

Sion Monsalve

Essay Question:

Read Lines II.34 and II.35 from chapter two of the Yoga Sutra's of Patanjali. Summarize, 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.

34.

All levels of bad thoughts related to violence and others, can be fight through thinking the opposite to that thoughts.

Taking the time to think and calm myself anytime I find people or situations that make me angry. Trying to understand the other person point of view, thinking that everyone has their own way to understand life and situations. Focusing on sending love and compassion instead of hating the other person or situation.

35.

By establishing yourself in non-violence, you make your surroundings more aware of it.

Practicing non-violence during my daily life can help others to succumb to the same practice. Being vegan has been one of the practices, where a lot of people around me has already questioned their way of eating. Anytime I am with non vegan people they eat less animal products and they are more conscious about the food they eat. I believe Yoga practice can be brought to other people through the same way, practicing and showing new ways of living.