

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 “**Just Let It Be!**” and “**Letting Go!**”.

The Chief Editor

JUST LET IT BE!

When you see a star break and fall in the sky, you let it be,
When the sun goes down and moon comes up, you let it be.
When clouds cover the sun, make night of day, you let it be.
If the moon has blotches, what can you do, you let them be.

On earth when you see apparent good and bad do you let it be?
Mind fills up with thoughts good and bad, you don't let it be.
Something happens in a distant land; you hear it or see on T V,
You can't do a thing but your mind starts racing with the T V.

When there is nothing you are to do, you just let the world be,
When you can't change a thing, accept it and let it be.
Look at your mental suffering; see how it is caused,
When you don't or can't do a thing, but won't accept or let it be.

When we don't accept, negative thoughts start in the head,
Where there was peace now there is turmoil instead.
What is responsible for your lack of peace and suffering?
Not accepting and not closing the chapter by doing something.

Do something or don't think about it, accept it and let it be,
This is how the world is; you know it and happily let it be.

You can't set everything right, can you? So you let the world be,
Just as you see the blotches on the moon and you let them be.

Our grievances, complaints, denials, resistance, non acceptance,
Create a heavy head ready to explode any moment, any instance.
We don't forgive and forget, don't accept; yet not ready to act,
We suffer all our lives; we don't learn, we get caught in the rut.

Yet we seek happiness from this and that of this very world,
Happiness comes only when we first fully accept the world.
Stop finding faults here, there and everywhere in this world,
Act if necessary, accept it, let it be; for this is our dear world!

LETTING GO!

Life comes in phases, so your experience shows,
When one phase is going, the other begins to glow.
We move with the phases and that's how we grow,
Hold onto the last phase and you cease to grow!

In infancy you had the mother's milk and then you let it go,
Then nice, soft, porridge; you loved it but you also let it go.
You began to sit and crawl, and soon crawling you let go,
You took a few steps with support, and then let the support go.

You grew into an adolescent when you let go of the toddler,
Then you left adolescence and became an adult bachelor.
As an adult we mature daily, learn and grow every day,
And soon the middle age dawns when hair turns to gray.

Nature moves you on thus, phase through the next phase,
You can't say, 'let me for good be in the adolescent phase.'
Mentally too you kept letting go of the last phase,
Past was just a stepping stone to bring you to present phase.

Love of the past can be ruinous if you hold it very tight,
It can stop your growth in present and hinder your flight.
Letting go of the past is the only way forward,
Can you move forward if you keep on looking backwards?

Let go of the past, dear, as much as you can,
Be thus your well-wisher and grow as fast as you can.
All growth happens in the present, it nowhere else can,
Save your present from brooding on past; yes, yes you can!

When we live in the present totally, we move with Nature's plan,
Nature then takes us forward; let's stick to its Master plan.
Grow, advance, evolve and move softly from phase to phase,
Letting go of the past is the key to advance to the next phase!

Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)
Associate Professor of Medicine
Oman Medical College
P O Box 391, PC 321, Sohar, Oman
Email: adman111@omantel.net.om