**Essay Question:**

**Read Lines 2.34 and 2.35 from chapter two of the Yoga Sutra’s of Patanjali. Summarize, 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.**

Violent thoughts are the cause of our world’s suffering and ignorance. These violent thoughts can be yours, someone else’s, or simply approved of by you. They can come from greed, anger or delusion, and can be mild, moderate or intense. Reminding oneself that these violent thoughts and actions are the cause of unending suffering and ignorance is a practice towards ahimsa (non-violence). (2.34) As soon as you begin to truly accept and practice non-violence, others will be able to sense it, and will lose the will to be violent against you. (2.35)

Recognizing violent thoughts and practicing ahimsa is essential to living a life which you can be proud of. In the modern society which we live in today, it is all too easy to lose patience and resort to violent thoughts. Taking that step back, and recognizing that these violent thoughts will only cause you and the ones around you pain and suffering, can help you to be content in situations in which others may lose themselves to anger. When dealing with someone you find difficult, one has only to remove themselves from the surface emotions they feel when interacting with that person, and realize that this encounter is only temporary. Once one can realize the impermanence of the situation, they can also better control their negative emotions and thoughts. Ahimsa is also an essential tool when it comes to your personal practice and when teaching students. Before being kind to yourself, simply accepting yourself whenever you practice and removing yourself from violent thoughts and possible frustrations that may come up during practice is a good base to build on. When teaching students, having that energy of non-violence will lead your students to feel more comfortable with you, and will be more likely to be non-violent in their thoughts and actions towards you.