

Pratyāhāra is not feeding the minds identification with the senses.....

# प्रत्याहार

[Pratyāhāra](#) is not feeding the tendency of the [Citta](#) to automatically form a positive, negative, or neutral identification with whatever stimuli the senses present to it. From that we can begin to understand how their external gathering activities stimulate our conscious and especially, unconscious choices.

From this we can begin to understand how the impact of this sensory process can lead us to travel in different directions and trigger different levels of response, often without us being really conscious of how deeply their input stimulates our [psychic activities](#).

From these responses there will be the inevitable re-actions, again quite possibly unconscious and multilevelled, according to our psychic history in terms of our [memory](#), [habit patternings](#) and [deeper memory processes](#).

From those initial insights we can begin to understand and interact in how we can resist unconsciously slipping into the trance states that can so often culminate with the [Kleśa](#) manifesting fully in the entrancing dance of [Udārā Rāga](#), or [UdārāDveṣa](#), or [Udārā Abhiniveśa](#), the profligate children of [Avidyā](#).

- Commentary on [Yoga Sūtra Chapter Two verse 54](#)