**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.**

Yoga Sutra’s:

2.34 Actions arising out of such negative thoughts are performed directly by oneself, caused to be done through others, or approved of when done by others. All of these may be preceded by, or performed through anger, greed or delusion, and can be mild, moderate or intense in nature. To remind oneself that these negative thoughts and actions are the causes of unending misery and ignorance is the contrary thought, or principle in the opposite direction that was recommended in the previous sutra.

2.35 As a Yogi becomes firmly grounded in non-injury (ahimsa), other people who come near will naturally lose any feelings of hostility.
(ahimsa pratishthayam tat vaira-tyagah)

Summary:

2.34

Negative thoughts (and actions stemming from those thoughts) will result in unending misery.

2.35

As you shed your negative thoughts/energy, people pick up on this.

What comes to my mind from these sutras is:

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character; it becomes your destiny.

How can these sutras be used:

In life: Negativity fosters negativity, what you attract in life is a reflection of your thoughts, or your energy. This sutra is useful to remember this and to consciously work on liberating negative thoughts and negative energy in all areas of your life. To remember that we all have ups and downs, that good or bad everything will pass, and to always keep a positive outlook.

With People you Find Difficult: It is so easy to judge, to get carried away by your thoughts. When you find someone difficult, use this sutra to one shed negative thoughts, but also try to understand why do you perceive this person as being difficult and is this potentially a reflection of yourself.

In your Practice: Some days will be good, and some bad, this sutra can help in your practice by fostering love and compassion and letting go of negative thoughts. By accepting where you are, by accepting that there is no destination, and showing up as best as you can.

In Teaching: Some days will be tough, some days you will be exhausted and not have the energy to give to your students, some days you will lack patience to explain and constantly re-explain… This sutra can help in continuously fostering positivity both for yourself and to remember the affect that your energy has on those around you.