

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 "The Judgement Day!" and "The Onlooker!"

The Chief Editor

The Judgement Day!

On the judgement day we all will be judged,
What good or bad we did, will be judged.
We will be rewarded or punished on that day,
We try to be good for the fear of the judgement day.

It is OK if we watch ourselves and do good deeds,
It is great if we can avoid doing evil deeds.
We think and think before we act out deeds,
A man is good or bad according to his deeds.

But problems come when we start judging others,
With incomplete data, we pass judgement on others.
We act as judges and keep judging others,
We feel right, superior and great when we judge others.

We conclude from one time impressions of others,
We decide quickly and label others.
We are in a great hurry to judge others,
We are slow in judging ourselves than others.

This judging and labelling becomes a bane of relationships,
We stick to our judgements and destroy relationships.
We create unhappiness in and around us through our judgements,
We could be happier if we refrained from firm judgements.

Why we do not leave for the Judge to make judgements,
Why we judge before the day of the judgement?
They say 'judge not that you be not judged',
Mind your business well, you won't be inclined to judge!

The Onlooker!

Non- participating watcher is called an onlooker,
Unconcerned spectator too is an onlooker!

In life very often we are mere onlookers,
Things happen in a distance, we are just onlookers.

When often we can't do much but watch,
When events don't hurt us or even scratch.
Nature then wants us to stay as onlookers,
Nature prompts us to 'let go' and be onlookers.

Life would become heavy and unbearable otherwise,
It would be tough going through life, if we were not that much wise.
To be just onlookers is Nature's mechanism of survival.
It is a cool way to mental health and revival.

There is another place we need to be onlookers,
Thoughts keep coming in the head, but we are not onlookers.
We take them as 'me' and 'mine'; become 'deeply involved lookers',
We start actively participating in the story and cease to be onlookers.

Thoughts can be disastrous and depressing,
We seriously take them as personal and they become distressing.
We take them as real entities and honour every fake thought,
They were based on news and hearsay but we call them 'my thought'.

This suffering can be reduced by simply observing the pouring thoughts,
Allowing them come and go, all kinds of sundry thoughts.
Then we become disinterested, distant spectators of thoughts,
We enjoy life as onlookers, unhurt by the big drama of thoughts.

The onlooker observes the thought as it arises and as it passes,
He holds none of them and observes without complaints or grouses.
When the thought is gone, he rests and abides in his inner silence,
Soon he learns his true self is this inner silence.

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September 2022 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.