**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.**

Meaning:

Harms such as violence done directly, indirectly or giving consent to them at mild, moderate or intense degree, are caused by one’s thought, no matter how little they might be. Those thoughts lead one to ignorance and misery. Opposite thoughts are recommended to counter such violence.

To use in one’s life with difficult people, one may force positive thinking in dealing with them, namely regarding the root of those people’s difficult nature.

One may practice meditation and force thoughts to neutralize, counter or mitigate the negative and mean thinking. The immediate target could be to let go negativity, leaving space to let positiveness to develop.

In teaching, “Non-violence” and positive thinking can be told to students, and teach them to adapt as one’s habit by mental exercises. Positive attitude may attract sympathy, at least lower hostile attitude of others when dealing with them.