

Reflection in the Water Pool

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First day of class, I stood
in front of it.

The pool was empty,
completely empty.

Newly accepted,
I was eager to start the journey.

Came the end of first year,

I completed the basics:
anatomy, physiology,
and osteopathic principles.

I stood in front of the pool again;

I still could not see

my full reflection.

More materials to learn,

more experience to gain,

and pathology,

not my favorite class to take.

But each moment of learning

— from class or from outside,

from volunteering

or from lecture slides,

from standardized patients

to colleagues' explanations —

is a droplet of water

forming a puddle

at the bottom of that pool.

I stood in front of Sahuaro Hall,

at the water pool,

again.

Now I see myself:

in a short white coat

with a fancy name tag.

The reflection is clear:

I am a physician in training.

It may seem so far,

but in fact

I am very near.

I could not see myself before;

the pool was empty

and dry

but with each drop of water,

the pool fills up

in a blink of an eye.

Each drop of water,

let it be big or small,

slowly and collectively form,

without our awareness or instant recall.

Next time you stand in front of that pool,

remind yourself:

without a collection of water drops,

big or small,

there won't be a reflection,

not at all.

Let it be big or small.

The reflection of you

is a collection of droplets,

that you

have gathered to become.

Acknowledgment

This poem was inspired by Malcolm Blazer's painting titled "Reflections," which is on display at Midwestern University/Arizona College of Osteopathic Medicine in Glendale.

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