FINAL PHILOSOPHY 101 ASSIGNMENT

Negative thoughts are thoughts that are negative and random in nature in reference to one’s self. They also may be performed on one’s behalf by another or allowed by oneself.

they may be triggered by greed, or delusion; and they may be slight, moderate, or extreme in intensity. negative or unwanted thoughts can prevent you from enjoying experiences, distract you from focusing on what's important, and drain your energy. They can also make you feel anxious and depressed. It is imperative in this case to cultivate contrary thoughts [positive thoughts and actions] and challenge negative thoughts, as the end results of negative thoughts are often severe suffering and continued ignorance.

One who is established in nonviolence can influence the minds of others and make them also 'sattvic' such that they don't display violent behavior prompted by 'rajasic' or 'tamasic' thoughts.

To apply this in all aspects of life, one need to recognize thought distortions as our minds have clever and persistent ways of convincing us of something that isn't really true. These inaccurate thoughts reinforce negative thinking. If you can recognize them, you can learn to challenge them and instead cultivate counteracting thoughts such as compassion, mindfulness and kindness. Is is crucial to do so to prevent us from acting on them in a violent way and harming others either intentionally or unintentionally.

In our practice Contentment is a highly valued practice, and rightly so. Accepting our circumstances as they are is a powerful antidote to negative thinking. Patanjali tells us in the Yoga Sutras that “by practicing Samtosha supreme joy is attained.” When you notice thoughts of craving for what you do not have or coveting the possessions of others, try feeling gratitude for all that you have and joy for the happiness of others. When you notice thoughts of envy towards others, try complimenting them or finding a way to celebrate their success or good fortune. You can also use your feelings of discontent as a motivation to shift your attention to the positive changes you are making or have recently made.

So for exemple accepting that your body isn't made to be in certain pose will avoid you wasting energy feeling envy when you can be looking inwardly and meditating.

Introducing inclusiveness and non-competitiveness in classroom are both important ways to foster a sense of belonging and to guide students away from feeling frustrated, “not good enough” and feeling like they should be advancing faster than their body allows. Encouraging students to not force their bodies beyond their capacity, stopping before they reach maximum flexion / extension, and sequencing classes that are inclusive for all levels by bringing all students through basic poses and offering increasing difficulty in the poses for more advanced students. Another way to foster a sense of non-violent thought to students and to use in their daily life would be to offer tools such as breathing before reacting, or discussing showing compassion toward others either during practice, or as students hold poses.