**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.**

To me, these yoga sutras of Patanjali: Yamas, Niyamas, Asanas, Pranayama, Pratyahara, Darana, Dhyana, and Samadhi outline a sort of ethical code of living. They cover all aspects of human life, from social, to individual, spiritual and the physical body. The yoga sutras are a philosophy of life that if followed, can grant great enrichment and among other things, happiness.

In daily life, the practice of these sutras helps to counter the inevitable negative experiences that come along with being human (such as ignorance, attachment to pleasure, aversion to unpleasant feelings etc.). For example, as someone who is constantly overthinking, practicing some of these principles (such as Dharana or pranayama practice) aides me in balancing and quieting the noise in my mind by focusing and cultivating inner perceptual awareness (through meditation and self-reflection). Other aspects that also apply to my everyday life is overall awareness, of my mind, of my body, how I am acting towards myself and towards others and how I am gaining personal insight. These things can be achieved by physical practice of asana and pranayama to keep prana moving in the body.

When dealing with people that are difficult, the sutras can aid in the process of how to respond, react (or not-react), and the intention behind our interactions and communication with others (for example Ahimsa – non-harming, non-violent, or Satya – honesty, truthfulness). Furthermore, this extends to my own practice and the teaching of my students in the same vein, especially through tapas (self-discipline and patience) and Svadhyaya (self-study and contemplation). I aim to teach through my own direct personal experience as that way I can feel confident in my authenticity and this can create trust in my students.