**Chloe Nahas**

**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.**

2.34 Overall the idea is that by engaging in negative thoughts you are not only impacting yourself, but the energies that you are transmitting to the world. In that sense the actions stemming from these negative thoughts will bring misery. The idea is not that we should never have negative thoughts. I think that this is probably an impossible achievement. Rather we should find a way to establish balance. Also, when these negative thoughts arise, look at what our triggers are. What is causing them to arise. Most times in our relationships/human connections, our negative thoughts are a reflection of our own resistance and fears. For me, this sutra brings the concept forward of the capacity for insight and self-consciousness. If you are self-aware then you can learn to filter this negative energy and recognize your own triggers and then not transmit them to the people and students you find difficult. I also think that not spreading negative thoughts, will help to have an overall impact in our society.

2.35 As you get away from negative thoughts, people will connect to you more easily as what you will release will portray a sense of kindness, love, understanding. The concept that in life what you evoke attracts certain kind of situations. Putting forward love and compassion, can help you heal and help heal others. In other words, remind yourself that with thoughts come, actions and eventually we embody our words. In the four agreements, Don Miguel Ruiz reminds us the importance of the impeccable word; speaking with integrity and without talking about others or things that are negative, you protect yourself. You allow for the relationship with yourself (the most important one) to be based in love and compassion and therefore can bring the same to others. This sutra is a good reminder in your practice and in your relationship as you want to have this kind of impact on the world. You want to have people come towards you, you want to connect.