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This month’s tasks:

* **Everyone to complete Questions 3 and 4 of Assignment S8 on the Yoga Sutras of Patanjali:** pleaserefer to the S8 guidelines attached (and on our website) to help orientate you to this. To be emailed to me before meeting seven on 7th Mayl at Willaston Memorial Hall.
* **Everyone Daily PYS Practice:**

1. **For two weeks explore The Brahmavihara (The Four Attitudes)**

If you remember we also saw in 1.33 Patanjali suggests four attitudes that we can bring to our everyday life in order to establish more sattva or peacefulness. In Carrera’s translation we are told:

***1.33 By cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and equanimity toward the non-virtuous, the mind-stuff retains its undisturbed calmness.***

As it is our relationships that tend to provide us with most challenge then this is of great interest! There will always be different types of people to be encountered on a daily basis and yoga is telling us that we can consciously alter our perspective towards them. For instance:

* Can we be friendly towards and spend time with those who are happy?
* Can we cultivate empathy for others and be compassionate in any way, offering help or prayer, or seeing how their suffering is a shared state that any of us might encounter?
* Can we cultivate pleasure in another’s success or good fortune, without comparison or self-pity, can we spend time with those who uplift us?
* Can we keep ourselves safe but cultivate a release of any need to hold onto resentment or story telling of the ills of others?

So for this month keep these in mind and notice your responses to different situations. Are there times when they come to the fore and if we can heed this sutra does this make a difference?

**(2) For two weeks explore Pratipaksha Bhavana (cultivating the opposite)**

“*2.33. When disturbed by negative thoughts, opposite (positive) ones should be thought of. This is pratipaksha bhavana.*

*2.34. When negative thoughts or acts such as violence and so on are caused to be done or even approved of, whether incited by greed, anger or infatuation, whether indulged in with mild, medium or extreme intensity, they are based on ignorance and bring certain pain. Reflecting thus is also pratipaksha bhavanam.” (*Carrera’s translation)

Here in 2.33 and 2.34 Patanjali describes another way in which we can keep the mind calm and peaceful when it has become disturbed by negative thinking. Here it is suggested that when a negative thought arises then we need to reflect upon an opposite thought so for instance if we feel hate then reflect upon love. We must not suppress what we are feeling just focus upon the opposite. This is also true when we see negative acts by others where if for example we see someone in anger perhaps we can consider them in the light of compassion knowing they are expressing their own pain.

Please bring your observations to our next meeting.

* **I look forward to seeing you again in person at Willaston Hall on 7th May.**

Our website is at [www.yoga-ayurveda.co.uk](http://www.yoga-ayurveda.co.uk) and your password is Spanda.

Remember you are free to contact me at home if you have any questions at all, although emailing me is always best whenever possible.

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