**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.**

Our mental is important in Yamas and Niyamas practice; having clear thoughts and actions, be satisfied with what we have and to deeply know ourselves are all principles of Yoga. However, we can have disrupting thoughts that can drive us apart from these principles. One of these disrupting thoughts is the thought of violence. Violence has different ‘’levels’’. It can be hard and physical, it can be silent and weak and it can be anything else in between of these two ‘’levels’’. Violence is caused by impatience, frustration and mistake. In order to stop violent thoughts, we have to meditate on the opposite; love, acceptance, patience… Once these more ‘’positive’’ thoughts will be deeply integrated and understood, you become someone who radiates nonviolence and respect. Being in this state can influence your surroundings to become in this state as well and it removes hostility of your life.

If you have difficulty with someone in your life, instead of responding with violent actions or words to take revenge, it is preferable to meditate every day, to become in a state of love, understanding, non-judgement and comprehension so you can become unattainable when it comes to violence and hatred. Your attitude will discourage the other person to act in a violent way with you if you are in a state of total comprehension, love and non-judgement. More often than not, people who act violently are deeply hurting and in need of love.

Violence can also be done to ourselves. If we do not respect our limits, our boundaries, we cause violence. In Yoga practice, it is important to stay in a self-love state. It is very important to repel our ego. Our ego can lead us to violence if we judge ourselves. Listening to your body, listening to your physical, mental and emotional limits is important. If a posture is too difficult for me, if I need props, I need to listen to all of these signals, give myself some love and stay in a non-judgement state and do the posture the way my whole being truly needs it, even if that means not doing the posture. Not listening to your boundaries can lead to injuries, caused by violent thinking towards ourselves.

In a yoga class, with students, it is very important to hold a space of non-judgement and love, so students never feel ashamed of being who they truly are and where they are physically, mentally and emotionally at the moment. As a teacher, you have to accept how every single person in the class is at the present moment and not want to change them, because wanting to change someone else, is not accepting and understanding them, so it is a form of violence too. To be present for your students, to be invested in the class you’re giving and into the well-being of your student is very important, so they can feel safe and in trust in your class. If they feel safe and in trust, students will be less likely to push themselves too far into posture and hurt themselves. In order to be able to hold a space for them, you have to be in a state of love, non-judgement, respect and comprehension, yourself. As I said previously, if you are in that state, people who are around you will be more likely to enter into that safe state too and it will create a good, harmless, loving, respectful and non-judgemental practice for everyone.