**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.**

My belief is negative thoughts are often unresolved issues (perhaps insecurities) which linger and eventually seep into actions. They are processed internally in various ways and often dealt with in a destructive fashion. They can come to light through words or actions which can have various consequences depending on their severity and one’s personality type.

Subconsciously they usually spill out onto ourselves or other people in our lives, either through aggressive or passive aggressive behaviors, i.e. verbally, violently, through manipulation, guilt, etc. As well, for example, when we are on the receiving end some return the negativity by patronizing/condensation, or maybe even violence or others may remove themselves from the situation and distance themselves from this person in order to avoid further confrontation. Some may also internalize this onto themselves through various addictions.

Learning how to deal with your internal issues is key but not always easy. We all have them in one way or another. Reflecting onto others is never a good solution. Negative thoughts=negative actions=negative end results. Every action, be it good or bad causes an equal or greater reaction. A positive, calm and respectable approach can rarely backfire in a negative way. I think an honest and non-judgmental approach works well. Everyone has experienced different things in their life and we cannot, as the saying goes, “judge a book by its cover”. It’s often hard to react calmly and neutral when someone is negative or aggressive towards you but I think that “taking the higher road” is usually the best option. Sometimes you can’t resolve every issue or agree on every term but acceptance of this is a good option for moving forward. Disarming someone can also be good way.

As a teacher’s standpoint (which I have very limited knowledge to this degree!), you can only teach what you know and believe. It must come from the heart. With a defiant student you need to stay in control, calm, avoid confrontation, try to be sensitive to their needs and try to defuse their negative energy, if possible. Most of all listen and be objective to their point of view. Maybe even try to console, if possible. Be compassionate. You’re not usually aware of what they are going through …