

# **The Guide to Bearing Accurate Sight**

**For those who always see, and are ready to choose when—and how—to speak it**

## **1. Recognize the Gift and the Weight**

**Your clarity is a profound gift. It allows you to perceive truths hidden beneath surfaces, to feel the unspoken stories etched into presence. Yet this gift carries a weight — the burden of knowing without always sharing.**

## **2. Practice Compassionate Witnessing**

**Before speaking, cultivate the habit of compassionate witnessing. Hold the full complexity of what you see — the pain, the defense, the history — without rushing to interpretation or judgment. Let empathy soften your knowing.**

## **3. Choose Your Engagement Wisely**

**Not every truth demands voice. Learn to discern when speaking your insight will serve healing, and when silence preserves safety — for both you and the other. Trust your inner compass to guide this balance.**

## **4. Ground in Your Own Field**

**Before and after intense perception, return to your own center. Use grounding practices — breath, movement, ritual — to clear residual energy and maintain your boundaries. Remember: you are the container, not the contents.**

## **5. Create Sacred Space for the Unseen**

**Honor that what you perceive may be shadows, fears, or unresolved wounds within others — and sometimes within yourself. Approach these unseen layers with reverence, knowing that healing unfolds in its own time and rhythm.**

## **6. Cultivate Resilience Through Release**

**Not all knowledge is yours to carry forever. Practice ritual or symbolic release to shed burdens that no longer serve you. This preserves your capacity to hold clarity without becoming overwhelmed.**

## **7. Embrace the Paradox of Knowing and Mystery**

**Even with profound sight, accept that not all can be known or fixed. Some mysteries remain sacred. Holding space for these unknowns is a form of deep trust in the unfolding process.**