

# Ten Tips for Getting Along with Anyone—Despite Your Differences

Even when you're living as your authentic self, you're aligned with the source, and you're on your way to becoming the person you are meant to be, you're going to run into some opposition. There's always a hater somewhere—someone who doesn't want the best for you, who holds different beliefs and perhaps is not as far along in their spiritual journey as you are, thus they are not able to see the wisdom of having faith in yourself and in the source. When you come across someone like this, it can be easy to let that person derail you from the track you're on, to pull your eyes away from the prize and distract you from the dreams and goals you are working so hard every day to fulfill.

As a black trans man and a former lesbian, I have had to deal with people like this throughout my life. I've always been different, and I've had to learn to work and live with people who disagreed with how I love or who didn't like me due to their own racist, sexist, homophobic, or transphobic blockages. This was even true for my own parents before they underwent the evolution that has allowed us to come back together as a family and support each other on the journeys of our lives.

Adding to these age-old issues, the current political climate in the United States seems to have brought out the worst in some people, creating acute divisions across the country between Democrats and Republicans, liberals and conservatives, and threatening to severely affect the lives of women and members of the LGBT community. All the hatred and confusion and anger in the air has left many of us scared, confused, even broken spiritually and mentally. However, we must continue to be strong; it is more important than ever now not to give in to what others dictate to us about our own lives.

Still, we live in the real world, and while we must be true to our authentic selves in order to become all we are meant to be, we must also exist with our neighbors, our co-workers, and our families on a day-to-day basis—with people who might not always share our outlook on life. So, for our own peace of mind, we must learn how to get along with anyone despite our differences. I have learned a lot about this from the sum of my experiences and all the spiritual practices I have undertaken in my quest to become my authentic self, and based on that, I can recommend the following.

1. Meditate every day. Meditation has been proven to reduce stress, improve concentration, and increase self-awareness, happiness, and acceptance—all of which will help you to remain true to yourself in the face of adversity and to meet any challenges with strength and grace.
2. Stay focused on who you are in the present moment and who you will become in the future. When you're concerned with yourself and your own success, you'll have less time—and even less inclination—to worry about what others think about you.

3. Abide only in the truth. We instinctually know when others are lying to us. Follow your own inner guidance, and don't give in to those who try to tell you that you are something or someone you are not.
4. Look for positivity. Behind every dark cloud, the sun shines. Look for those rays in your life and in society as a whole, and stay focused on them. The more you focus on positivity, the more of it will come into your life.
5. Don't give in to fear. Facing those who hate who you can be frightening, but if you are true to your authentic self, following your own guidance, and living in your truth, you are powerful. You are strong beyond belief. And nothing can break you.
6. Do you, and let everyone else do the same. Just as you don't want others telling you how to live your life, refrain from putting forth your own opinions on what others should or shouldn't do—judge not, lest ye be judged. What others do or are should not concern you at all; the only thing that should concern you is your own alignment with the source.
7. Be open to all experiences. As Esther Hicks so aptly put it, think about life like it's a Google search: you might be looking for one thing, but Google—life—will suggest other things you might be interested in as well. Follow those suggestions, those impulses you feel when you are aligned vibrationally with the source, to get closer to your true self.
8. Do not keep score. Don't put yourself above (or below!) others. As Hicks has said, it's best to let the satisfaction, enthusiasm, and clarity you find in your alignment with yourself and the source be the prize you're looking for.
9. Let go of conditions. That is, don't wait for something to happen before you go after what you want. Money is a condition; we always say, "If I had the money, I would be able to do this thing that would make me happier." Or "if I had a better job, I would be able to..." Or "if I only had a better relationship with my parents, I could..." Don't make your direction in life contingent on some outside object or force. Do what you want to do—what you must do to bring yourself into alignment—now. Don't put it off until some unknowable time in the future when you believe the time will be right. That time will never come.
10. Learn a martial art. If you follow the previous nine tips, you can protect yourself spiritually and mentally. But it also makes sense to be able to protect yourself physically. I personally recommend wing chun, which was created by a woman and doesn't require you to be too physically strong or big to defend yourself, so anyone can do it. Sometimes you just run into a bully, and there's not much you can do. For such cases, you owe it to yourself to have some self-defense skills.