**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.**

II.34

Summary

These 11.34-sutra talks about the thoughts that we can have and how having those can lead us to act upon them. Negative thoughts may allow us to perform through anger, greed or delusion, and can be mild, moderate or intense in nature. We can think of causing harm to others, or asking someone to cause harm to others or approving of harm being done to others. The interaction, influence and explanations between our thoughts and our actions. Positive or negative thoughts will affect how we behave and interact with others

II.35

Summary

This sura explains that having non- violent reactions will allow or invite others to participate in the same non-violent response and reaction.

Explain how they can be used in your life:

Thoughts can have great power and can affect our lives for the better or for the worse. Negative thoughts in our life, robs us of energy, time, happiness, and health. Whereas positive thoughts gives us strength, encouragement, and associated with positive outcomes and actions.

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Within my personal life, whenever I am faced with a problem, I experience high levels of anxiety and many negative thoughts that make me feel worst and the problem seem bigger than it is. So instead, I practice an action plan with options to help me overcome the problem that I am encountering. In addition, I look to family and friends and express my feelings and to look on the bright side and see the positive side. Lastly, I have started to journal, to put my thoughts on paper so I can reflect on .my thoughts

**with people you find difficult**

In addition negative thoughts also ruin relationships with people we find difficult

Negative thoughts allows us to not give people the benefit of the doubt, to jump to conclusions, assume that people are out to get us, and fail to see other people’s perspective. Negative thoughts can allow us to increase tensions and can make a situation bad to worse to possible violent quickly

In my personal experience I have recently started reading about emotional intelligence. Emotional intelligence can has helped me within my personal and family members relationship. Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to decrease negative thoughts communicate effectively, empathize with others, overcome challenges and defuse conflict. When we recognize, understand and manage our own emotions/thoughts, we can recognize, understand and influence the emotions/thoughts of others

 In your practice and in teaching your students

By practicing mindfulness, we may learn to detaching ourselves from our thoughts and emotions and viewing them as an outside observer. By practicing mindfulness, we begin to accept these thoughts and choose how to deal with them. Buy accepting our thoughts and feelings we can teach our students to do the same.

As we start to conduct ourselves with an emotional intelligence understanding

and communicate with others in nonviolence or harmful methods. Only then, we will start to create a safe environment that anyone will step into and feel safe and can experience the true meaning of support.