

## Talent in Medicine

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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 "Why?" and "Zero is Hero!"

**The Chief Editor**

### Why?

Why do you feel, you are going to be here forever?  
Why do you think this place is yours forever?  
Why you believe you won't have to leave ever?  
Why have you taken as guaranteed to stay here forever?

Why do you hold everything close and tight here?  
Why your head remains full of goods and scenes of here?  
Why you remain enamoured of this and that of here?  
Why can't you notice anything beyond the senses here?

Why you imagine 'there' won't be as good as here?  
Why you imagine all pleasures are here and won't be 'there'?  
Why you believe friends and relations won't be 'there'?  
Why, why, why are you so scared of going and being 'there'?

Is fear of unknown gripping you dear?  
Surrounded by known, you don't want to leave all the known here?  
From known, jumping into the dark unknown is your problem dear?  
Crossing the ledge into the 'beyond grasp state', is that your fear dear?

Not that you have never seen anyone go across the line you fear,  
How calmly they have gone, you too can go dear.  
How they left all here and quietly embraced the 'there'!  
Take courage from them who have done it before you dear.

Well, look at it like this, to get some solace,  
Where is the choice, there is no choice, you too are in the race.  
Go, jump when the time comes, rest assured there will be grace,  
You came crying here, you go 'there' with confidence, a smile and grace!  
Amen!

### Zero is Hero!

Put a zero after any number, its worth increases tenfold,  
Put two zeros thus and the jump is hundred fold.

So on and so forth the value keeps rising many fold,  
Zero is our hero, so we all know and so are we told.

Zero by itself is nothing, no value, well nothing at all,  
In this nothingness lies its value, can you figure it out at all?  
Zero symbolises emptiness or space and space contains all,  
Zero is thus our hero, nothing escapes zero at all.

You worked hard the whole day, interactions created apprehensions,  
You are stressed and want relief from the day's tensions.  
You lie down on the bed and reach the zero state in deep sleep,  
Zero is the hero; it rejuvenated you; you woke up refreshed from sleep.

You wanted to be a hero and one day you became one,  
You lost the freedoms of being an unknown someone.  
You now wish to be the un-noticed zero once again,  
Now you know the hero that is zero and peace is its name!

Everyone loves a hero, but the real hero is the zero in each of us,  
We love a man without arrogance, for he is close to that zero in us.  
Zero amalgamates, mixes, adapts and becomes one with all,  
Zero is the true hero and it is there in one and all.

God forbid, if thoughts start running haywire and overwhelm you,  
You need to know the trick of telling your mind, 'No, thank you!'  
You are then able to bring yourself to a 'Zero thought you!'  
Then again zero is your true hero, for it saved you!

Can we stay as zero, without any chatter in the head?  
Stay with a clear, clean mind, hollow and empty head!  
Lesser random thoughts, lesser is mental disturbance,  
This 'zero man' is our hero; the man with the least turbulence!

March 2024 marks 25 years since the Bahrain Medical Bulletin has started publishing Dr. Anil Chawla's poems. His first poems were published in the March issue of 1996.

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