**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.**

**I would start by saying that if one simply looks outside, one will see violence, pain, greed and injustice. By not understanding what we are seeing, we are affected by this violence in a very negative way. It can come from events like wars and crimes or simply from people around us. It can affect us physically and emotionally. We can keep feeding this seed of violence, or we can choose to not give it any power within ourselves.**

**These Sutras can be use in my life by opening my eyes and my mind to understanding what is happening around me. Understand that a lot of things are happening and that I have no control on it. I can only have a control on my physical self and my mind. In my belief, humans are all interconnected and the more we feed the negative, the more there will be. This works the other way around too! I choose to stay in my here now, and focus within myself, and return to a state of calmness and none-violence. None-violence to myself equal directly none-violence to others and the world. By feeding myself with good and kindness, I strongly believe that I am soothing a little bit this world of its sufferance.**

**When I am face with someone difficult, I am welcoming them with an open heart. I will be listening but not be affected by them. Respond to violence with peace and love and it can only relief the soul in front of you of a little bit of their violence inside them.**

**In my practice, I cultivate love, peace, calmness and kindness. I am only human after all and therefore, there have been some days where I didn’t feel good and instead of wanted to be kind to myself, I wanted to do violence to myself. I mistreated myself a lot in my past, until I understood that I was just making myself feed the violence seed. The day I chose to live my life fully for myself and started to love myself, I started to nurture the love seed.**

**If one day I have students in front of me, I will definitely always make them feel welcome, just the way they are. I will be understanding of how they are and even if I am confused about what is going on with them, I will still treat them in a kindness way. I want people that cross my path to feel that they go back with a little seed of love in their pocket for them to start to grow themselves.**