**Essay Question:**

**Read Lines II.34 and II.35 from chapter two of the Yoga Sutras of Patanjali. Summarize, in your own words, the meaning of these sutras. Explain how they can be used in your life, with people you find difficult, in your practice and in teaching your students.**

**II.34 vitarka himsadayah krta-karita-anumodita lobha-krodha-moha-purvaka mrdu-madhya-adhimatra duhkha-ajnana ananta-phalah iti pratipaksha-bhavanam**

Without saying a word, we can be violent towards other by simply asking them to be different from what they are, by reducing them to be like us. We can also authorize violence by not saying and even provoke it with our feelings. Impatience & anger will feed violence. Whatever the intensity, we will feel suffering and confusion from those thoughts. Being impatient or angry at someone else will only feed violence and pain towards me.

This can seem egocentric but the best thing we can do as individuals is to concentrate on our personal development and our own transformation to become aware and able to act without violence into society.

In my practice, I can meditate on how do my actions, words, and thoughts keep me feeling separated and disconnected from my innermost authentic Self?

This sutra is beneficial to remind me that I am a human being and those feelings are normal.

Welcoming others, like my students, friends, children’s and co-workers with patience and recognition of where they are, how they feel and not asking them to act like me is non-violence.

**II.35 Ahimsa Pratisthayam Tat Samnidhau Vaira Tyagah**

**~ In the presence of one firmly established in non-violence, all hostilities cease.**

Interior attitude is of ultimate importance. Non-violence means non-judgment, respect, and this attitude will reflect outside and violence will become more difficult.

By being non-violent and practice these 2 sutras into my whole life, I will feel less suffering and pain and gradually will establish a non-violent thinking process and will be more joyful and centered.