

CLASS DISCUSSION ON YOGA SŪTRAS I.V

Yoga Sūtras I.V

Vṛttayah pañcatayyah kliṣṭā 'kliṣṭāḥ.

Vṛttayah, the changing states of mind; *pañcatayyah*, five-fold; *kliṣṭā*, detrimental, harmful, damaging, afflicted; *akliṣṭāḥ*, non-detrimental, unafflicted.

There are five kinds of changing states of the mind, and they are either detrimental or non-detrimental [to the practice of *yoga*].

- I. Review of *Yoga Sūtras* I.III and I.IV
- II. Discussion of *Yoga Sūtras*. I.V
 - A. Definition of *vṛtti* (states of the mind)
 - B. What the five states of the mind are
 - C. Favorable and unfavorable states of the mind
 1. The states of the mind to be eliminated.
 2. The states of mind to be cultivated.
 - D. Relationship between states of the mind (*vṛttis*) and karma
 - E. The relationship between states of the mind (*vṛttis*) and memory (*samskāra*)