**Essay Question:**

**Read Lines II.34 and II.35 from chapter two of the Yoga Sutra’s of Patanjali. Summerize, 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.**

**YOGA SUTRA – My understanding of the Sutras**

**II.34**

**vitarkah himsadayah krita karita anumoditah lobha krodha moha purvakah mridu madhya adhimatrah dukha ajnana ananta phala iti pratipaksha bhavanam**

This Sutra reflects on negative thoughts related to violence, pain, greed. It talks about ignorance, as a knowledge that is not known or unclear. This ignorance is the trigger for those negative thoughts, for the pain and the greed. The violence may be inflected directly on others or may be negative thoughts related to the pain of others. Introspection is the key to work around these negative thoughts.

**II.35**

**ahimsapratisthayam tatsannidhau vairatyagah**

This Sutra talks about cultivating non-violence and inner peace within ourselves. By working on our inner peace, we will be able to spread it amongst others. It talks about inner peace, introspection. I think it talks about compassion, about self discovery and understanding.

**YOGA SUTRA – How can I use them in my life, with difficult people and share them with other people.**

I believe these Sutras invite me to think about negativity when seen in others meaning that it makes me think twice before I get mad or upset with someone who is being unfair, it gives me perspective to understand that if someone is being unfair or difficult, it might mean that this person is not working towards an inner peace.

When I experience negative thoughts myself, I try to take a step back, pause, reflect and try to understand where is it coming from, what is the root of this uncertain knowledge. Introspection is a big part of how I deal with these and how I grow with every conflict or difficulties I have in my everyday life, with people or with myself.

I haven’t had the chance to share these Sutras to students, however, I do share it with people who are close to me when I feel they need some help or guidance. I try to guide them with words and invite them to look within themselves, to be compassionate and to understand that maybe the negative feelings or thoughts come from an uncertain source that needs to be untangled. I hope that now with all the knowledge gained during my training, I will be able to implement Pantajali’s Sutras with a deeper understanding.