

Maude Laperrière
sept2015

Essay Question:

Read Lines II.34 and II.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.

It means that every act of violence, intentionally or physically, leads me into a karmic wheel to sufferance and ignorance.

It means that the path to liberation and union starts with compassion, tolerance and love.

Negativity, judgments, anger, rudeness, physical abuse and manipulation bring me into separation with the world and disconnect me from my essence.

Every time I act in this way I plant a bad karma seed that grows and leads me to eternal sufferance.

To start to undo this bad work, I first have to recognize that everything I live is a result of a past Karma seed that I have plant, so instead of blaming the messenger, I should be thankful that he/she/it brings me to mind that it is the time to recognize my responsibility and get rid of that bad karma shoot. I should honor he/she/it presence with love and if it is not possible, I should go away, breath and question my reactivity.

Since I have started doing that, I realized that slowly, I get rid of my bad karma seeds and plants some good ones. People start to act nicer and I attract love and compassion to.