

MY DEPARTURE

by Littina George Manalel



It was all about neurology behind memories;....the biomarkers....imaging studies...case reports.....Statistics...

Conference on Cognition and Dementia at NIMHANS was like any other conference to all of us.....But there were few among them who had really tasted the cost of the same. During the Q& A section, an old man stood up to get his queries answered. He was neither a psychiatrist nor a psychologist or not even from the field of rehabilitation...All he asked was about his wife...a woman with Alzheimer's disease.

I do not know if she has ever said something of this sort to him...or she ever wanted to say also... this is what I, felt about her...It's about departure of one from oneself to unknown.

MY DEPARTURE

**One by one,
they are fading away;
And I am being left alone by myself,
a kind of loneliness unexplainable,
so unique in its own way
that tomorrow I may even know not,
who I am.**

I doubt,
if I will be the same me;
I am afraid
if tomorrow I will recognize you,
the face which I longed to look for once,
is going to be
that of a stranger soon.

May be I am worthy among many,
to leave behind,
what shouldn't have been mine.
But I find it unfortunate
to give away
the sole essence of my life,
the reel of my past being.

Even when I say
I know you not,
be sure that
I would not have meant it
from my heart.

For I cannot forget you willfully,

though I will be forced to do so then.

**This is my word to you,
before my memories get
vanished from me;**

**Even when your face would seem new to me,
still the reason for the beats of my heart
would be, you
till you hear it no more.**

**Take it as my plea or my reason
to ask for your presence;
for I trust no one else,
not even me,
to be with me
in those days of nothingness
which is already nearby.**