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interiors

Name numerology

Our name gives us information about our personality and our karmic lessons in life. By assigning numeric values to the vowels and consonants in your name, used as you commonly call yourself, we can see three different aspects of the personality: the Quiet Self, Soul Urge and Personality Expression.

The Quiet Self (QS) is a part of you that connects with a particular life value you hold very important. You do not express this value loudly. Those close to you are likely the only ones who understand its importance.

The Soul Urge (SU) is a drive to action. You feel a strong need to fulfill this energy and the physical and emotional goals it relates to.

The Personality Expression (PE) is the combination of the QS and SU. It is the balance of these two sides of the personality that we commonly share with others.

Letter values

1	2	3	4	5	6	7	8	9
A	B	C	D	E	F	G	H	I
J	K	L	M	N	O	P	Q	R
S	T	U	V	W	X	Y	Z	(.)

How it works

We have used a fictitious name for the purpose of demonstrating the steps to follow.

1. Write out your name. Assign a number, using the chart above, to each letter in your name. Numbers for vowels go above your name, numbers for consonants go below.

Sample:

1	1	9	6	5
Chantay	Smith	Owen		
3	8	5	2	7
	1	4	28	
		5	5	

2. Add up the numbers over each name, above and below, down to a single digit.

Sample:

2	15 = 6	5
1	9	5
1	6	5
Chantay	Smith	Owen
3	8	5
2	7	5
1	4	28
5	5	
25 = 7	15 = 6	10 = 1

3. Now add the numbers across the top and across the bottom, down to a single digit. Then add the QS number to the SU number to get the PE number.

Sample:

2	6	5	= 13 = 4 Quiet Self number
1	9	5	
1	6	5	
Chantay	Smith	Owen	4+5 = 9 Personality Expression number
3	8	5	
2	7	5	
1	4	28	
5	5		
7	6	1	= 14 = 5 Soul Urge number

4. Each part of the personality also has a challenge aspect to it. To find the challenge number for the QS subtract the first number from the last number just above the name. Complete this same process for the SU using the numbers just below the name.

Sample:

2	6	5	4 Quiet Self
1	9	5	5 - 1 = 4 QS challenge number
1	6	5	
Chantay	Smith	Owen	9 Personality Expression
3	8	5	
2	7	5	
1	4	28	
5	5		
7	6	1	5 Soul Urge
			5 - 3 = 2 SU challenge number

5. Now add the QS challenge to the SU challenge for the PE challenge number.

Sample:

2	6	5	
1 1	9 6	5	
Chantay	Smith	Owen	
3 8 5 2 7	1 4 2 8	5 5	4 + 2 = 6
7	6	1	

4 Quiet Self
4 QS challenge number

9 Personality Expression
6 PE challenge number

5 Soul Urge
2 SU challenge number

6. Chantay's karmic lessons are found by determining which numbers are not represented in the numeric lines just above and below her name. In this case, Chantay has every number from 1 through 9 on the first numeric lines above and below her name. She has no karmic lessons.

7. Chantay's FINAL numerology chart:

2	6	5	
1 1	9 6	5	
Chantay	Smith	Owen	
3 8 5 2 7	1 4 2 8	5 5	
7	6	1	

4 Quiet Self
4 QS challenge number

9 Personality Expression
6 PE challenge number

5 Soul Urge
2 SU challenge number

How to interpret the information

Chantay Smith Owen has a 4 Quiet Self. This number indicates that Chantay loves putting the various pieces of a project together, and does so with attention to detail. She also has a strong work ethic. But, with a 5 Soul Urge, pulling her to travel or participate in other great adventures, Chantay might find herself feeling genuinely pulled in two separate directions (unless she chooses to work for a company with travel or adventure).

The QS and SU numbers come together for the 9 Personality Expression. This gives her added information about her desire to help others and make a difference in the world around her (the company with travel is now looking more like the Peace Corps, Red Cross or Doctors Without Borders).

Now lets factor in the challenge numbers. The 4 QS challenge warns against too much work, whether the issue is becoming a workaholic or resenting work if it gets in the way of Chantay's need for flexibility and adventure. The 2 SU challenge suggests that if she is not aware, Chantay may get so involved in the next fun thing that she is likely going to have difficulty slowing down enough to develop rich and lasting friendships. And, with a 6 PE challenge, unless she develops healthy boundaries, she will find herself bending over backwards to make others happy and satisfied, forgetting to take care of her own physical and emotional needs.

[See number interpretations in Numeral Descriptions](#)

Why use numerology?

The reason for using this tool is to see some of the personality factors that go into how you make decisions about your life. It can open your eyes to the innate pull you may feel to act a certain way, giving you the chance to stop and ask yourself if what you are saying or doing is what you really want, or just a safe habit. The knowledge gained from the Name Numerology Chart shows you where the opportunity for change exists so you can feel more fulfilled in all aspects of your life.

With permission, you can also use this information to get to know each other better. Whether family, good friends, or employees, this information can mitigate ongoing communication challenges and help you find the right "fit" within a job or company.