

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 sutras. Explain how they can be used in your life, with people you find difficult, in your practice and in teaching your students.

Lines II.34 and II.35 from Chapter 2 of the Yoga Sutra's of Patanjali express that a person will obstruct yoga by killing. However, this does not only mean the physical act of killing someone (committed, caused, or approved), but also with ones words (lies). These lines are advising the reader that to experience peace (or peaceful state), the reader must not lie or approve of another's lies and must not injure others (including animals). According to these lines, such behavior will rebound, once set in motion the one who sends such behavior out into the world will have it return upon them in the same way.

The application of this in my own life is, as the saying goes, to think before I speak. It is easy for me to not think about the words I put out into the world when trying to be heard in a conversation or defending myself. I believe if I can think before I speak, I will be able to process the words I am going to put out into the world. Do I want them to return to me positively or struggle against them? It is hard to follow through on this idea in a world that values speed and efficiency over thoughtful dialogue.

If I adopt the meaning gleaned from these two lines, then I will be more thoughtful and considerate of my speech toward those I may find difficult. In my practice and in teaching, this will convey understanding for my own being and that of others. The goal is to find peace, but also I believe it is caring for yourself and others. Slowing down and recognizing the need to love one another (and the self in a selfless way) will bring the yogi peace.