

## 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.**

---

### **Yoga Sutras Interpretive English Translation by Swami Jnaneshvara Bharati**

**2.34** Actions arising out of such negative thoughts are performed directly by oneself, caused to be done through others, or approved of when done by others. All of these may be preceded by, or performed through anger, greed or delusion, and can be mild, moderate or intense in nature. To remind oneself that these negative thoughts and actions are the causes of unending misery and ignorance is the contrary thought, or principle in the opposite direction that was recommended in the previous sutra

**2.35** As a Yogi becomes firmly grounded in non-injury (**ahimsa**), other people who come near will naturally lose any feelings of hostility.

-----  
2.34

It's all by intention, so inflecting harm by self or inducing others to inflict harm or even accepting other actions that did harm is very similar actions and considered as participating in this harm.

There might be many motives and reasons to these actions, could be anger, greed or delusions or other reasons. But that does not change the fact that these actions were harmful and caused suffering to self, others and the surrounding.

In our lives and it will be the same in our teaching.

We are always faced with situations that cause us to lose our way and act or talk in a negative way. And there are always hundreds of excuses to do so. And even we could use others to do what we ourselves are thinking about as if inducing harm by others' hands will liberate us from the guilt.

But most of the time both excuses or auctioning through others, would not change the fact that harm has been committed and guilt will be something that we need to deal with. Unless we are able to catch our ego when it's talking to us and pushing us to do these acts or think in any negative way.

2.35

As we start to conduct ourselves in a professional way and communicate with others with a nonviolence or harmless methods.

We will start to create around us a safe environment that anyone will step into it will feel safe and can experience the true meaning of support and giving with no harm to be expected.