**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.**

My understanding of the Yoga Sutra's of Patanjali line 2.34 is thoughts create action. It's important to watch our thoughts before we act. Any action, doing or speaking comes from greed, anger or delusion can only create suffering, whether is to oneself or others. In line 2.35, when one well established non-violence in their thoughts and actions, the harmonious vibration can influence others, and bring peace to the world.

Through my yoga and meditation practices, I slowly noticed more and more of how I feel, what are the sensations in my body, what are my thoughts, most importantly, how I breath. I've learned that my thoughts are not who I am, they are like clouds in the sky, I don't have to pay too much attention to them, specially the unpleasant ones. I begin to identifying them, letting go of the thoughts that create resistance in me, which is not always easy, takes an abundance amount of care and patience.

Often when I'm not feeling at my best, I was always deep in my thoughts, whether is thinking about past mistakes, worrying about what might happen in the future, preparing for the worst case scenario, or doubting, blaming myself, etc. which brings sense of lost anger and confusion in my heart. If non-violence will be well established in me, and I can act without greed, anger or delusion, I won't have to worry anymore, I would not harm others, I would not harm myself by worrying about being harm by others. I will be at peace with my soul and my body, practicing and teaching yoga with open heart and best intension. If I meet people that I find difficult and I couldn't understand them, I won't be afraid, because they would understand that I will not judge, harm or take anything from them, they will not be hostile with me. We will see the good in everyone of us , we will be sharing our experiences together, to live life fully and peacefully with diversity.

I am eager to get to that state of mind, but somehow I feel like I've been telling myself that I am not there every single day. The desire to be better also brings me a great deal of suffering, keeps me from living fully in the present moment.

Luckily I am noticing less and less suffering in me, finding more and more ease in life. I know that I am on the right track, just knowing that brings me sense of joy and relief. I am breathing, I am living, I am existing, that is already a miraculous thing to me. May all beings be free of suffering.

-Anna C