direction is then no-mind.
In deep sleep every night we touch a state of no-mind,
So you know, mind is turbulence and disturbance, peace is in no-mind.

Wanting rest, calm and peace we go for sleep and reach no-mind,
Peace is in stillness; stillness is when there is no mind.
Stillness is consciousness, awareness without movement or mind,
Before inner movement starts we are stillness or no-mind.

Why does movement happen? If we knew that we could at will, still it, *
The laws of this movement if we knew we could still it.
The Law: "Whatever you give importance and attention to increases,
Whatever you withdraw attention from disappears or decreases!"

Newton's laws we know but this one we are not taught,
Life's kicks teach us; we learn and become wise and self-taught.
Not holding on to past grievances, we bring attention to this moment,
Worry of future yields nothing; stay joyful, here and now, in this
moment.

* The movement away from this moment, happens into five broad
avenues: (1) People (relationships or others) (2) Things (possessions or
others) (3) Events (situations, etc.) (4) Time (past, future, etc.) and (5)
Place (here, there, etc.).

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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.