

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 three poems titled "THE CITY GARDEN", "SPACE CONSCIOUSNESS" and "EGO REVEALED!".

The Chief Editor

THE CITY GARDEN

It was dusky, the sun was falling, about to set,
It was time for an evening walk and strut.
I left the road-side, chose the garden instead,
The City garden has walkers pavement so well set.

A great aroma and fragrance greeted me on entry,
Petunias, Zinnias and Marigolds were the gate's sentries.
Then began the huge, tall, expansive, mammoth trees-
This lined the pavement that winded through the greens.

The trees were all grand, a great sight to see,
One shed flowers that made a yellow carpet underneath.
Another mammoth was laden with pink flowers, no fruit,
Neem trees blossomed with flowers and were full of fruit.

And yet some trees were barren and carried no leaves,
Another was blooming and brought up new soft leaves.
Seeing the life-cycle of trees was like seeing Nature's plan,
Where everything is cyclical, be it trees, bees or man!

It was a party time for the in-house birds,
Who just returned from the day's sojourn for bread?
They were happy chatting, chirping, squeaking at their best,
Having a conference about the day's exploits before rest.

The birds were excited, flew from branch to branch,
Those of one feather stuck together as a flock so staunch.
The crows, the sparrows, the seagulls chirped and danced,
They flew, swayed and sang the sunset song with a prance.

The woodpecker and nightingale cooed and added their tune,
Together, the orchestra they made was a Nature's boon.
The tall fountain in the middle added to the whole charm,
It was musical; and as the sun came down, its lights came on.

There were families with children, who enjoyed Nature's treat,
Also the electric cars, merry-go rounds, jumping castle and high-slip.
But that was not it; not at all; dear that alone was not it,
A café was there, where you could eat pop-corn, sit, relax and sip.

Do visit your city garden; it'll give you a lift!

SPACE CONSCIOUSNESS

You see the sun, the moon, the galaxies and stars,
They are so glamorous they fascinate one and all.
But you see incomplete, you don't see the whole,
For you don't see the Great Space that carries them all!

The sun and the moon are Objects or Forms in a race,
They exist in the Infinite Formless One Space.
Formless is greater for it carries all the great forms,
If the space weren't there, there won't be any forms.

Your body that attracts you, binds you and fascinates,
Is nothing but an object, a form in the same Great Space.
Look, the Space is all pervasive; it enters the body as well,
The body that appears solid is full of space; you know it well!

The space called thoracic cage contains your heart and lungs,
The abdominal cavity is the space in which the intestines are hung.
The skull is a box, a space that holds your precious brain,
The bones that appear hard and solid have spaces within them.

All that exists, exists in and around some sort of space,

Within and without there is nothing but space.
Objects and forms arise, stay and fade away in that space,
Notice - Objects are perishable, what's Eternal is space.

Now close your eyes; relax and sit in a quiet place,
Become aware of what you find - some dark space!
Be alert; now watch as the first thought arises in that space*,
Thought is an object, a form; your awareness is its space.

Thoughts arise spontaneously, in your awareness space,
They arise and subside constantly in that space.
You are the watcher, the observer, the all aware space,
Thoughts and emotions are ephemeral, you are the constant space.

If you want to make your vision not partial but whole,
Become aware not only of objects but also of surrounding space.
You will find resonance between your awareness and space,
For Awareness is Consciousness, formless like the All-Encompassing Space!

You are that Awareness, the Consciousness, the Space!

* A New Earth by Eckhart Tolle, 2005, Plume publications- Penguin group, USA

EGO REVEALED!

When a person is arrogant, you say he has an ego,
But ego is much more; let's learn more about our ego!
When we get our sense of 'I' from the mind's thought flow,
Ego is the 'conceptual self' created by this thought flow.

'The unobserved mind' is what is called the ego*1,
Identification of 'I' with some form- a body or thoughts is ego.
A total absence of 'I' the 'Observer'- that is the ego,
Deriving your sense of 'self' from thought and reaction is ego

What highlights divisions of 'my', the 'self' and 'others' is ego.
What always compares the 'self' with 'others' that's ego
What always feels a lack and wants more and more that's ego,
What always wants to project itself as special, that is ego.

There are things that ego just can't do, like living fully in the 'Now',
It always habitually wanders from past to future and ignores the now.
What is ego if it doesn't constantly react or resist what comes its way,
Acceptance, non resistance, non-judgment - no way, No Way!

Me better or less than you; 'me' versus 'you' is the 'individual' ego;
A group's identification with a posture or belief is 'collective ego'.
The pride, shame or grievance that a whole community feels,
As also the 'us' versus 'them' - that is the 'collective ego.'

Thoughts keep coming as clouds in the space called your head,
And they're often of insecurity, vulnerability, limitation and dread.
These 'thought forms' are flitting, recurring, repetitive yet persistent,
It is the ego when you blindly go along such thoughts insistent.

Don't wonder; you are apart from your thoughts can be clearly shown:
Close your eyes and wait - what is the first thought that comes on horizon?
Do often ask, "What kind of thoughts is my mind producing now?"*2
And clearly you'll be able to 'observe' the thought flow here and now!

The continuous stream of automatic negative thoughts can be broken-
When you as an observer and watcher is brought into the equation!
When thoughts don't rule you, you are the master in command,
When that happens, that is the end of ego, peace is right at hand.

When the Watcher is in place, you look how the mind behaves:
Its belligerence is gone, your peace and happiness is secure and saved.
The ego is calmed; its self-created fears and insecurities lose insistence,
Love, joy and peace now rule; you remain cool, one with all existence!

*1 "A New Earth" by Eckhart Tolle 2005, Plume publishing- Penguin group, USA.

*2 "The Power of Now" by Eckhart Tolle, 1997, Namaste Publishing, Canada.

Dr Anil Kumar Chawla MD, MRCP (UK), FRCP
Associate Professor of Medicine
Oman Medical College, P. O. Box 391
PC 321, Sohar, Oman