

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 “**You Are Great!**” and “**The Art of Thinking**”.

The Chief Editor

You Are Great!

Sitting on the toilet seat if you don't think, you're great,
Taking a bath, you bathe, don't think, you're great.
Walking, you walk, don't talk to yourself, you're great,
While relaxing, you relax, don't brood, you're great.

Lying on the bed, eyes closed, you don't think of the world,
you're great,
Taking food, you just eat, don't think, you're great,
When in no immediate need to think, you don't think, you're great,
When you think only in response to a current stimulus, you're great.

When you let visuals arise and pass on the mental screen,
you're great,
When you don't hold on to any such mental bubbles, you're great.
Past will barge in; you don't budge, don't run with the memory,
you're great,
Future will creep in; you diligently don't go with imagination,
you're great.

If you simply be a witness of what goes on within, you're great,
If you can be a non-judgmental, non-reactive witness of thoughts, you're great.
If you can even witness the arising and growing of emotions, you're great,
If you can witness this witnessing, you're great.

You may not be great in the eyes of the world, but you're great,
Mind that troubles people won't trouble you; isn't that great?
Mind will become no-mind; you will be your best friend; that is great,
Inner peace and joy won't abandon you; and that is surely great.

The Art of Thinking

We learn and are taught so many arts,
Reading, writing, reciting, drawing are all arts.
We learn required skills to earn a living,
One art or skill we are not taught is the art of thinking.

And yet we think and think, day and night,
Without knowing if our way is right.
When our driving is not right we make an accident,
If our way of thinking is not right, our life becomes an accident.

All unhappiness, sorrow and suffering is due to thinking,
All stress, distress and tension is due to thinking.
This is because something is wrong in our way of thinking,
That is so for we were never taught the art of thinking.

Think you can; yes, but what is so great about it?
If you don't know how and when to stop, that is bad about it.
Thinking starts automatically from a memory and then continues,
It often becomes overwhelming if allowed to continue.

It overtakes and occupies you completely if it continues,
You are done if it is negative and it continues;
You are done even if it is positive and it continues,
You are done if you can't apply brakes and it relentlessly continues.

The art of thinking is to know when and how to apply the brakes,
The art of thinking is to know how and when to change its track.
The art of thinking is to know and reach your base,
The original state of 'inner silence' or 'no thinking' is our sacred base.

Did you ever notice the inner silence, in between two thoughts?
There is a silence before a thought starts and after the thought.
If you recognize this silence as your base and can come to it with ease,
You then know the art and skill of thinking; you won't suffer from disease.

You drop all memory, visuals, words and even yourself to fall asleep,
While awake if you drop all these, you will reach inner silence deep.
That is your base before the day's chatter begins and wraps you up,
If you forget your base it will eat you up; you be aware and better wake up!

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

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