

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 "Conditions Apply!" and "The Union!".

The Chief Editor

Conditions Apply!

When a bank or a company sends you an offer,
Notice the fine print at the bottom of the offer.
There is a start sign and the words "Conditions Apply"
The offer is open only if you fulfill the conditions that apply!

Does your happiness come with the tag 'conditions apply'?
Are we happy and joyful only when certain conditions apply?
What will happen if suitable conditions don't prevail?
Surely our conditional happiness will be lost and get derailed.

If our happiness becomes dependent on certain conditions,
What will we do if there is a change in the conditions?
Not happiness but unhappiness will now prevail,
You wait with unhappiness till suitable conditions again unveil.

This up and down, happy-unhappy cycles will go on,
This will become your nature if you allow the cycles to go on.
Are we here to be cyclically or off and on happy?
Or we are here to be regularly cheerful and happy?

Often it's a question of choice; what you choose to be?
Happy no matter what or conditional happiness, how you prefer to be?
Conditional happiness is common; no matter what kind is rare,
No matter what requires guts and right knowledge, so rare.

Everything in the world is changing and changing without notice,
It's a fickle, fickle world; frequent change is all you notice.
Conditions are changing so often and also quite drastically,
Wise people don't rely on them, they simply live happy intrinsically!

The Union!

Union means being united, when two or more unite to be one,
Like the trade union, or the union of one with another one.
There is another kind of union where you don't need two or more,
This union is union of you with your core.

You are your attention; you are bodily here but where is your attention,
You are somewhere out if you have an outward directed attention.
You are in if you have inward directed attention,
You are there, where is your focused attention!

What is outside- a profusion of sensory - visual and other objects
What is inside if you remove all images of the outer objects?
What is left inside with all the images, words and experiences gone?
A space, a wide inner space of silence and stillness is never gone.

Your attention is normally uniting with one or other objects,
People, things, situations, time, place are external objects.
Your attention is always roaming in one or several objects,
They could be real objects in front or images of internalized objects.

Constant union of attention with multifarious external objects is tiring,
Tiring is a mild word, it can be exhausting, distressing and depressing.
That's why at the end of a tiring, exhausting day, we find rest in sleep,
When we break away from all external objects we fall off to a restful sleep.

If you happen to notice an inner object-free space of silence and stillness,
Don't miss it, don't just let it pass into oblivion, nor forget this stillness.
Unite your attention often with this silent inner space, even when you are awake,
Awaken to the beauty of this union, this is true union of peace, make no mistake.

This union will bring you peace, joy and lightness of demeanor,
A smile will be natural on your face and lighten your demeanor.
This union is called the union with the silence of the strict here and now,
No past or future chatter; you live in the simplicity of here and now!

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