

# SISTER WHO'S PERSPECTIVE

*Sister Who's Perspective, Issue 254, August 2020, copyright*

## Overview

I find myself wondering of late how much balance and striving to be holistic are in truth the same thing. Striving for one may be the same as striving for the other. The primary problem, therefore, might be a need for being more holistic, rather than for being more serious or more humorous. Either way, one is only perceiving half of one's reality.

All that being said, uncertainty seems to be the only thing that is certain.

## Balance within Uncertainty

What must be remembered most about balance is that it includes contrasting and even polar-opposite extremes. Remaining honest about just how bad a particular event or moment is, therefore, can correspond to being equally honest about how positive, inspirational, or empowering other moments in close temporal proximity are. That being said, the intensity of contrasts can be more exhausting than any would imagine.

Restful times that correspond and balance times of work, can be more essential than is readily apparent. Giving permission to rest, may be a step toward holistic healing. While often overlooked, the inherent first and mostly unavoidable step toward holistic health is achieving a sense of balance within every area--including one's creative innovation.

One perspective sees the unpredictability of life as its greatest inherent obstacle, while the opposite view recognizes vast opportunity within simultaneous infinite possibility. This is sometimes confounded, however, by a failure to know in which direction life is headed, to think ahead, and to sufficiently know the self, enough to know which choice would most serve one's identity and constitution.

Phrased more concisely, this means knowing both life's direction and one's self, enough to discern a best choice. No matter

what, however, life remains obstinately unpredictable. Still, choices must be made.

Making a choice in spite of such a context, may be an indication of courage--which might explain the extent to which those individuals who lack courage will go, to avoid making any choice at all. The choice, in most cases, is thus made by surrounding circumstances rather than by any human will. By making a choice, one advocates for balance.

I've often said that humanity is first, last, and always composed of individuals who are creatures of time: inescapably defined by sequences and temporal limitations. Mental health thus requires balancing moments described as negative with positive ones that can immediately follow. This gives greater importance to the ice cream cone which follows a painful or distressing moment.

That being said, my attempts to reward myself for surviving a difficult moment are not always successful. Perhaps this is because rewards are better when they are provided by one's surrounding community than by one's self--thereby strengthening relationships. If one does not have a family or community, however, the task is rendered more difficult but nonetheless essential to mental health.

Specifically because it remains unseen, mental health may be among the most neglected but nonetheless essential aspects of earthly life. Specifically because it is unseen, balance may be equally neglected--that is, when invisible forces are most in balance, they draw the least attention to themselves. Being mindful of parts of one's self which are invisible, may often involve demonstrations of spirituality.

So much remains unknown, that certainty remains illusive. Believing in life and in one's self is thus an act of faith--that I earnestly hope will be ultimately rewarded. Yet it is unknown, when such truth will be revealed.

May one and all and everything, blessed and loved ever be.

## Centeredness within Uncertainty

It is specifically by remembering what is not present within a particular moment, that I find sufficient strength to persevere. That moment when I am standing "nose to nose" with difficulty, is consistently when I am most likely to forget. The action of centeredness is thus most synonymous with remembering.

It may seem obvious, but what I most try to consciously remember is that the current moment is not all there is. I have lived and endured a spectrum of experiences that is potentially mind-boggling. It is the ingenuity and creative ability that I can draw from all of that, which empowers me to respond most constructively to whatever lies ahead.

Lying, at least in my opinion, is never truly empowering. Deception may offer a diversion or smoke-screen for a moment, but it never has sufficient substance to be a foundation for anything that follows. While it is possible to build a house without a foundation, any difficulty at all is likely to cause destruction.

By its very nature, life remains a collection of difficult experiences of undetermined and even fluctuating definition. Without this, the basic realities of growth and empowerment would be diminished. Yet the common tendency is to strive toward preventing any and all difficulties rather than preparing for them the way an athlete stretches before lifting weights or running a race.

Even a singer, ideally, practices scales prior to performance, to prepare the vocal cords for the exertion which will follow. Yet in relation to life, far more effort goes toward preventing difficulties than preparing for all of the stresses they might include. This is often my strategy as well, but there always seems to be something I have overlooked.

When that which has thus far gone unnoticed is no longer so, however, I am left with the challenge of remaining centered. I was advised years ago that rehearsal and preparation are among the ways that one can build confidence within performance. Being centered is consequently a matter being adequately rehearsed or prepared.

For most moments in life, my observation is that individuals show up unprepared. I do

not mean to imply, however, that one should go through life in a paranoid or cynical manner. It is possible to be prepared without resorting to intimidated emotions.

Among the primary methods available to being constructive, is developing one's creativity and ingenuity in every way one is able. Applying this to spirituality, however, has mostly been discouraged, because that would diminish the control to which various administrators have become so attached. In a similar way, administrators in political and social areas also prefer that their subjects refrain from exceeding known methods.

Considering that life is primarily concerned with the growth of the soul, however, various forms and expressions of uncertainty are inescapable. In effect, therefore, the trap into which many administrators fall, is being in one way or another adversarial to growth. Being centered within such moments, conversely, is a matter of remembering, grounding, and deliberately surrounding one's self with one's creative and inventive abilities.

It is not a matter of accepting assertions that "There's nothing you can do," or "It's the way it is," but rather a moment of pause within which one begins with an inventory of abilities and resources and proceeds to act creatively, inventively, and expansively--none of which mere uncertainty is able to prevent. What more often stands in my way, is remembering what has been lost--without hearing what those memories are trying to tell me about new possibilities and adaptations tailored to present and future challenges. Being centered is thus a matter of bringing past, present, and future into the current moment and creating an unstoppable fusion.

As much as I am growing and learning through each moment of my life, I am also remaining in my core essence the person I inescapably am. I bring all that I have been and done to the process of becoming in which I am unavoidably engaged. When diversions and distractions are most abundant, is exactly when this becomes even more essential.

"Remember who you are," inviting deeper contemplation, even when it is inconvenient.

May one and all and everything, blessed and loved ever be.

## Peacefulness within Uncertainty

It has erroneously been concluded by some that questions are disturbing. I have conversely found that only within such queries is a universe able to expand and grow beyond its current proportions. Only by asking more questions, am I able to exceed what has preceded the current moment.

If I posit my identity and social status in any position or relationship that is allegedly beyond being questioned, I simultaneously insist that I have achieved a final form and am consequently incapable of further growth. It remains true that every teacher grows by instilling genuine understanding within any student with the courage to ask for further explanation--which, of course, confounds the true definition of teacher and student. What any student sees, that prompts a further question, may have previously been unseen.

If one has envisioned a world within which to live, that is itself alive and growing, the resulting peacefulness is analogous to a walk through a blooming garden never previously visited. The discovery of beauty frequently conveys awe-filled peace, as if the soul is touching that which is completely beyond itself. It is only when one has a death-grip upon control and predictability that everything possessing transcendence is interpreted as somehow threatening--because it does in fact threaten all existing limitations.

If one's deeper understanding is wrongly misinterpreted as a fascination with more limited forms, one may be erroneously judged as opposing another's growth. The challenge within such moments is allowing--or even encouraging--another's growth within an unfamiliar area, to acquire the new meanings and understandings necessary to growth. If one learns the meanings and relationships upon which the deeper understanding is based, the resulting peacefulness is that

which is inseparable from having a larger universe within which to live.

When questions seem disturbing, it is usually not the question itself but rather the intention behind it which has the ability to be threatening. The one who is not truly hearing what is being said, will most likely miss the distinction altogether. What is asking for resolution may not be the words, but rather the definition and expression of relationship between the persons involved.

Returning for a moment to the challenges of misperception and misinterpretation, what is central is the complexity of language itself--which is composed of words, stories, complex understandings, and symbols. Imagining that one understands when in fact one doesn't, may be the greatest challenge of all, because of the ways it predisposes the mind to being unteachable. To be peaceful within such circumstances, is to view life's mystery as inherently wiser than one's self and therefore sufficiently trustworthy that rigid control is rendered at least mostly unnecessary.

Being able to trust one's self and to also trust life's unfolding, invites continual growth and development within a curriculum that is largely undefined. Yet from a certain point of view, there is no way to make a mistake. If one learns anything at all, the dimensions of one's mind and heart will have increased.

Is one lesson or accomplishment better than another? The answer to that question would be inescapably highly subjective. By comparison, the world is far too filled with countless people avoiding every opportunity to learn that they can, by relentless pursuit of what they individually consider to be "normal."

As often as people speak against such ideas, their lives often tell a different story. If one instead wishes his or her words to reflect the words' meaning, a lingering challenge is remaining peaceful when circumstances are most uncertain. I readily concede that I am still working on this in many ways.

Being small enough to fit within a moment or large enough to transcend it, is a challenge each of us face each and every day. The opportunity to be larger, nonetheless remains.

May one and all and everything, blessed and loved ever be.

***"The one who cannot  
be questioned,  
should never be trusted."***

*-- Sister Who*

## Growth within Uncertainty

In planting a seed, one never knows even whether--much less how--the particular seed will grow. Yet one must have sufficient faith to surround the seed with soil, light, and an appropriate amount of moisture, because the only alternative having greater predictability, is preventing all subsequent growth by failing to do so. It has thus accurately been said that life's only guarantee is unpredictability.

It is a bit amazing to me, how much effort has been expended to deny this truth--even within my own life. My best observation suggests that all this has ever accomplished, is disappointment. I may have a great imagination, but I cannot imagine all of the ways that expectations can be disappointed.

None of which are able to prevent life's growth and development in new directions and forms. It seems, therefore, that growth is far more likely within unpredictability than within its opposite corollary. Being creative is consequently an act of faith--investing without knowing precisely what will next emerge.

It may therefore be said that those who truly live, do so in order to discover life's many surprises. Those who strive in every way for predictability, in effect construct only a coffin. What most fail to consider is that life's moments are not infinite in number.

Giving love, wisdom, and beauty to each moment one is allowed to touch, is among the few contributions one is able to make. The illusion of control may be the most common yet simultaneously least desirable element of all, specifically because of the fact that it cannot embrace what has not yet been invented, imagined, or created. Possibility remains infinite; impossibility is not.

I long to be constructing the paths, tending the gardens, and counseling the guests within a genuinely interfaith spiritual center, open to persons of any belief system or none, but do not know whether I will ever be blessed to serve humanity in this way. I must consequently accept that even if my contribution is merely a dream, that much is what I will dutifully leave whenever I go.

May one and all and everything, blessed and loved ever be.

## On a Personal Note

Even though after months of trying, I have finally managed to talk to a good doctor, a referral to a neurologist is being delayed--so I still have no answer about what is wrong. It seems that people in the US are currently being held hostage by medical bureaucracy, which is operating in a narcissistic manner rather than orienting the medical industry to actual health concerns. Be that as it may, this unconventional ministerial work continues.

Six new episodes of the ongoing television show "Sister Who Presents..." have been produced, two more episodes have Spanish subtitles, and correspondence involving forms of spiritual counseling arrive weekly--perhaps even daily. Eighteen more episodes and new video productions of nine of my morality plays is likely within the coming months. The monthly newsletter also continues.

Next month may be the last newsletter produced on this computer, however, due to its use of a Windows 7 operating system. My choice is to move to an Apple computer, but this requires numerous forms of significant investment and a transition to new software sometime during early to mid September.

It's frequently a bit bewildering trying to keep up with life's fluctuating circumstances.

Through it all, faith, hope, and love remain as essential as ever. I send positive thoughts and prayers that these abundantly find their way to you. Who you are, matters very much.

May one and all and everything, blessed and loved ever be.

### Subscription Information:

"Sister Who's Perspective" is a free monthly newsletter. If you appreciate this newsletter, please consider supporting the ongoing work by either a check payable to Denver NeVaar or an online donation through [www.PayPal.com](http://www.PayPal.com) to the email address of [dn@sisterwho.com](mailto:dn@sisterwho.com). Comments, questions, and suggestions are always welcome.

*Sister Who a/k/a Rev. Denver NeVaar, MTS  
POB 16074, Golden, CO 80402  
email: [dn@SisterWho.com](mailto:dn@SisterWho.com)*

*Internet website: <http://www.SisterWho.com>*

### Additional Informational Internet Websites:

*[www.GodSpaceSanctuary.org](http://www.GodSpaceSanctuary.org)  
[www.DenverNeVaar.info](http://www.DenverNeVaar.info)  
[www.YouTube.com/DenverNeVaar](http://www.YouTube.com/DenverNeVaar)  
[www.SpiritusErosqueIntertexti.org](http://www.SpiritusErosqueIntertexti.org)*