**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.**

11.34 states that “Negative thoughts are violence, etc. They may be [personally] performed, performed on one’s behalf by another, or authorized by oneself; they may be triggered by greed, anger, or delusion; and they may be slight, moderate, or

extreme in intensity. One should cultivate counteracting thoughts, namely, that

the end results [of negative thoughts] are ongoing suffering and ignorance.”

What I took from this: Negative thoughts, violence, acting out in anger…these are all emotions that we will experience from time to time. Whether we are acting out these emotions ourselves, or whether we come across someone in our presence who is, the key is how you react to them. If I get angry about something, instead of yelling or acting out violently, I should recognize the emotion and take a few minutes to really think about what is making me angry. Taking some deep breaths to clear the head and think before acting is important, so we don’t regret our words or actions. If I encounter someone who is being difficult, or who is angry and upset during our yoga practice, taking a moment to talk to the person to understand why they are upset will be helpful in diffusing the situation. Sometimes all it takes is for a person to feel heard, and then they will calm down. Meeting anger with anger, violence with violence won’t solve any problems and will likely only escalate the situation. Which leads into the next section.

11.35 states “In the presence of one who is established in nonviolence, enmity is abandoned.”

When someone is angry or hostile, when they are opposed by someone who is the opposite, their levels of anger and hostility will lessen and eventually disappear.

If I have someone being difficult during a class, is angry, or showing hostile behaviour, it is important to take a few deep breaths and approach this person with calm demeanor. Talking to them in a calming voice, approaching slowly, being empathetic, are all things that can help diffuse a situation and calm the person with elevated emotions. As mentioned above, sometimes having someone listen to them is all it takes to diffuse their anger. Find out what is bothering them and why and talk openly about ways it can be resolved so that all parties involved are satisfied. It is important not to come across as condescending, but rather, as an equal. Meet them where they are at so that they don’t feel threatened, otherwise their anger and hostility will only get worse.