

108 Yoga Sūtra Study Questions - 6

पञ्चतय्य

Chapter One Samādhi Pādaḥ verse 6

vṛttayaḥ pañcatayyaḥ kliṣṭa-akliṣṭāḥ |

In Sūtra 1.6 Patañjali identifies the psychic fluctuations as being fivefold.

In looking at this statement, which of these are you engaging?