**Essay Question:**

Read Lines II.34 and II.35 from chapter two of the Yoga Sutra’s of Patanjali. Summerize the meaning of these sutra’s

Explain how they can be used in your life:

with people you find difficult

in your practice

in teaching your students

**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.**

**(vitarkah himsadayah krita karita anumoditah lobha krodha moha purvakah mridu madhya adhimatrah dukha ajnana ananta phala iti pratipaksha bhavanam)**

Personally, sutra 2.34 can be directly related to the workings of the devil. Actions made out of anger, greed and other deadly sins create pain for the self and others and are displeasing to all parties, including God. †o release oneself from the power of these negative thoughts one can practice integrating the opposite feeling of this reaction.

I read just yesterday in Judith Hanson Lasater’s “Living Your Yoga” about a practice of practicing the opposite emotion in her chapter on “Empathy”. When I become triggered by a co-worker I find difficult, I will imagine myself in their shoes and the suffering they must be enduring, and from that stand point I will listen to them and attempt to guess at how the might be feeling without telling them how they feel. I will listen to them, be present with their feelings and shower them with love and compassion.

In my own practice, I get angry at myself for being weak, incapable or making mistakes. When I am beating myself up in my own mind I practice the opposite by showering myself with compassion for being human. This then released the devils grip on my mind and releases me from suffering.

With my students, I can practice opposition by encouraging them to recognize the working of their own mind, and introducing them to the idea that they, too, are only human, and therefore can release themselves from suffering by practicing empathy towards themselves and others when they are bombarded with negative thoughts.

**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)**

“For we are to god the aroma of Christ among those who are being saved and those who are perishing”. (NIV) 2 Corinthians 2:15

In my words, when we offer ourselves fully to God, and we become like Christ, the Love of God is so fully embodied within us that we shine, sparkle, or smell of sweet perfume that is attractive and pleasing to others, which then encourages them release their anger and follow you.

When dealing with difficult people, the attitude of non-injury softens their heart, too, and creates love and healing for all parties. Love is the answer to every thing.

I must remember this phrase, so that when I a confronted I can soften my own heart.

I must live by example so that my students will witness Jesus within me.

Amen.