**Philosophy Essay Question by Annik Paquin**

**Yoga Sutra’s of Patanjali II.34 and II.35**

When we act, condone, or even think in a negative way, due to ignorance or not, we create pain. It is quite easy to be in a negative state of mind with all that surrounds us in our modern world as we have so many opportunities to feel anger, greed or jealousy. We are constantly bombarded with what we should have to make us happy that to reject it is quite a feat for many. To make a conscious effort to be unaffected by the negativity in the world becomes easier as we develop a yoga practice, and when we are less affected by the negative thoughts whether they be small or large we start to feel happier.

When we act or think with true knowledge, we are less likely to cause pain to ourselves and to others. When we surround ourselves with negativity or violence in thoughts, words or actions, we are putting ourselves at risk of being dragged into a vicious circle of negativity and pain. Surrounding ourselves and just being non-violent is the best way for us to grow, find happiness within, and rejecting hostilities around us.

Acts of violence can be as simple as speaking ill of someone or not stopping someone who does. This may cause pain to ourselves and to others.

Buddhists follow the Noble Eightfold Path which are 8 interconnected factors or conditions, that when practiced together, lead to the cessation of dukkha, which is suffering and or pain. These eight factors are: Right View (or Right Understanding), Right Intention (or Right Thought), Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.

So even if I am not a practicing Buddhist,( I was married to one and lived in such a community for years) I do follow their philosophy which are also parallel to yogic philosophy, which could also be argued to be fundamentally in line with most religions.

Keeping this in mind, is one of the reasons I wish to become a yoga teacher (right livelihood), I wish to keep acquiring knowledge so that I may be able to help others on their paths to happiness, consequently finding my own as well.

I wish to live a simpler life and find happiness within.

I hope to be able to practice teaching with kindness, mindfulness and right speech.

I try to live by these principles in my everyday life, and my son with his own difficulties, is the perfect practice student.

I try to be the presence of non-violence for my son every day, to be able to be the best example I can be for him. To cultivate harmony and happiness for myself so that I may be a source of reflection and example for him to rely on and grow from.

I hope to be able to continue this in a teaching environment as well.