Philosophy 101

**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.**

In 11.34 Pantanjali explains in depth how negative thoughts influence us. As a yogi one must be able to practice empathy, not harm others directly or indirectly (by influencing others). One must not engage in negative thoughts or negative actions. A yogi must not contribute to someone’s physical or mental harm. There’s also mention of not hurting animals for food except on certain days.

In 11.35 Pantanjali explains how practicing nonviolence influences the behaviour of those around us. While maintaining ahimsa, nonviolent behaviour we can make others around us nonviolent.