**Philosophy 101**

**Assignment by Katerina Decouto (Yekaterina Abdrakhimova Decouto)**

1. Summarise In your own words the meaning of the Yoga Sutra’s of Patanjali. Lines 11.34 and 11.35.
2. Explanation of how they can be used

(1) in your own life

(2) with people you find difficult in your practise

(3) in teaching your students.

1. In my own words the Yoga Sutras 11.34 and 11.35 are about being non-violent towards yourself and others around you, including nature and all living beings. And that by practising the non-violence will bring peace to our lives, community and environment around us. Although violence has many meanings and dimensions, it always starts from a person and within a person. Violence and unkindness in our thoughts and actions towards ourselves and others brings the results as un-happiness, un-peacefulness, suffering, misery, anger, etc.
2. These sutras can be used in my own life by practicing the non-violence.
3. Which, to my opinion, is to practice kindness towards myself, nature and other living beings on the planet. Practising kind thoughts instead of negative thoughts about anyone including myself. Allow myself to acknowledge negative thoughts, to understand why, to forgive myself for it and to figure out how to change it into a kind perspective.
4. There always will be situations that can impact our impression of a person in the negative way. I think, that people are generally not “difficult”, i. e. we are not born difficult.

I think that it is the circumstances that occur in our lives that affect our attitudes and actions that can lead to difficulty and/or violence in thoughts, words and/or actions.

Therefore, the way to use the sutras in my life when/if the “negative”/ “violent” situation arises, where a person or people are being “difficult”, firstly, I need to acknowledge that. I need to note to myself that the situation is the root of a person’s attitude or action, and by acknowledging the situation it will be easier for me to understand why a person react the certain way, and maybe forgive them for that. And show them kindness by not reacting to the person.

If the situation is taking place in my yoga class, then, the same advice I would give myself is to acknowledge that the person is reacting, acknowledge the situation, and maybe realise that the root of their negative reaction is not in the room. And if so, then letting it go and remember that people are not born “difficult”.

1. In teaching my students I would use these sutras by educating them about non-violence and it’s results. I would encourage the students’ discussions about kindness and peace.

In my approach I would be patient and kind to my students, I would remember that every person deserves to be treated kind and with respect, and that every person has their own pace of learning.

I would respect their personality and their body’s abilities.

I would remind them that all of us living creatures are united, and by being kind we can create more peace and happiness to our lives and our planet.