**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 Cultivating the opposite is realizing that negative feelings, such as that of violence, result in endless suffering and ignorance – whether these feelings are acted out, instigated or condoned, whether motivated by greed, anger, or delusion, whether these are mild, medium or extreme.

II. 35 In the presence of one who is established in Ahimsa, there is cessation of hostility.

The two sutras, I believe, would mean that maintaining feelings of a negative or violent type can only lead the individual to put up and/or to cultivate barriers to its own inner peace and knowledge of him or herself, as well as to its connection to the outer world (other individuals, their environment). Indeed it would seem that these feelings create additional interference around the individual's clear and peaceful awareness of themselves and the outer world.

Whereas, on the other hand, that in the presence of a person who has managed to keep away from those types of feelings, inner and mutual peacefulness and comprehension become more possible.

These teachings would be useful to keep in mind or to practice, when interacting with people I find difficult, in order to remember that maintaining such feelings can only make an already difficult situation only more difficult. Indeed, they risk clouding my judgment, my interpretation of the words and intentions of the person, as well as affecting the content and intensity of my own reactions in a way that could be innapropriate.

In my own practice, being able to keep away from such feelings could save me from imposing a lot of negative stress upon myself, therefore affecting my well-being as well as my progression.

In teaching my students, I feel such feelings could impose the same kind of negative stress on the class, because I believe they are very easily perceptible, especially by students who are more sensitive. Therefore, it could make the students feel very self-conscious, diminished, discouraged, pressured, sad or angry. I also think, as teachers, we can sometimes have a bigger impact on students than we realize and therefore it is very important to be careful of how the feel in our classes. So even if we feel a student did something we feel is unacceptable, I think we better do the best we can to deal with the situation peacefully.