Essay question:

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.

What I understand from Line II:34 is that even the sole intent of hurting someone in any way shape or form, or wishing them any bad thing, already have negative consequences. When we are (or trying to be) deeply rooted in ahimsa, there is never ‘’Vitarka Himsadayah Krta Karitanumodita’’. This means that these negative thoughts or acts of violence are rooted in ignorance and brings pain. Before even having violent thoughts towards a person or a situation, one must practice Pratipaksa Bhavana. In order to stay away from those negative thoughts, one must be able to diffuse them with opposite thoughts of happiness, calm and love. When I face a difficult situation, I try to put things on perspective and wish well to that person. Sometimes it is really hard because when the anger pass it can transform into pity and depreciation of that person but that is also a negative view that must be changed. The goal here is to use honest, non-violent thoughts towards them in order to be able to vibrate higher and better.

When ahimsa is practiced and perfectioned, the entire person’s vibrations are of non-violence and harmony. Then this vibration reverberates on all other beings that gravitates around the practitioner of ahimsa. I believe that a yoga teacher should try as much as possible to transmit and convey that energy to his or her students, making a small positive impact one class at the time.