**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 lines to be referring to actions performed or instigated toward oneself or others that arise from negative motivation. When we act from a place of anger, greed, selfishness, negativity, jealousy the result is harmful. In having a practice that is rooted in ahimsa or non-harm, we can be mindful or where our actions come from and why. This consciousness can help us redirect our actions towards compassion, empathy, love and understanding for one another (or ourselves)

I’ve realized that since I began my own yoga journey there has been a shift in how I perceive others’ behaviors towards me. I used to take things a lot more personally and experience a lack of empathy when I felt someone was trying to hurt me or my feelings. I’ve come to realized that most of the time people’s actions stem from their own internal struggles, or negative triggers. This helps me be less subjective and more tolerant in my dealings with others, leading to more compassion and less defensiveness. It’s also helped me understand my own motivations when I’m behaving negatively towards someone or myself. That compassion I’m trying to develop towards myself leads to less judgement and more softness. The goal is to act from a place of love and compassion, it’s what I’m striving towards.

I work in a very fast-paced field that leaves little room for softness and vulnerability. I’ve learnt thanks to my practice to make that space. It has helped in my dealing with colleagues and in the way I lead people. I’m sometimes not as evolved as I’d like to be as I have my own triggers, but I recognize them and am always trying to do better. I realize my colleagues all have their own internal struggles too.

It also helps me when teaching students. We are all so different and have such different experiences, it’s important to give students that space to be vulnerable, or have a bad day or week. I just keep reminding myself it’s not about me so there is no need to engage. I’m just here to lead by example and to teach. And sometimes teaching means the things you do not say, or do not engage in. I’ve realized it tends to shape the way people respond to me most of the time.

However I also think that sometimes practicing ahimsa towards oneself means speaking up. If something is physically or mentally harmful towards me or another being, it’s my duty towards myself to speak up and put an end to it. We’re all responsible for the way we are treated so it’s important that we set our own boundaries when we feel violated. We can be understanding of others situations but when it becomes harmful towards us or harmful towards another living being, we should speak up, it’s our duty as humans. I guess the tough part is finding the fine balance between the two where we give people space to go through their own struggles without harming them but also set our own boundaries as not to harm ourselves.