

Moving Time`s

It happened so fast yesterday, one minute I was sat at my computer, the next I was sat in the chair in the front room with my "Angel" Elaine hugging me tightly and telling me all would be ok. As I sat there, I looked down, and the stains of a thousand tears were starting to dry out on my t shirt. I have no memory of how I got there or what started it off, but the feeling of helplessness completely overwhelmed me and I knew I was in a "Bit Of Trouble" as we have come to call it. The next few minutes were a blur of questions without answers and confusion ruled my head. Minutes or longer passed as we sat there holding on tight to each other as if we were going to fall, it seemed like an age before the "FOG" lifted from my eyes and I asked to get some fresh air.

In Torquay we all have our favourite beaches, mine is called Meadfoot Beach and it is beautiful beyond compare, rugged yet full of life. Elaine knew without asking where I would like to be and drove straight there. The car park always has a few people on but we were lucky enough to get a space that overlooked the whole beach. The tide was just going out and the tips of the rocks were just beginning to appear with fleeting visits from the local Herons, not knowing if to trusting their landings or not just yet as the waves crashed over the rocks.

I wound the window down and took a deep breath of the salty air, so refreshing. Hardly a word had been said on the five minute drive from our house, but I liked it that way, just for once, and Elaine always seems to have the knack of knowing when that was. I have never believed in these Natural remedies people talk about as I think I am a scientist at heart and always demand good honest hard proof, but the sight in front of me would clear anybody`s head. As we sat in complete silence I looked across Torbay and there, in front of me was a sight that will stay with me forever. It was fast approaching 4-15pm and the sun was setting. Just barley touching the sea was a red hue which shimmered and bounced of the waves so gently it looked like an artist gently painting brushstrokes of red wine across the waves as they moved. Above that blue sky was still the deepest blue with a whisper of a white cloud now and again and as the sun set the whole scene looked like it had dropped down from Heaven itself, just to show the earth how beautiful nature was, and no matter what life throws at you, there is always something out there to look upon in amazement.

Thoughts by Norrm's Mcnamara

Elaine took hold of my hand and we just sat there in silence until the last rays of that wonderful sunset disappeared from view. My problems seem to melt away with the very same sunset and all was well with the world again. Sometimes the medication just doesn't work and no matter how much vocal support you may have, it just doesn't sink in, but what had happened to me was magical beyond words and there wasn't a chemical to be found anywhere near me. I cannot say hand on heart if the same thing would have the same affect on me should the need to occur again, but I just wanted to share how this "Old Scientists" heart was melted by the beauty of nature and how I will tend to look at things just that little bit differently from now on.

Lots of love, Norrms and Elaine xxxxxxxxx

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