

THE MIGRAINE RELIEF SERIES · LOSING THE FEAR
Book 60 of 64

60

The Prayer in the Lights

*When the lights begin, the inner voice becomes a
prayer*

ROD GABRIEL ZR

Author of Living with Visual Aura Migraine



THE MIGRAINE RELIEF SERIES · LOSING THE FEAR ·
BOOK 60 OF 64

The Prayer in the Lights

*When the lights begin, the inner voice becomes a
prayer*

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 moment, the very first one, when the lights begin. Everything that follows depends on what happens inside you in that moment.

I used to meet it with an inner voice that sounded like an alarm. Now it sounds like a prayer. The lights are the same. The hour is a different hour.

This book is a practice for that first moment: what to say, how to breathe, and how to rest in the knowledge that you are not in charge of this alone.

INSIDE THIS BOOK

Contents

- 01 The first moment
- 02 Turning the inner voice into prayer
- 03 Breathing in trust
- 04 It is not mine to control
- 05 After the lights: doing what is needed, and resting
- 06 Writing your own prayer
- ✦ Pause & reflect · My notes · Closing

The first moment

The lights begin. Maybe a small spot, maybe a shimmer at the edge of a word on a page. In that instant the mind has a choice it rarely knows it has: it can reach for fear, or it can reach for something steadier. Fear is faster. Steady is learnable.

Turning the inner voice into prayer

My inner voice used to say: *no, not again, what is happening, make it stop*. I did not decide to change it. I practiced, on calm days, saying something else, until the something else arrived first. Now, when the lights begin, my voice says: *Thank you. I am here. You are in charge*.

The voice inside me was always going to speak. I only chose what it would say.

Breathing in trust

A prayer without a breath is just words. A breath without a prayer is just air. Together, they are one of the oldest ways a human being has ever calmed a frightened body.

☉ **Breathing in trust · 4 minutes**

Stop what you are doing. Sit or lean back somewhere safe.

Breathe in slowly through the nose for four counts, thinking: *'You are with me.'*

Breathe out slowly for six counts, thinking: *'I am not afraid.'*

Let the lights do what they do. You are not watching them. You are breathing.

Continue for as many breaths as the lights remain.

It is not mine to control

Here is the part that surprised me most. When I stopped trying to control the lights, I did not feel weaker. I felt carried. I do not have to decide how long they last, or whether they fade. That was never my job. My job is to breathe, to trust, and to rest.

✦ **The prayer I say when the lights begin**

You are in charge of my body, my breath, and this hour.

I trust your will, and I trust your timing.

Calm my body. Quiet my mind. Fill me with your peace.

Thank you for walking me through this, as you always have.

After the lights: doing what is needed, and resting

Trust does not mean doing nothing. Once the prayer is said and the breath is steady, I do whatever is actually needed, and then I rest.

What I do, in order

- ☐ Say the prayer. Breathe slowly.
- ☐ Water, within reach. A small snack if I have not eaten.
- ☐ Any treatment my doctor has prescribed for early use, taken as instructed.
- ☐ Dim the light. Quiet the room. Close my eyes if that helps.
- ☐ Rest. I know I may feel sensitive afterward, perhaps a little sore. That is okay. My body is asking for a small pause, not a punishment.

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 first moment

What does my inner voice say, right now, in the first second the lights begin?

What would I want it to say instead?

Writing your own prayer

The words in this book are mine. They are meant as a starting point, not a script. Your prayer should sound like you, addressed to whatever or whoever you trust: God, the universe, the quiet center of yourself.

Building your prayer, in three lines

Thanks: one thing you are grateful for right now.

Trust: one sentence handing the hour to something larger than your fear.

Calm: one sentence asking for steadiness in body and mind.

YOUR SPACE

My notes

[illegible]



CLOSING

Keep going, gently

The lights will begin again someday. When they do, you will have a few seconds in which you decide what your voice says. Decide in advance. Practice on calm days.

Pray. Breathe. Rest. And keep the door open for anything that is not your lights.

*Next in the series: **Fifteen Minutes of Light** — what the hour actually looks like, minute by minute.*

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

11 · The Mask You Didn't Know You Were Wearing 12 · The Watchtower 13 · Who Was I Before? 14 · Taking Off the Heavy Coat 15 · The Person on the Horizon

Movement & Parenting — Sarah J.S.

16 · Moving Again 17 · Is It a Headache, or Something More? 18 · Patience in the Storm 19 · Raising a Confident Kid, Not a Diagnosis

Hormones & Migraine — Sarah J.S.

20 · Hormonal Migraine Relief 21 · Migraine During Pregnancy 22 · Birth Control and Migraine with Aura 23 · The Hormonal Migraine Toolkit 24 · Perimenopause and Migraine 25 · Menopause and Migraine Relief

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

26 · Migraine in Older Adults 27 · Migraine or Something Else? 28 · Caring for a Parent with Migraine 29 · Migraine Medications and Older Adults 30 · The Sandwich Generation Guide to Migraine 31 · Talking to Your Aging Parent About Their Migraine

Healing & Lightness — Jake R.

32 · Migraine, Meet the Beach 33 · Traveling Light 34 · Sunrise Gratitude 35 · Taking It Lightly 36 · Nature as Medicine 37 · The Grateful Body

Visual Health Anxiety — Amanda Q.

38 · Why Do I See Lights When I Close My Eyes? 39 · Is This Migraine Aura or Something Else? 40 · Flashes and Floaters 41 · The 2 AM Google Spiral 42 · Eye Pressure, Rubbing, and Sleep 43 · When to Actually Worry 44 · Learning to Trust My Eyes Again

The Space Between Stimulus and Reaction — Rod Gabriel ZR

45 · The Gap Between Sensation and Story 46 · Why I Stopped Leaving the House 47 · Why Do I See Spots When I Stand Up Too Fast? 48 · A Plan, Not a Watch

Anger, Grief & Letting Go — Rod Gabriel ZR

49 · The Anger of Things Not Being as They Should 50 · The Mind on Guard 51 · Perfectionism and the Illusion of Control 52 · The Body That Interrupts Your Plans 53 · Two Steps Ahead of Pain 54 · A World Too Bright 55 · The Sadness of Losing What You Imagined 56 · Letting People Be People 57 · Letting Myself Be Me 58 · Letting Go Without Giving Up

Losing the Fear — Rod Gabriel ZR

59 · Harmless Lights 60 · The Prayer in the Lights 61 · Fifteen Minutes of Light 62 · Grateful for the Quiet Days 63 · Perspective Without Comparison 64 · Free of the Next Episode

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.