**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.**

2.34 Improper thoughts and emotions such as those of violence- whether done, caused to be done, or even approved of- indeed, any thought originating in desire, anger or delusion, whether mild medium or intense- do all result in endless pain and misery. Overcome such distractions by pondering on the opposites.

2.35 When one is confirmed in non-violence, hostility ceases in his presence.

Our thoughts and intentions create our reality. When we are angry or wanting something, we create suffering for ourselves and those around us. We will see our anger, desires and judgements reflected back at us. We must therefore work on cultivating our inner peace. To do this we must work to recognize our attachments and learn to let them go.

Through the practices of non-attachment and non-judgement we release others from our need or them to act in certain ways and allow them to be themselves. Doing so from a place of inner peace we create a space for people to relax be themselves, becoming a reflection for others to experience peace as well.

In order to help people, we must first help ourselves. When someone is angry or upset, it can be easy to fall into that energy with them, joining and multiplying the suffering. If we can remain at peace and make the space for the others anger, without judgement, we can help them begin to release their negative emotions.

In order to have world peace, we must first cultivate our own inner peace. By learning to rest in a place a peace and love we make ourselves truly able to make change in the world.

In a practical setting such as a yoga class, this can be practiced by remaining calm and at peace with our self. If a student gets angry or sad or otherwise off their center, it is through our own state of calm and love, meeting the darkness and violence with light and love, that we can best help them.