

THE MIGRAINE RELIEF SERIES · LOSING THE FEAR

Book 64 of 64

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Free of the Next Episode

Losing the fear for good, one grateful day at a time

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Author of Living with Visual Aura Migraine



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BOOK 64 OF 64

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Designed with spacious type, warm colors, and generous white space for visual comfort — especially for readers navigating aura, light sensitivity, or neurological strain.

A note on care. This mini-book shares one person's lived experience, faith, and general wellness practices. It is not medical advice, and it is not a substitute for diagnosis or treatment by a qualified healthcare professional. Migraine has many forms and causes. Always consult your doctor about your symptoms, your triggers, and any medication or treatment decisions.

© Rod Gabriel ZR. Part of The Migraine Relief Series, a companion collection to *Living with Visual Aura Migraine: Finding Relief Through the Rough Times*.

BEFORE WE BEGIN

A letter to you

This is the closing book of *Losing the Fear*, and it is about the thing I wanted most when I started: to stop dreading the next episode.

I will not tell you the fear disappears forever. What I can tell you is that it loses its job. And a fear without a job eventually stops showing up for work.

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The fear that outlived the episodes

Long after a light show ended, the fear of the next one remained, spending hours of perfectly good days. It had stopped being a response to an event. It had become a resident.

Why the fear loses its job

Fear exists to protect you. Once it has been replaced by something better, it has nothing left to do. I have a plan for the lights. I have a doctor who knows my pattern. I have a prayer, a breath, and a rest. I have a body that has always returned to me. A fear with no work to do gradually goes quiet.

I am not afraid, not because nothing can happen, but because I know my pattern, I have a plan, and I am held.

A morning blessing and an evening release

Two small daily rituals carried most of the weight for me. One opens the day. One closes it.

✦ Morning blessing

Thank you for this day, and for the body that carried me into it.

Whatever comes, I will meet it with breath and trust.

I do not need to live ahead of this day. You are already in it.

◎ **Evening release · 3 minutes**

Sit quietly before sleep. Breathe slowly.

Name, silently, three things that went well today.

Say: *'Whatever tomorrow holds, I release it into your hands.'*

Let your shoulders drop. Let the day be finished.

When the fear comes back

It will, sometimes. After a hard week, a poor night, a stressful month. That is not failure. It is weather. When it returns, greet it the way you now greet the lights: calmly, by name, without a fight, and then carry on.

Keeping the door open

“Harmless lights” is the name I give **my own familiar aura**: the pattern a doctor has evaluated, that builds gradually, looks the way it always does, and fades within about an hour.

A first-ever aura, an aura that looks different from yours, or one that lasts much longer than usual deserves a call to your doctor.

Sudden loss of vision, a shadow or curtain across your sight, a sudden shower of new floaters or flashes, weakness, numbness, trouble speaking, or confusion are never “just lights.” Seek urgent care.

Faith and medicine are not rivals. I pray, and I keep my doctor's number. Both are acts of trust.

PAUSE & REFLECT

Your freedom

What has the fear of the next episode cost me, that I would like to take back...

What would I do this month if I trusted my plan fully?

The life on the other side

On the other side of this fear is not a perfect life. It is an ordinary one, lived with more attention, more gratitude, and more peace. Walks you take without scanning. Dinners you eat without bracing. Nights you sleep without negotiating with tomorrow.

A closing benediction

I would like to close this whole collection with a blessing for you, wherever you are reading this.

✦ **A blessing for you**

May your lights be gentle, and short, and kind.

May your quiet days be many, and may you notice every one.

May your breath be slow, your heart be steady, and your trust be deep.

May you rest when you need to, and live fully when you can.

May you lose the fear, and keep the love. Amen.

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

This closes *Losing the Fear* and, for now, the entire sixty-four-book Migraine Relief Series. If one idea travels with you, let it be this: you can take the lights seriously and still not be afraid of them.

Pray. Breathe. Rest. Be grateful. Keep the door open. And go live the quiet days.

*This completes **The Migraine Relief Series**, all sixty-four books. For the memoir at its heart, find *Living with Visual Aura Migraine: Finding Relief Through the Rough Times* by Rod Gabriel ZR.*

ABOUT THE AUTHOR

Rod Gabriel ZR

Rod Gabriel ZR has lived with visual aura migraine for years. For a long time he treated every flicker as a threat. What changed him was not a cure. It was a different way of standing inside the experience: calm breath, a gentler name for what he sees, honest gratitude for every quiet day, and a steady trust that he is held by something greater than his fear.

He writes from his own faith in God, and invites readers of every tradition to address these words to whatever power they trust. He is not a doctor. He keeps his doctor's number next to his prayers, and he hopes you will too.

The full collection

The Migraine Relief Series — Rod Gabriel ZR

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The Identity Series — Rod Gabriel ZR

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