

A SECOND SIGHT PRACTICE



The Three Questions of Seeing

*A simple Second Sight practice for seeing yourself,
others, and your world with new eyes*

Look again.

See the gift.

Awaken what makes us whole.

From The Boy Who Learned to See

DR SÉNAMÉ AGBOSSOU

SECOND-SIGHT.ORG

A small doorway into the Second Sight

Makori did not begin Tala's training with a long lecture. He began with three questions.

Three simple questions that helped Tala pause, look again, and discover a different way of seeing: himself, other people, and the world around him.

The Second Sight is not about pretending that problems do not exist. It is the ability to see what is strong, alive, possible, and becoming — even when the First Sight sees only what is wrong.

Use this short guide slowly. Do not rush your answers. Let the questions work on you gently. A single honest sentence can begin to change the way you see.

The practice is simple

1. Pause.
2. Read one question.
3. Answer honestly.
4. Look again before judging yourself, another person, or your situation.

Seeing differently is not a performance. It is a practice.

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QUESTION ONE

What do I see in myself that is good?

This is often the hardest question. Many people can name their mistakes quickly, but struggle to name their goodness.

FIRST SIGHT

“What is wrong with me?”

SECOND SIGHT

“What is good in me that I have not been seeing?”

Start small. Do not look for grand achievements. Look for qualities, intentions, efforts, and signs of growth.

EXAMPLES

- ◇ I tried again today.
- ◇ I listened, even though I wanted to defend myself.
- ◇ I care about doing better.
- ◇ I showed patience.
- ◇ I am learning to be kinder to myself.

YOUR REFLECTION

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QUESTION TWO

What do I admire in others?

This question trains your eyes to notice hidden gifts. It softens judgment and helps you see beyond behavior.

FIRST SIGHT

“Why are they like this?”

SECOND SIGHT

“What strength, effort, intention, or gift might be present here?”

Choose one person today. It may be someone you love, someone you work with, or someone who frustrates you. Look again. What can you sincerely admire?

EXAMPLES

- ◇ I admire her consistency.
- ◇ I admire his patience with small details.
- ◇ I admire the courage it took for them to speak.
- ◇ I admire the care hidden behind their silence.
- ◇ I admire their willingness to keep trying.

YOUR REFLECTION

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QUESTION THREE

Ask this question when you feel discouraged, stuck, or surrounded by problems. It helps you move from reaction to vision.

EXAMPLES

- ◇ A difficult conversation could become a moment of honesty.
- ◇ A discouraged child could discover a hidden gift.
- ◇ A tense team could learn to recognize effort.
- ◇ A personal mistake could become a turning point.
- ◇ My small act of recognition could change the atmosphere.

YOUR REFLECTION

A simple daily practice

You can use the three questions every day in less than five minutes. The goal is not to write perfect answers. The goal is to retrain your attention.

MOMENT	Question to ask
MORNING	<i>What do I see in myself that is good today?</i>
DURING THE DAY	<i>What do I admire in this person or situation?</i>
WHEN IRRITATED	<i>What might I be missing? How can I look again?</i>
EVENING	<i>What do I see in my world that is possible?</i>

The One-Sentence Practice

Each day, write one sentence for each question:

1. *Today, I see this good thing in myself:*

2. *Today, I admire this in someone else:*

3. *Today, I see this possibility in my world:*

Small answers are enough. What you see grows.

A simple practice to begin today

Before the 7-Day Look Again Journey begins, you can start with one small practice.

Choose one moment today and ask yourself one of the three questions.

When judging yourself

What do I see in myself that is good?

When judging another person

What do I admire in this person?

When feeling discouraged

What do I see in my world that is possible?

Then write one honest sentence.

You do not need a perfect answer. You only need to begin looking again.

Today, I choose to look again by...

Continue the journey

The three questions are only the beginning.

To continue practicing the Second Sight, follow the free 7-Day Look Again Journey.

For seven days, you will receive a short reflection and a simple daily practice to help you:

- ◇ pause before judgment
- ◇ recognize what is good in yourself
- ◇ see hidden strengths in others
- ◇ begin looking at your world with new eyes

If you downloaded this guide by email, your journey will begin in your inbox. If someone shared this guide with you, you can start the free journey here:

Start the 7-Day Look Again Journey

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