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# Good Morning, Migraine

by Lev Raphael

The house is utterly quiet. My spouse isn't at his computer in the study next to mine, calling out to me for advice while shopping on Amazon. The dogs aren't chasing each other around the house or barking in the entryway at people walking by outside with or without dogs, at the UPS or FedEx truck, at a roaming cat. It's so quiet I can even hear the soft ticking of the small brass mantel clock on my desk and it could almost be winter with everything muffled by a snowfall too deep to plow.

It's 3 a.m. and I'm in my study, which is really a library, with honey-colored pine shelves over and under the windows and lining every wall, book spines gleaming dully in the subdued light, each of them either a friend I once knew or a voyage I'm waiting to take. In daylight they clamor happily, reminding me or cajoling me, but now, at 3 a.m. all they do is hum and I feel soothed.

A migraine woke me up—again—and there's no need to check any weather site: rain is probably coming. I used to feel sorry for myself: on top of the nausea, headache and dizziness, I was losing sleep, something extra precious to me since I had been fighting insomnia for a long time. But one morning (or night) I suddenly saw these migraines as a gift. They took me out of the quotidian. They pulled me from my bed and sometimes from a dream, and as if my heart was beating hard after a workout, I'd feel an unexpected driving pulse: *write—write—write*. Words would come to me—like these.



As a boy, **Lev Raphael** fell in love with his local library and dreamed of being a published author. His career took off when he moved to Michigan and he has published twenty-seven books in many genres. A former book reviewer for the Detroit Free Press and assistant professor of creative writing at Michigan State University, he now coaches, mentors, and edits writers at [writewithoutborders.com](http://writewithoutborders.com). You can also find Lev online via his [personal website](#), [blog](#), [Twitter](#), [Facebook profile](#), and [Facebook page](#).