Suci\_Patanjali Sutra \_Chapter 34

Summarization:

If we have unhealthy thoughts, ideas, and attitudes in our life due to greediness, anger, or jealousy, it will lead to suffering, along with ignorance, anger, and lack of compassion for others. Therefore, we should always have positive and healthy thoughts to lead our life happily and peacefully.

How they can be used in our life:

To avoid having unhealthy thoughts in our life, we should keep ourselves with a positive attitude to calm our mind and to cultivate healthy habits in our life.

We need to introduce the philosophy of yoga in our day-to-day life. Doing asanas will make us in harmony with our body and mind. Always think positively and stay calm. Self-regulation and positive thinking are particularly important for a happy life.

Chapter 35

When we strictly follow the concept of non-violence in our life [not being harmful or greedy and following the concept of ahimsa in life like Mahatma Gandhi] it creates a positive environment for others, and helps them to let go of their oppositional behavior and unfriendliness.

When we want to follow non-violence in our life, we do not hurt anyone’s feelings, harm anyone with our activities, be jealous of the people around us or greedy of things not in our possession.

When we find students with these unwholesome thoughts in our group, we create an environment to calm their mind by doing yoga and try to channel their energy by doing the asanas or through body alignment.