**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.**

*(I have copied the two Sutras here for reference)*

**2.34 Actions arising out of such negative thoughts are performed directly by oneself, caused to be done through others, or approved of when done by others. All of these may be preceded by, or performed through anger, greed or delusion, and can be mild, moderate or intense in nature. To remind oneself that these negative thoughts and actions are the causes of unending misery and ignorance is the contrary thought, or principle in the opposite direction that was recommended in the previous sutra. (vitarkah himsadayah krita karita anumoditah lobha krodha moha purvakah mridu madhya adhimatrah dukha ajnana ananta phala iti pratipaksha bhavanam) • vitarkah = troublesome thoughts, deviating (from the yamas and niyamas) • himsadayah = harmful and the others (himsa = harmful; adayah = et cetera, and so forth) • krita = committed (by oneself) • karita = caused to be done (by others) • anumoditah = consented to, approved of (when done by others) • lobha = greed, desire • krodha = anger • moha = delusion • purvakah = preceded by • mridu = mild, slight • madhya = middling • adhimatrah = intense, extreme • dukha = misery, pain, suffering, sorrow • ajnana = ignorance (a = without; jnana = knowledge) • ananta = infinite, unending (an = un; anta = ending) • phala = fruition, results, effects • iti = thus • pratipaksha = to the contrary, opposite thoughts or principles • bhavanam = cultivate, habituate, thought of, contemplate on, reflect on**

If I can just accept and acknowledge that some people are easier to deal with and others perhaps not so, then I can realize that their behaviour and actions are their own and do not need to have an impact on mine. I also try to recognize that

I and only I am responsible for my own thoughts, actions and behavior and that I have to take ownership of them. This means I try to acknowledge my own mistakes and ask others for forgiveness if my I have caused any harm.

So in my personal life I can make a choice to let others negative actions and behaviors impact my own thoughts, actions and behavior or decide to stay true to myself and avoid falling into the trap of dealing negatively with negativity. This is often easiest by avoiding contact with people who affect us this way, but that is not always an option. I try to accept people for who they are and if they are inclined to be negative, try to be empathetic (to a point) and then try to lighten up the conversation or change topics. If dealing with anger, greed or delusion it is often difficult to remain calm, but it can be effective in changing the mood.

In my Yoga practice it is important not to get frustrated or angered by my weaknesses, pain or discomfort, when it arises (luckily not too often). I try to acknowledge and improve my weaknesses, avoid pain and certainly use my breath as a means of dealing with slight discomfort. This may also mean that when I practice on my own that I might stay within my comfort zone more than when taking classes or workshops. I do have my favorite postures and practices and they make me feel great in every way. So far I have never come across a teacher I did not like or learn something from, but I feel that if that happened I would simply choose to discontinue practicing with this person rather that feeling negative about it.

In teaching it is important to recognize that all individuals are unique and have different reasons for taking a Yoga class, different needs, different learning styles, different bodies and different strengths, weaknesses and experiences.

While encouraging each person to explore their own experience, a class is a group

experience as well. Sometimes a student may ask a question that may seem negative, but maybe the student just really wants to learn more. It is important to remain confidential about any student’s personal information or foibles to other students, unless the student in question shares this freely with the group. I never discuss students with other students, unless it is in a positive way. Most people who come to a class are there because they choose to be there on their free time and I feel it is my job to help them have the most positive experience possible. I want students to learn, to accept their limitations and to have alternative options when needed, to feel secure and accepted by the other students and by myself.

**2.35 As a Yogi becomes firmly grounded in non-injury (ahimsa), other people who come near will naturally lose any feelings of hostility. (ahimsa pratishthayam tat vaira-tyagah) • ahimsa = non-violence, non-harming, non-injury • pratishthayam = having firmly established, being well grounded in • tat = that, of his or her • vaira-tyagah = give up hostilities (vaira = hostility, enmity, aggression; tyaga = abandon, give up)**

An interesting saying I’ve read a few times is “Your vibe attracts your tribe”

This reminds me of 11.35 of the Patanjali Sutras

If in life, yoga practice and teaching I can practice, nurture and maintain the concept of ahimsa, it is most likely that the people that I come into contact with will feel the same way. If my presence is non-threatening there is much less chance that people will treat me with hostility. If I can forgive people who I may come into conflict with and resolve to move past ill feeling with forgiveness and compassion it is more likely that these same people will feel the same towards me. And sometimes when a conflict is just not able to be resolved it might actually be best to give up or abandon the relationship, rather than dwelling on its negative aspects. I always find it interesting that if I take the time to see the positive in something, someone ,or a situation the experience becomes more positive and vice versa . In other words if I see the negative and dwell on that aspect, it seems to get worse.

Maybe that’s why in my personal practice so far I do tend to stick with what gives me pleasure and not the opposite. It just gets better and better!

In teaching I have found the same thing . If students are able to feel comfortable about themselves and confident that they will not get hurt trying new things they also get better and better! By teaching through well grounded rules of safe movement ,the foundation of anatomical awareness and the practice of breath and relaxation along with a cheerful and welcoming manner and disposition, willhopefully feel empowered, welcomed and accepted.

*(Once again I find my answers to these questions are today’s answers and I may have to refer back to them in the future to add more thoughts****)***