

## Paramhansa Yogananda's Psychological Chart

Paramhansa Yogananda published his *Psychological Chart* in 1925. In it he gives the general characteristics of people who are at different levels of psychological and spiritual development. He lists four levels of qualities: Obstructing, Activating-Obstructing, Activating-Elevating, and Elevating. Here are the qualities shown in a chart form to make them easier to see.

First read through the lists, perhaps more than once, in order to get a feeling for directional development. Then check the ones you feel apply to you. This will help you see your "specific gravity" and next steps in development.

<b>Obstructing (Heavy)</b>	<b>Activating-Obstructing</b>	<b>Activating-Elevating</b>	<b>Elevating (Light)</b>
<ol style="list-style-type: none"> <li>1. Attachment to objects of senses</li> <li>2. Hypocritical sympathy</li> <li>3. Moral reason—undeveloped sense of "ought"</li> <li>4. Want of self-respect</li> <li>5. Quiet (inactive)</li> <li>6. Stupid</li> <li>7. Dull and shy</li> <li>8. Impervious to reason</li> <li>9. Callous</li> <li>10. Dependent through want of capacity</li> <li>11. Procrastinatory</li> <li>12. Morose</li> <li>13. Deceiving</li> <li>14. Careless</li> <li>15. Negligent</li> <li>16. Getting strong feelings of obstinacy and anger when chastised for faults, but careless when not chastised and simply asked to mend faults</li> <li>17. Crooked—finding undesirable meaning in things</li> <li>18. Showing duplicity</li> <li>19. Intellectual bent but heartless</li> <li>20. Lustful</li> <li>21. Covetous</li> <li>22. Having stealing propensity</li> <li>23. Having begging nature</li> <li>24. Superstitious</li> <li>25. Treacherous</li> <li>26. Untruthful—habitual</li> <li>27. Shrinking attitude (lack of self-confidence)</li> </ol>	<ol style="list-style-type: none"> <li>1. Having egotistic love</li> <li>2. Dutiful for fear of punishment</li> <li>3. Fidgety</li> <li>4. Crafty</li> <li>5. Imitative</li> <li>6. Selfish</li> <li>7. Revengeful</li> <li>8. Faultfinding</li> <li>9. Quarrelsome</li> <li>10. Arrogant</li> <li>11. Disrespectful</li> <li>12. Obstinate</li> <li>13. Independent but lawless</li> <li>14. Garrulous</li> <li>15. Over-fond of dress and display</li> <li>16. Over-clever</li> <li>17. Sentimental</li> <li>18. Easily despondent</li> <li>19. Liable to be easily led or influenced by others</li> <li>20. Turbulent</li> <li>21. Proud</li> <li>22. Thoughtlessly accepting a principle and easily giving it up ere long</li> <li>23. Trying to please those in authority by half-deceitful, humble gestures</li> <li>24. Showing partiality</li> <li>25. Untruthful out of impulse—out of fun—out of exaggerating tendency</li> </ol>	<ol style="list-style-type: none"> <li>1. Lip-sympathy without deep feeling</li> <li>2. Moral reason—having sense of "ought," but going astray through the force of previous tendencies</li> <li>3. Sharp but shy</li> <li>4. Sensitive</li> <li>5. Kindhearted but dull and simple</li> <li>6. Prompt in forming resolutions at the slightest encouragement, but not persistent in carrying them out</li> <li>7. Indifferent to household affairs</li> </ol>	<ol style="list-style-type: none"> <li>1. Brahmacharya (self-discipline)</li> <li>2. Love towards neighbors</li> <li>3. Love towards animals</li> <li>4. Love for good qualities</li> <li>5. Love of bliss and calmness</li> <li>6. Love for great men</li> <li>7. Practical sympathy for others</li> <li>8. Benevolent tendency towards the needy</li> <li>9. Truthfulness—spontaneous (i.e., habitual)—irrespective of consequences</li> <li>10. Dutifulness—out of love—out of respect</li> <li>11. Reforming spirit</li> <li>12. Moral reason—sense of "ought"</li> <li>13. Sense of self-respect</li> <li>14. Quiet</li> <li>15. Reserved</li> <li>16. Tender</li> <li>17. Faithful</li> <li>18. Obliging</li> <li>19. Patient</li> <li>20. Forgiving</li> <li>21. Acting in accordance with the suggestions of superior minds</li> <li>22. Outspoken</li> <li>23. Having sense of propriety</li> <li>24. Amiable</li> <li>25. Simple, frank</li> <li>26. Calm or balanced</li> <li>27. Having devotional feeling—habitual or short-lasting</li> <li>28. Contented</li> <li>29. Love for mental and physical cleanliness</li> <li>30. Modest</li> <li>31. Having philanthropic tendency</li> <li>32. Impartial</li> <li>33. Gratitude towards benefactors</li> </ol>