**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.**

In my own words after reading the books that you provided for me. I see it as if Life is an echo or ripple affect what you send out, will come back to you, What you give you will recieve. Also what you give you get, what you see in others, exists in you, we are all ONE. Do not judge so you will not be judged. Radiate and give LOVE and LOVE will come back to you. Be the inner light and postive wolf dont be the inner dark and negitive wolf, it only depends on your thoughts that you are feeding them.

The ways that I can use them in my life is I want to be the example for many veterians across canada. If I show Love and judge there negitive habits and help create postive habits like yoga, meditation, mindfullness and postive hyptmosis like me I can spread this postive ripple effect to many military men and wemen you suffer for PTSD.

The ways that I can use this with negitive people is again not to judge there is a reason for anyones negitively and take it and learn to build on these areas in life and take negitive as a learning thing to correct in the future to continue biuld a postive ray of sunlight around myself.

The ways that I will use this in my practice and in teaching my students will be continue to learn from being how I was mentally Ill and very negitive to spiral downwards for many years to being spiraling upwards in bright lights and use this postive way to teach and continue to be becasue yoga saved myh life and I want to get veterians who never took yoga before leaving my class like they are no longer a caterpillar in life but a beautiful monarque butterfly.