NYTT 2018-2019

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**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.**

Triggered by exterior influences, our minds often build totally invented stories where pain and suffering play big roles. But they are just that: fiction.

Violence can be physical or moral. Engaging in on condoning such actions make us instrumental in spreading darkness and ignorance.

When we are in the presence of such constructions created from family, friends or colleagues, we can either embrace and contribute in spreading the negativity or remember that these are the results of pre-existing suffering and help loosen up the shadows and halt at least a bit of the mindless spiral of “violence”.

Furthermore, we should recognize our own fruitless inventions and stop engaging in them.

Seizing opportunities to touch this topic in class or in teacher/student interactions is a worthy contribution to making our community a little more mindful.