**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.**

II. 34 vitarka himsadayai keta-karitanumodita lobha-krodha-moha-purvaka medumadhyadhimatra duikhajoanananta-phala iti pratipakæa-bhavanam

All things that we create with anger, jealousy, and fear, ignorance, with bad intention or even without knowing our bad intention is. We create thinking, behavior, and belief. What we create or tolerate inside us, we create outside us also. It’s like Karma. So be aware of this law because it can help you to create and receive good thing rather than result of fear.

It’s a very important awareness to know this law and to be accurate with our intention.

It’s help me every day, to remember me that. We have the power to manage our thinking and our intention. We have to work on it because is not innate at this time. With meditation, contemplation and step back, we can work on it to only have good thinking and eliminate fear to our behavior.

In my daily life, I try to focus on my feeling and my thinking and try to analyze before to react of one situation or one person. Because we used to react by expressing fear, but if we are aware of that, we can decide to change and react by love, compassion, sages; we will create it inside and outside us, and receive back the result.

For the student, the first step is to help them to be aware of their thinking by awareness of breath and mind. And after help them to manage and understand their thinking. The better way to help them it’s also to be an example and very belief and work to be a better and a better example of this law.

II. 35 ahimsapratishthayam tatsannidhau vairatyagah

We reflect our feeling and our thinking. And this feeling and thinking are energy and they send it outside of us. So this energy is receive by other people, other animals or things and they will react depend of what they receive. If you send non injuring or non fear, you will send this energy and the person in front of you will adapt his behavior with peace and love. If you send the opposite, they will react with the same energy.

IT’s a huge power in our daily life to know that. When we are aware, all things, all reactions, all behavior could be possible, it’s depend of you. You could choose your energy and what do you want to send at other.

For this state, we have to work deeper in our intention before to think and act. I focus on the goal of the situation and try to act with the global goal; not my personal result but the earth, love, big picture result. It is help me to come over specific situation and to remember what is really important.

I guess the better way to teach that it’s also to be an example in order to aware other people.