



Migraine Headaches

Root Causes

Physical	Emotional	Spiritual
Numerous reasons. Diet, stress, allergens.	Discomfort in the path you are on. Unsatisfied with the life you are living. Pressure to achieve what is to be achieved in your life. This can be more prevalent as you get older as you feel the pressure of your life goals weighing on you if you are not walking in the fullness of your destiny. A sense of constriction of life.	You are here for a reason. When there is discordance between your current life and the life I designed you for (beyond your work) you may find pressure building in your head and heart, causing migraines.
<p>Overview: Migraines can be purely physical but it is rare. Normally when they are physical it is because there is something emotional and physical that are triggering the body to be susceptible to migraines. When they emotional and spiritual are handled the tendency to have migraines will decrease and disappear because your body will be in a state of well being so it will not be as susceptible to this disease.</p> <p>Common Patterns: You are here on earth for a very specific reason. Most people look to work for this reason but it is not the only place to look. You may have a purpose that work will satisfy but there are also other things that are essential to you. For some it may be deep meditation, for others it may be adventure, for others it may be acts of service. Your heart, soul and spirit know. When you are walking on a path in the world that does not align with your reason for being there many things happen. There is</p>		



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discontinuity in your life and it starts to build up over time. It can take a very long time to build and then one day you discover you are having migraines. You may search for a physical reason for the migraines and that may solve the problem temporarily, however it also limits your life. You may find medicine that helps partially or for a time but then stops working well enough. Migraines are a signal from your body to take a look at the path you are on and adjust accordingly.

Remedies:

There are many reasons why people end up on another path than their own. It can be to satisfy their desire for money, the desire to satisfy their parents, or their desire to support their family but they don't necessarily trust God to support their family for them. It can also be messaging from the world of who they are supposed to be that plays louder in their head than My words.

The remedy for migraines is this...find your path. I know that sounds easy and simple and it can be. Go to someone who is prophetic and ask them what your path is and where you are on it and where you are not and allow them to speak into your life or spend time with Me to seek out your path and I will show you the way. Either is a good option. You can also look in the Bible and find stories that light you up or people who did things you wish you could do. This is also a good way to find your path.

The next step is letting go of all the expectations of others and of yourself that lead you off your path. It requires being able to rethink the assumptions you have made previously in your life so that you can make different choices moving forward. Sometimes it requires a leap of faith to move from your path to another and sometimes it is more gradual.

You are here on an adventure.

If it doesn't feel like an adventure you enjoy then you are on the wrong adventure. Changing jobs, where you live, what car you drive, or who you are married to will not be the first place to start. Start by asking Me to show you your path, compare it to the current path you are on, see the differences, and make conscious choices that lead you to your path. I will let you



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know if a leap of faith is necessary. Test assumptions and notice who you think is taking care of you and what assumptions you make about what the people in your life require. Assume that if I created a path for you that it is possible and it will happen and do your searching from there. How cruel would it be for Me to create you for a path for you and then set you up for failure by allowing you to take a job, marry someone, or create a life for yourself that prevents you from living the life I created you for. Of course, there may be changes, but the satisfaction that comes will be so much greater than what you are currently living and you will find that you no longer need what you think you need in order to be happy so you can let go of all the assumptions, all the “shoulds”, and all the requirements to survive this world and turn to My path instead to live the life you are here to live. Trust Me on this journey. I am good. I am faithful. You can recover from any mistakes you have made. I will help you!

Psalm 23:1 “The Lord is my shepherd, I shall not want.”

Allow Jesus to be your shepherd and lead you so that you have no want.

I believe the writing above is a message from God, written from His perspective.