**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.**

To me, these sutra’s are about the downward cycle of violence and the virtuous loop of peace. When one’s filled with hostility, he can’t see others as they really are. He mistakes the behaviors he doesn’t like for the person they originate from. This makes one have an attitude that exacerbates others’ hated behaviors and suffering. To find peace inside no matter what behaviors surround us is the way to stop this negative cycle. If I work, in my practice, towards a state of empathy, I can start to develop peaceful relationships outside of it and inspire others to do the same. This means less negative behaviors around me, less hostility inside of me and more ease to continue down this peaceful path. As a yoga teacher, I will have the opportunity to help students find their own wholesome state in their practice. I think this should start with making them feel my empathy towards them in order to encourage a peaceful loop to emerge between them and I, between them and the rest of the class and with people outside of the studio.