**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.**

In these lines, Pantanjali, explains to us the power of our thoughts. He goes so far as to say that negative thoughts are thoughts of violence. In a way, that is true. Even if not acted upon, negative emotion can carry a lot of burden and is non-beneficial to oneself. The more we fill our minds with negative thoughts, the unhealthier our mind is. It is like feeding a plant of poison instead of water. Most of these thoughts are but an illusion, created by the ego at times, that lead to suffering, fear insecurity. In my opinion, when you are aligned within yourself, you understand that the only negative emotions you can feel are emotions of misalignment. The people and our surrounding life are only factors that trigger misalignment within yourself. That is, the more you are in tune and at peace with who you are, the less the outside noise will matter and affect you. The less in tune you are with yourself the more likely you will feel negative emotions, where the degree of the negative will vary. In a way, it is like the law of attraction. The more you harbor positive thoughts and emotions, the more will attract positivity into your life, be it into the form of people, events, etc. I would teach my students to practice a lot of meditation, to calm to mind, to understand it, to be an observer of the thoughts that flow in and out. I would suggest that they observe their emotions flowing in and out of their minds, in a form of non-judgement and forgive themselves daily.

Namaste!

Diane