**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.**

These sutras define what happens when one participates in harm (II.34), and when one ceases to participate in harm (II.35). When one does participate in harm, either him or herself, or through facilitating such harm, one is guided by anger, greed or delusion. Whether this is direct or indirect, it is an obstacle to yoga’s aim. This can manifest in different degrees: mild, moderate or intense. But in all cases, this results in misery and ignorance, both contrary to yogic enlightenment (II.34). On the opposite, when one does not engage in harm, there will be no hostility from others around oneself (II.35).

I fell in love with yoga when I was explained that it is a metaphor for life. These lines are a good example of this. When one engages in harm towards oneself, which happens a lot in a yoga practice when we conduct judgment against ourselves, this doesn’t contribute to a fruitful yoga practice. When one engages in harm towards others, perhaps also guided by judgment, or simply does not engage in kindness, there are good chances that negative feelings and attitudes will be returned. In teaching to students, one must take care to direct kindness towards all, even if some personalities can be confronting. If not, the climate of the class will suffer from this, for all participating. Therefore, when one thinks and acts with kindness, a more peaceful environment is created around oneself, contributing to inner calm and a strong community, two elements a lot of yoga practitioners are seeking.