

(The Gender Centre advise that this article may not be current and as such certain content, including but not limited to persons, contact details and dates may not apply. Where legal authority or medical related matters are cited, responsibility lies with the reader to obtain the most current relevant legal authority and/or medical publication.)

Accepting the Balance of Things

Understanding that Every Negative has a Positive

by Sarah J. Rutherford

Article appeared in Polare magazine: October 2000 Last Update: October 2013 Last Reviewed: September 2015



We must understand both negative and positive aspects of life, and keep going, determined and resolute in our often difficult pursuit of both self and happiness.

Unless we can accept, we cannot appreciate or understand. We cannot learn or become better. Unless we accept, we will never come to terms with the disagreeable, nor be able to contemplate change or affect such change to the disagreeable, or more importantly, change to ourselves.

... we cannot afford to be discriminating, if we want, in the longer term, to defeat the attitudes of people who discriminate against us ...

Isaac Newton made it clear in his famous theorem, that "for every action, there is an equal and opposite reaction". In short, every negative has a positive and vice versa. Human complexity and multi-layered diversity is in the reality of things, no different to nature, it has its positive and negative aspects, which is, if you will, natural balance; even if the balancing negative may be often far less than desirable or palatable.

Human idiosyncrasies are such that people's reactions all vary, and while some are for the most part tolerable, many are hard to accept. The emphasis for most transsexuals however, must stand firmly on that word, *accept*, and also, *acceptance*.

Whether we like it or otherwise, life is diverse and sometimes there are clashes of diversities, as presumed 'norms', isolate or elevate themselves over others for whatever reason; an idiotic notion of superiority of the species being only one.

Given such circumstances and being confronted by such people, one could hardly blame transsexuals for being just as discriminating in retaliation of the treatment meted out to them. However, such responses are, in themselves, merely feeding the negative aspect, and we cannot afford to be discriminating, if we want, in the longer term, to defeat the attitudes of people who discriminate against us, and as is often the case, anyone else different from them.

Life for many is far from kind, or cosy, yet despite this there has to be a determined attempt for the people in the abused situation, to adapt and modify their thinking, to accommodate for, and allow for, those in society who cannot find the concept or notion of thinking before acting, or consideration of others, too hard to penetrate the brain cell.

For transsexuals, in many cases, personal peace comes from the inside, and by developing a huge ability to ignore or dismiss certain abuses, without resorting to retaliatory action or response. In many ways some abuse is unavoidable, but our responses are not, we can control most situations of a negative nature, merely by not giving them the opportunity to go beyond an initial contact.

Society builds walls and fences, some good, others bad, and the difficulty for transsexuals is that they have to learn to live with both. We must understand that living with the negative is part and parcel of the cost of our personal freedom, in a society which in many ways is either fearful or ignorant of our circumstances and feelings.

In an ideal world, we would be truly free, but our world will never be ideal while some people cannot think first and respond appropriately.

Such change as we can affect is for example, by just being ourselves, setting good behavioural standards, and not demeaning ourselves by negative responses or inappropriate retaliation, which in many people's eyes, would automatically make us the protagonist, not the victims of the abuse.

Life is diverse, a flower can be both beautiful and yet still poisonous, and likewise humans can be kind and cruel. Irrespective of how we feel towards any forms of discrimination or abuse, from whatever level of society it comes; if we are truly honest with ourselves we have to accept that it does and will happen, and move on.

By accepting, in many ways we take away the power of the perpetrator, give no credence or benefit to the attack, thus rendering it pointless and without further stimulation to the person being negative. If we take no notice, we give no satisfaction, remember, children often settle for negative responses, when they are deprived of the positive, so think of the abuse in that ilk, and also notice that much abuse is almost child like anyway.

The price of freedom of self is understanding and accepting all facets of both nature and humanity, and if we want to affect serious community attitude changes in the future, we have to set a good example now.

We must understand both negative and positive aspects of life, and keep going, determined and resolute in our often difficult pursuit of both self and happiness.

Polare Magazine is published quarterly in Australia by The Gender Centre Inc. which is funded by the Department of Family & Community Services under the S.A.A.P. program and supported by the N.S.W. Health Department through the AIDS and Infectious Diseases Branch. Polare provides a forum for discussion and debate on gender issues. Unsolicited contributions are welcome, the editor reserves the right to edit such contributions without notification. Any submission which appears in Polare may be published on our internet site. Opinions expressed in this publication do not necessarily reflect those of the Editor, The Gender Centre Inc., the Department of Family & Community Services or the N.S.W. Department of Health.

The Gender Centre is committed to developing and providing services and activities, which enhance the ability of people with gender issues to make informed choices. We offer a wide range of services to people with gender issues, their partners, family members and friends in New South Wales. We are an accommodation service and also act as an education, support, training and referral resource centre to other organisations and service providers. The Gender Centre is committed to educating the public and service providers about the needs of people with gender issues. We specifically aim to provide a high quality service, which acknowledges human rights and ensures respect and confidentiality.