

108 Yoga Sūtra Study Questions - 5

वृत्ति

Chapter One Samādhi Pādaḥ verse 5

vṛttayaḥ pañcatayyaḥ kliṣṭa-akliṣṭāḥ |

In Sūtra 1.5 Patañjali suggests that the psychic fluctuations will be either Kliṣṭa or Akliṣṭa.
How can we discern?