

## Essay Question:

**Read Lines II.34 and II.35 from chapter two of the Yoga Sutra's of Patanjali. Summarize, 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.**

These sutras are shedding light on violence, expressed consciously or unconsciously through our actions and how it manifests and affects our environment and our relation to others when we don't deal with them. Thoughts that are non respectful and judgmental can arise for many reasons. However, we have the ability through our practice, to observe these emotions and judgments and release them to make room for more compassionate and understanding thoughts.

In many ways, we might not be conscious or aware of how we come across to our students and how this affects their learning experience. We might feel impatient and irritated with a student that seems disconnected from their practice or from the other students around them. Our tone might be harsher with them because we want them to make certain adjustments and we are scared that they might hurt themselves. We might judge them because they seem disconnected to their body or experience and we don't understand because it doesn't fit our own set of values or goals. Maybe we are assuming that this person doesn't have the ability to change their practice and this is transferred in the way we talk to them. If we change our attitude and tone towards that student we might give him or her the space and confidence to make better adjustments and bring more compassion and kindness in our own practice.

The same principle can be applied in our interpersonal relationships. Sometimes we assume that our partner can't or won't change something that we find irritable or a behaviour that we don't fully understand. The most common reaction would be to reprimand or discourage this behaviour by changing our tone of voice or attitude towards them. If we take a moment to question our reaction we might find space for more understanding. Are we assuming that this person won't understand what bothers us if we tell them? Have we tried communicating this to them? Are we constantly saying the same things or using the same tone but expecting a different outcome?

To summarize these principles, the quality of thoughts that we choose to nourish can and will have a great impact in our relationships and in our teaching environment. By choosing thoughts of non-judgment and non-violence we allow more space and flexibility in the way we communicate with others.