**Essay Question:**

**Read Lines II.34 and II.35 from chapter two of the Yoga Sutra’s of Patanjali. Summerize, in your own words, the meaning of these sutra’s. Explain how they can be used in your life, with people you find difficult, in your practice and in teaching your students.**

When negative thoughts, or acts of violence occur, whether incited by greed, infatuation, anger or fear, whether performed by you, done by others, or you permit them to be done, whether indulged in with mild, moderate or extreme intensity, they are all based on ignorance and/or delusion, and always create pain and suffering for all. Reflecting on this is pratipaksha bhavana. In my personal life, envy of others' successes, fear of failure and fear of other's opinions regarding my abilities, has often caused pain and suffering. With the deepening of my spiritual practice and a coming-to-know non-duality and one-ness, I have become less ignorant and thus have experienced less pain. When connecting with a person I find difficult it has been helpful to remember that we are all one, and that my perception of seperateness is a delusion and that the truth of all is the interconnectedness of light and love, that seeking out the ultimate goodness in the person I find challeging will connect us and will allow for a greater sense of peace. In asana practice, and in facilitating a class for students, it will be of uptmost importance to cultivate a presence firmly established in non-violence, so that all hostilities may cease.

I will be steadfast in my abstention from harming others, so that all living creatures will cease to feel enmity in my presence. Compassion, ease, gentleness, and the interconnectedness of light and love that we all share, will be the foundation and goal of my personal and shared practices.