

Victoria Gosselin
January 2017
Naada Yoga Teacher Training
Philosophy 101 Final assignment

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.

II. 34

वितर्का हिंसादयः कृतकारितानुमोदिता लोभक्रोधमोहपूर्वका मृदुमध्याधिमात्रा दुःखाज्ञानानन्तफला इति प्रतिपक्षभावनम् ॥३४॥

vitarkaa hiMsaadayaH kRutakaaritaanumoditaa lobhakrodhamohapUrvakaa
mRudumadhyaadhimaatraa duHkhaaj~jaanaanantaphalaa iti pratipakShabhaavanam

Meaning : We can have and act upon negative thoughts or approve them in someone else. These can come from a place of greed, anger or delusion but in all cases lead to ignorance and misery. The practice of yoga is therefor to think the contrary.

Use : I see in this sutra the saying “you reap what you sow”. If we let ourselves have negative thoughts or if we condone them in others we are planting the seeds of what will come back to us and it will more likely be bad. To cultivate these thoughts of harming or jealousy or wishing anything bad on someone brings misery to oneself as well as to the other.

It is therefore always advisable to stay away from the problematic thoughts to lessen the risk that we'll act on them but it also makes more place for positive thoughts.

In a yoga practice what you decide to fill your mind with is important and it starts with having an awareness of the nature of the thoughts. A mind can't be focused or at peace if it is wandering thinking about harm or such. Anger is unsettling for the mind.

As a teacher, one should wish the best for their students and stay in a positive, loving state of mind. Even when dealing with difficult people, the yogi should make a practice of cultivating healthy thoughts, always aiming for equanimity instead of reacting intensely.

II. 35

अहिंसाप्रतिष्ठायां तत्सन्निधौ वैरत्यागः ॥३५॥

ahiMsaapратиShThaayaaM tatsannidhou vairatyaagaH

Meaning: Being firmly established in non-violence creates a space in which others will cease their hostility.

Use: First, this sutra reminds me of the power of leading by example. It tells me to be an inspiration of good. If you show happiness and peace of mind, others will want to imitate to find the same peace in their lives. Hate can never be vanquished with hate because it perpetuates a negative attitude that will keep bringing problems. However, by coming from a place of love, hate will eventually disappear on it's own because the power of love is far greater and more contagious. Deep down, most people want love more than they like hate or violence; some just have to be shown the way. In my personal practice, this sutra is good to keep in mind to make sure the way I talk to myself and I treat myself is never mean, never judgmental. By cultivating a practice in a peaceful state of mind, patterns of self love and confidence are created in the mind improving the overall experience of life.

This work also has to be done with others and especially when dealing with people you find difficult, because hostility will never resolve the problem. In the hopes of getting along better, one has to be open to hearing what the other has to say while staying respectful. The other person will feel this attitude and be grateful for it. Already, the atmosphere is better between them and there is more space for discussion and reconciliation.

The same concepts can be useful when teaching students. In a class full of strangers, you can never know who is going to be there, what their background is and what attitude they will come in with that day. It is important to remain non-judgmental and include even these difficult students. They will be inspired by your attitude and will more likely feel the desire to reciprocate. And that is one of the roles of a yoga teacher; to inspire and lead the students in a way that they leave the class in a more positive state of mind.

Source

<http://yogasutrastudy.info/yoga-sutra-translations/ysp-sutras2-21-2-40/>