108 Yoga Sūtra Study Questions - 33

Chapter One Samādhi Pādaḥ verse 33

maitrī-karuṇā-muditā-upekṣānāṃ sukha-duḥkha-puṇya-apuṇya-viṣayāṇāṃ bhāvanātaḥ citta-prasādanam |

In Sūtra 1.33 Patañjali offers four Bhāvana as reflections on our relationships with others.
We can also suggest they are listed in a progressively linked order.
Here, the question is:
Are they are presented in an order from gross to subtle, or is it vice versa?
In other words, looking at Upekṣā as the subtlest and most difficult to cultivate.
Or, are they are presented in an order from subtle to gross?
In other words, looking at Maitrī as the subtlest and most difficult to cultivate.