

THE MIGRAINE RELIEF SERIES · LOSING THE FEAR
Book 63 of 64

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Perspective Without Comparison

*Keeping gratitude honest and compassion wide,
without minimizing your own pain*

ROD GABRIEL ZR

Author of Living with Visual Aura Migraine



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*Keeping gratitude honest and compassion wide,
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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

There is a thought that sometimes arrives mid-episode, and it can heal or it can wound: *other people are carrying so much more than this.*

Used badly, that thought is a stick for beating yourself with. Used well, it becomes a doorway to gratitude and to compassion for people whose burdens are heavier than yours. This book is about walking through that doorway the right way.

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The trap of comparison

Comparison runs in two directions, and both can hurt. Looking at someone with an easier life breeds envy. Looking at someone with a harder one can breed guilt: *who am I to complain?* Neither one is gratitude. Both are ways of not being present to your own life.

'It could be worse' is not an argument against your pain

Let me say this plainly, because it matters: your pain is real whether or not someone else's is larger. The existence of a bigger mountain has never made a smaller one not worth resting on. You are allowed to be tired, to be sad about your canceled plans, to need care.

I am not saying my condition is nothing. I am saying it is not everything. Those are very different sentences.

What gentle perspective actually sounds like

Gentle perspective does not say *stop complaining*. It says: *this is hard, and I am also still standing in a life with so much in it*. It widens the frame without erasing the picture.

Heavy comparison versus gentle perspective

Heavy: *'Other people have it worse, so I have no right to feel this.'*

Gentle: *'This is real, and I am also grateful for what still works, and I hold others in my heart who carry more.'*

Heavy: *'Mine is the worst.'* **Gentle:** *'Mine is mine, and it is enough to deserve tenderness.'*

Compassion for heavier burdens

When I remember people living with serious, daily, life-altering illness, I try to let that memory soften me rather than shame me. Their courage is not a measuring stick for mine. It is an invitation to love more widely.

✦ **A prayer for those who carry more**

Hold those whose pain is heavier than mine.

Give them rest tonight, and strength tomorrow.

Let my small struggle make me gentler toward theirs.

Thank you for what I have, and for the chance to wish them well.

PAUSE & REFLECT

Your own perspective

A time comparison made me feel guilty, instead of grateful...

Someone I could hold in prayer or kind thought this week...

A loving-kindness practice

This is an ancient practice, adapted gently. It spreads warmth outward in widening circles, beginning with yourself.

☉ Loving-kindness · 6 minutes

Breathe slowly. Place a hand on your chest. Say: *'May I be gentle with myself. May I be at peace.'*

Picture someone you love. Say: *'May you be well. May you be at peace.'*

Picture someone who is suffering more than you. Say: *'May you be held. May your burden be lighter.'*

Finally, picture everyone at once. Say: *'May all of us be at peace.'*

Holding both: it is real, and it is bearable

The aim of all this perspective is not to talk you out of your feelings. It is to let two true things sit together: my condition is real and it is hard, and my condition is also bearable, held inside a life with a great deal of good in it.

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.

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

You do not have to choose between honoring your pain and honoring your blessings. A wide heart has room for both.

*Next in the series, the closing book: **Free of the Next Episode** — letting the fear finally loosen its grip.*

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

1 · The Calm Before the Flicker 2 · Listen to the Whispers 3 · The Fear of the Next Episode 4 · Storms in Beautiful Places 5 · The 5-Minute Relief Kit 6 · More Than My Migraine 7 · The Space Between Seeing 8 · Prayers & Mantras for the Storm 9 · Invisible Warriors 10 · The 30-Day Gratitude Journal

The Identity Series — Rod Gabriel ZR

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Movement & Parenting — Sarah J.S.

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Hormones & Migraine — Sarah J.S.

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Caregiving & the Sandwich Generation — Steven Albert K.S.

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The Space Between Stimulus and Reaction — Rod Gabriel ZR

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Anger, Grief & Letting Go — Rod Gabriel ZR

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