**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 – Greed, anger, infatuation, whether mild or extreme, will always result in suffering. To realize that, and develop awareness for these emotions, the suffering ends.

II.35 – When one abandons these tendencies to extreme emotions, and develop non-violent actions and thoughts, others want to be in our presence.

I feel as though these sutras are explaining the importance of developing non-violent habits – not just for the self but also for others around us as well.

While it can be easy to fall into habits of anger and/or extreme emotion in life, to learn to see these emotions as just passing and not as constant, one can end suffering within themselves and develop a less hostile relationship with those around us.

I think the tendency with people we find difficult is to feel as though our anger and frustration are valid, and while that may be true, allowing for these emotions to remain transient and not sit and settle in our minds will create less suffering and pain in our own mind and create more welcoming interactions with these difficult people.

As for students, as a teacher I think it can be easy to reflect our emotions onto our students; whether its to push them too hard based on our own expectations, or expect them to feel frustration the same way we do. I think that if we let go of the attachment we have to these emotions, we will feel better as teachers and our students will be more inclined and invited to have their own experiences free from our hostility.