

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 “**Retired? Now Unlearn!**” and “**Living as Being!**”.

The Chief Editor

Retired? Now Unlearn!

A for apple, B for boy, C for cat and G for girl,
This was drilled into you at age three, boy or girl.
One, two, three, four, five to ten,
They hammered into you at age three, so often.

As you grew older, you learnt many more facts,
They also loaded you with beliefs and concepts.
They called it knowledge essential to live,
Without this they said it is impossible to live.

The drilling, the hammering, the training to survive,
Was often painful but you took it in your stride.
Though it helped you live, thrive and survive,
It often became a burden, so you couldn't fly.

What all this did to you later you realized,
Indoctrination killed your originality, you surmised.
You lived according to a plan that was set for you,
Your creativity couldn't blossom, you weren't real you.

Now you are retired, most jobs have been done,
You are your master, throw away the burdens, have fun.
You can throw all garbage you learnt for mere survival,
You can live simply but originally, start a revival.

When you look around, be quiet, don't name anything,
You unlearn the names and labels of one and everything.
Become new to the world as if you don't know anything,
Withdraw all names and meanings from each and everything.

Be a new arrival, you don't know anything or anyone at all,
Watch nature with fresh eyes, trying to know its depth and all.
Also look within, how light, calm and peaceful you feel,
Learnt concepts gone, then that's the natural feel.

You see no boy or girl, man or woman, no good, bad or ugly,
You are trying to understand how it's all set in Nature's belly.
With new intelligence thus applied to learn Nature and its ways,
Retired life will get new meaning and you'll enter wisdom's ways.

Living as Being!

There is a human in you and there is the Being,
Human is the form and life within is the being.
You remember the human but forget the being,
But if you forget the being there is no human being.

When you're alive and not at all thinking, that is being,
When you're looking and not at all projecting that is being.
When you're listening and not commenting, that is being,
When you are free of chatter in your head; that is being!

When you mentally live entirely in this moment, that is being,
When you don't dwell in past or future; that is living in being!
Like a mirror which only reflect objects right in front of it, no more,
Being is when you don't reflect on objects not before you anymore.

When you don't accept or believe any adjectives given to you,
Boy, girl, good, bad, great, small- being is the without adjectives you.
When you don't accept or believe any adverbs given to you,
Doctor, laborer, plumber; being is when you know these jobs as not you!

When you can find within you incessant peace and calm,
When no happening can ruin that deep peace and calm!
When you live every moment as new and the last one as gone,
When yesterday and tomorrow like words don't in your consciousness dawn!

When you live in the Eternal Now; that is living in The Being,
When there is no fear or anxiety; that surely is living as being!
When there is nothing to lose or protect, yes that is being,
Yes, yes, yes; that is the state called living as being, living in Being!

Dr. Anil Kumar Chawla, MD, MRCP (UK), FRCP (Glasgow)
Senior Consultant Physician, Global Hospital and Research Center
Mount Abu, Rajasthan, India, Email: chawla.ak@gmail.com