

THE MIGRAINE RELIEF SERIES · LOSING THE FEAR
Book 62 of 64

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Grateful for the Quiet Days

*Learning to treasure every day without pain, without
nausea, without lights*

ROD GABRIEL ZR

Author of Living with Visual Aura Migraine



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BOOK 62 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

Most of my days, I realized one morning, are quiet. No lights. No pain behind the eyes. No stomach turning. And I had been walking through those days like a man walking past a treasure, because nobody had taught me to notice them.

This book is about learning to count the quiet days. Not because the hard ones don't matter, but because the quiet ones were always the majority, and they deserve to be lived, not merely survived.

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The days I never counted

I used to keep a very accurate record of the bad days. I could tell you the date, the weather, what I had eaten. The good days, the quiet ones, passed without a mark. Memory only kept the storms, so memory told me I lived in one.

Stability is a quiet miracle

A head that does not hurt. A stomach that behaves. Eyes that show you the room exactly as it is. These are not small things. They are the ordinary working of a body doing, quietly and without applause, an astonishing number of things right every single minute.

A pain-free morning is not the absence of an event. It is the presence of a gift I had been too busy to open.

The quiet-day inventory

Try this once a day, ideally at night. It takes two minutes and it rewires where your attention goes.

Tonight I am grateful that today...

- ☐ My head was clear, or at least bearable.
- ☐ My stomach let me eat and enjoy it.
- ☐ My eyes showed me something beautiful.
- ☐ I moved through the day without being stopped.
- ☐ Someone loved me, and I was able to feel it.

Gratitude and a calmer nervous system

I do not claim gratitude prevents migraine. No honest person could. What I can say is this: stress and anxiety are well-known companions of migraine, and gratitude is one of the simplest ways I know to quiet both. A grateful mind is a calmer mind, and a calmer mind gives the body less to brace against.

PAUSE & REFLECT

Your quiet days

Three ordinary things about my body that worked well today, without my noticing...

When did I last feel truly grateful for a day without pain?

A prayer for an ordinary morning

You do not need a crisis to pray. Some of my best prayers have been said over a cup of coffee on an uneventful Tuesday.

✦ **A prayer of thanks for an ordinary morning**

Thank you for waking me without pain.

Thank you for eyes that see clearly, and a stomach that is calm.

Thank you for the quiet days I did not count, and for teaching me to count them now.

Let me not wait for a hard day to know how good an easy one is.

A love letter to my body

The closing exercise of this book is also the most restorative one I know. It asks you to write, in your own words, a letter to the body you have been fighting.

☉ The love letter · 10 minutes

Begin with: *'Dear body, thank you for...'* and write five specific things it has done for you this week.

Continue: *'I am sorry for the times I treated you like an enemy.'*

Finish: *'From now on, I will rest when you ask, and thank you when you don't.'*

Read it aloud, slowly, with one hand on your chest.

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

The quiet days were always the majority. Learning to see them is not toxic positivity. It is simple accuracy, delivered late.

*Next in the series: **Perspective Without Comparison**
— keeping gratitude honest, and compassion large.*

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

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