Poem

Immolation of Emulation

Hubris
is the product of
living in a sealed
and isolated
bubble;
a tiny, shiny,
aseptic kingdom
of my own making,
floating
above everyone
and everything, from
which I am freely
lifted and buoyed
by emulation
from those looking up,
until
my bubble ascends
too high and it then
inevitably
lyses.
Then down I tumble,
in terrifying
and painful freefall
crashing
among everyone
and everything, to
which I am freely
attached;
surrounded by the
reality I
thought I was above.
Anguish
I feel from the fall,
is soothed by the salve
of their forgiveness,
revived
by those from whom I
removed myself in
my bubble, I am
grateful;
and immolate the
misbegotten pride
to remain anchored and
humble.

Erik Fernandez y Garcia

Corresponding to Erik Fernandez y Garcia, Associate Professor of Clinical Pediatrics University of California Davis, School of Medicine Sacramento, CA 95817; Erik.fernandez@ucdmc.ucdavis.edu

Acknowledgements This work was supported by the National Institute of Mental Health of the National Institutes of Health under award K23MH101157. The content is the sole responsibility of the author and does not necessarily represent the official views of the National Institutes of Health.

Competing interests None.

Provenance and peer review Not commissioned; internally peer reviewed.

To cite Fernandez y Garcia E. Med Humanit 2015;41:e7.

Published Online First 24 March 2015
Med Humanit 2015;41:e7. doi:10.1136/medhum-2014-010629