**Philosophy of Yoga final assignment**

**Patanjali is a mystic author philosopher of many spiritual titles. One of which is the Yoga Sutras. The Yoga Sutras is believed to have been completed in 400CE. This Vedic text contains four chapters. Each chapter is titled. The title of the second chapter is Sadhana Pada in Sanskrit. The English translation is threads or strands; referring to a series of teaching that are thread together like a pearl of a necklace.**

**Sutras serves as a guide to attain wisdom and self-realization.**

**Chapter 2:34 reads, “Negative thoughts and emotions are violence**

**The practice of nonviolence is outlined in the eight limbs of yoga in the Yama/Niyama and is called Ahimsa.**

**This verse is threaded as negative thoughts is the result of greed, angry or delusion which result in suffering and ignorance.**

**It all begins in greed, showing great desire for wealth, material possessions or power for selfish reasons. This desire is fuel by wanting to be looked upon of being superior or better than others. But it doesn’t always turn in manner in was perceived so it is followed by anger as soon delusion or vice versa. But, in any case, all three ones in to equation. As the behaviour continues, the suffering deepens because the desire intentions are not being reached. This is because greedy is never satisfied. As one is achieved, more is wanted. It is never enough. It is all more, more, more for me, me, me.**

**Developing an attitude of gratitude is one way to avoiding the development a pattern of greediness. I have come to the realization that material possessions do not bring you peace and joy in my life. It is important, to me to share my blessings with others. When I am mindful of others, I am happier and kinder to my useless and those around me. I commit myself not just to practice yoga on the mat but off the mat as well. I have learned that yoga is not a practice of the asanas but a way of living. And thrive to live that lifestyle.**

**As a yoga teacher, it is important to open the ideas to students to practice yoga on and off the mat. This can be done by sharing exert of yoga sutras with student in class, teaching theme classes which invited student to let go of the desire of wanting wealth, power or material possessions for selfish reasons.**

**Namasté.**