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NEURO-PSYCHOLOGICAL AND SYMBOLIC MODEL WITH ARTIFICIAL INTELLIGENCE SUPPORT
TRANSFORMATION AND EVOLUTIONARY SELF-DEVELOPMENT

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1. Introduction

The need for personal growth and self-understanding has been at the heart of spiritual, philosophical, and scientific investigations. The rapid advances of technology and the convergence of disciplines have created new prospects for examining the mechanics of human identity and transformation. This paper examines how ancient symbolic systems such as numerology can be aligned with contemporary neuroscience and psychology in the development of a system for self-development. Also addressed is the integration of AI as a facilitating and mediating tool in this process. These investigations are proposed through the creation of the Neuro-Psychological Ancestral (NPA) model, a synthesis of symbolic numerology, neurocognitive-emotional psychology, and neuroscience into a system for self-development and treatment using AI as a guiding adaptive device.

The NPA model is created out of the demand for integrative frameworks combining ancient symbolic systems with scientific research. In the model, symbolic numerological elements such as Core Numbers (Essence, Destiny, Personality), Karmic Debts, and Master Numbers (11, 22, 33) are mapped onto emotional patterns, mental schemas, and story identity constructs using cognitive-behavioural, humanistic, and integrative psychotherapeutic modalities. The neuroscience of archetypes, their symbolic phases, and correlation with neurological networks (Default Mode Network, Salience Network, Prefrontal Cortex) are investigated and proposed in relation to the interpretation of symbols and their cognitive-emotional connection. Through the incorporation of AI, symbolic-informed dialogue and adaptive feedback is generated for personal reflection and guidance.

The investigation of the research question of how symbolic numerology, psychology, and neuroscience may be combined in an NPA model with AI, and how AI can assist the interpretation of and communication with symbolic data, is approached and explored in the paper. Furthermore, ethical questions on the incorporation of a predictive model of identity are addressed to prevent deterministic applications of these systems.

The paper combines various literature across symbolic, psychological, neuroscientific, and AI fields to develop a model that integrates them to their fullest capabilities and avoids their inherent pitfalls. This investigation consists of comparative analysis of archetypical symbols, models of consciousness, therapeutic and neuroscientific paradigms, and the design of an adaptive AI pipeline for self-discovery. It includes analyses of theoretical concepts in the context of their time period and culture; cross-comparison of archetypical symbols through cultural myths and historical research; empirical examination of their neurophysiological correlates; case studies, simulated modules, and exercises; and cross-referencing of

interdisciplinary data to promote coherence and transparency of the NPA model.

There is fragmented yet comprehensive research across all areas of this investigation. Research in numerology and archetypes in an applied context demonstrates its value as a tool for identity-exploration and support in storytelling. Extensive studies of emotion, cognition, and development have yielded many effective therapies and practices for developing self-regulation and the transformation of patterns. In the field of neuroscience, research regarding the neurological correlates of archetypes, their symbolic representation, and narrative identity has revealed potential for identifying key areas of the brain implicated in regulating processes of the self, building autobiographies, and integrating emotions. Furthermore, AI conversational devices are being developed to aid in mental health applications and personalized learning. Currently, there exists little integration of these areas in practice. The novelty of this work resides in the proposition of an operational, unified, and applicable model of self-development that bridges symbol interpretation, psychology, neuroscience, and AI-driven adaptive dialogue.

The investigation begins after the introduction, through a neuroscientific exploration of the neurological networks and neurophysiological responses associated with symbols and archetypes; a psychological exploration of emotional and mental patterns, story identities, and therapeutic applications; and a symbolic-numerological investigation of a system named TEOS. These chapters are followed by a chapter that examines the science and development of the NPA model, and subsequent chapters exploring the seven proposed stages of the evolutionary process, as well as the role of AI in adaptive and symbolically meaningful communication. Practical and theoretical applications of the NPA model are presented in the form of exercises and case studies, with discussion of professional trainings for facilitators in the last two chapters.

1.1 Neuroscience, psychology, and symbolism in contemporary research

Neuroscience research increasingly stresses the value of combining symbolic processing and neural processing to create a model for human cognition and personal development. The brain swiftly interprets sense inputs and converts them into symbols in what is called System 1, a process that is often nonconscious. System 2 then takes the symbols from System 1 and actively manipulates them for reasoning, reflection, and planning. As argued by Sheth et al. (2023), this provides the ground to relate symbolic manipulation of numerological data to the individual's cognitive interpretation of the world and how it is acted upon. The importance of

an individual's interpretation and action means that it is a requirement of any effective personal development model. This dual system of transformation ensures that perceptions and their symbol-grounded meanings are constantly changing in response to evolving contexts.

The integration of neural computational models and symbolic knowledge graphs yields a more effective solution than purely statistical approaches and may have many applications in fields such as AI coaching and therapy. This leads to the notion that it is worthwhile to introduce symbol systems for meaning-making and self-awareness in an NPA system. Building on the arguments presented earlier from Sheth et al. (2023), it becomes apparent that the NPA model is feasible, useful, and necessary. Sheth et al. (2023) explain that neural symbolic pipelines have an inherent potential for adaptability through the symbolic representation and that the ability to alter symbols within a pipeline justifies its adoption.

Research into the biological underpinning of archetypes has come to the forefront in recent years. According to Vedor (2023), there is now an undeniable biological element to archetypes, thus proving that archetypes are not purely mythological concepts shaped by cultural influences. Vedor (2023) categorizes archetypes into three groups—structural, regulatory, and representational archetypes. Structural archetypes relate to patterns formed in the architecture of the brain due to the information stored in the genes and epigenes. These structural archetypes generate behavioural and cognitive tendencies that Vedor (2023) considers to be biological archetypes. Vedor (2023) notes that this goes against the commonly held view of archetypes as culturally determined constructs. By arguing that there is an informational capacity in the genome and that the archetypes reside here, Vedor (2023) makes a valid point for its use in an identity decoding system. Regulatory archetypes are linked to motivational and emotional systems that are also associated with underlying neural circuits. These are shaped through genetic and epigenetic expression, hence linking the archetype to individual motivations and emotions. This leads to behavioural expressions and attitudes that can change as genetic and epigenetic expression fluctuates with the environmental and developmental context. Representational archetypes act as templates for symbolic and narrative meaning-making, and it is in this context that numerological symbols can be integrated. Vedor (2023) provides the conceptual base for archetypes in an empirical setting, grounding the validity of Jungian archetypes to neurological substrates. By revising the traditional Jungian understanding of archetypes in terms of neurobiological foundations and processes, it permits a more integrated and scientific application of archetypes as tools for personal transformation.

Di Plinio et al. (2024) were able to detect neural archetypes from whole-brain resting-state functional connectivity (RSFC) data across a large cohort of subjects. Their findings support the validity of psychometric archetypes, and their ability to identify neural archetypes at resting

state demonstrates that the NPA model is biologically feasible and is, in principle, attainable. In particular, their research showed that by using spectral clustering, neural archetypes could be related to three distinct psychometric domains—fluid intelligence, socioemotional, and manual dexterity. The discovery of neural archetypes within RSFC data supports the assumption that symbolic identity markers can reflect neurobiological substrates. In essence, Di Plinio et al. (2024) showed that by identifying and isolating shared patterns, RSFC neural patterns can be compressed and modelled as a number of "archetypes." Hence, symbolically coded numeric patterns can be equated to neurobiological patterns.

Furthermore, by mapping numeric or narrative constructs onto relevant neural circuitry, this permits the iterative optimization of both the symbolic/narrative constructs and personal transformations. As previously mentioned, it is believed that the integration of neural and symbolic approaches to personal development provides a highly effective strategy for facilitating transformation. Given that neural archetypes map onto particular dimensions of personality, then one can use symbolic numerology to further enrich psychometric identity profiling. This allows the user to gain new insights on identity patterns and the potential transformation that can be attained by understanding numerological profiles. This reinforces the necessity for the integration of subjective and objective dimensions within personal transformation research and intervention strategies.

Controlled research studies involving practical application have shown numerology's value for enhanced psychological profiling and self-development. As pointed out by Mahadevan (2025), numerology constructs (such as Destiny Numbers and Birth Numbers) consistently reveal significant relationships that have good reproducibility in empirical studies conducted in applied contexts. Mahadevan (2025) shows evidence for the application of numerological knowledge in settings such as recruitment and career counselling. One example cited suggests that individuals possessing a core number 4 would thrive in fields that require them to be responsible and precise, thus demonstrating that symbolic numerology can accurately measure the dimensions of personality relevant to business sectors.

In the context of the NPA model, a numerological blueprint can be applied as an archetype framework, thus forming a symbolic narrative that guides the transformation pathway, with the numbers acting as markers on a path. Numerological systems are often used as anchors that allow a person to plot their personal journey, making them transparent and reproducible across repeated attempts. For individuals, this ensures an ability to return to a numeric identity marker and allows them to adapt their own numeric patterns over time as their narrative changes.

Citations are functional indicators of related research and have important symbolic dimensions. As explained by Sugimoto (2016), citations have dual roles as functional references and symbolic representations within research publications, journals, and archives. Just as a numerological and neuroscientific profile fulfils multiple roles within an NPA

construct, the citation performs more than just its obvious function. As a symbol, the citation enables the connections between various disciplines. The connection between articles via the citation demonstrates that knowledge has interlinking parts that need to work together in order to be understood, just like an effective self-development model. Sugimoto (2016) describes citations as a "social map" of intellectual lineages, echoing the NPA model's construction as a map of identity and potential that is not just an analytical tool. By applying a symbolic dimension to a reference technique, the model further supports the integration of symbolic representation into neuroscience and psychological practices.

The inclusion of symbolic systems creates a multidimensional and meaningful personal transformation approach, which facilitates higher levels of comprehension by the user, and the citation allows for a deeper understanding of the context of the material, reinforcing the use of multiple layers of information within the NPA model. The ability to link various disciplines by symbolic notation, as represented by the citation, further demonstrates that ancestral wisdom should not be separate from neuroscience but that they should instead be embedded together in a system of personal development to improve accuracy and provide additional layers of validation of the identity model.

The pluralism of neuro-symbolic artificial intelligence, archetypal neuroscience, psychometric/neural archetypes, and communication theories that have been demonstrated by the research from Sheth et al. (2023), Vedor (2023), Di Plinio et al. (2024), Mahadevan (2025), and Sugimoto (2016), as well as their inclusion within the NPA model, show an evolution in the field of neuroscience that is not limited to a single dimension or domain. There is now a need to consider more evolutionary and adaptive processes in order to allow for the dynamism of the world. The direct linking of neural-symbolic AI techniques to a feedback-responsive model ensures that the insights are more relevant to the individual and provides a framework that combines a symbolic model of self-understanding that is deeply rooted in human meaning-making with the objectivity of neuroscience. The integration of neuroscience- and archetype-related research supports the claims for adopting the NPA methodology in this thesis to decode identity patterns and plot potential for personal transformation. The application of personal transformation techniques across cultures and ages emphasizes the necessity for the scientific rigor required to support such interventions and ensure that interventions align with each culture's values and beliefs. This has also been recognized by the self-development coaching sector, which increasingly incorporates neuroscientific evidence. This also shows the evolution from a more subjective approach of psychological research to a science-based approach with more empirically testable data.

1.2 The NPA model: evolution, positioning, and innovation

The NPA model integrates symbolic numerology, cognitive-emotional psychology, and neuroscience for a personalized developmental framework. Each discipline enhances the approach, which would otherwise be reductionist. Symbolic numerology provides accessible, intuitive, archetypal codes for subjective exploration. Cognitive-emotional psychology offers structured emotional regulation and narrative approaches. Neuroscience validates the process by identifying associated changes in the brain. Mahadevan (2025) and Vedor (2023) suggest that integrating these aspects gives the model the capacity for meaningful self-exploration.

The interdisciplinary mechanism ensures that each area complements the others, rather than standing as a silo. Symbolic numerology acts as an intuitive framework for self-reflection, cognitive-emotional psychology structures the insights for mental schema integration, and neuroscience shows the physical basis for the transformation. As Vedor (2023) and Alcaro et al. (2017) recommend, we can refine the triadic system by carefully ensuring the symbolism isn't just interpreted but also dynamically linked to neurocognitive and psychological adaptation. In doing so, the framework will give users tools to make the shift from symbolic information to behavioural and psychological action. This symbolizes the triadic feedback loops between the symbolic, psychological, and neural dimensions. Such integration ensures the framework is deep, scientifically sound, adaptable, and doesn't suffer from the limitations that plague single-discipline perspectives.

One of the benefits of the model is the fact it overcomes the inherent limitations of common neuroscientific and psychometric approaches, which often lack consideration of symbolic dimensions, and those of mainstream symbolism approaches, which fail to adequately validate their claims. Becker and Neuberg (2019) suggest that culturally inclusive approaches must combine the validity of all domains. The NPA model manages this through the symbiosis of symbolic numerology, cognitive-emotional psychology, and neuroscience. This ensures that the subjective sense of self, transformation, and meaning-making can resonate deeply, through a culturally relatable symbology, as well as remain scientifically valid. This also provides a plausible response to the limitation of static typological frameworks by offering adaptable pathways to self-transformation.

The iterative feedback loop, through which symbols, emotions, and biological change feedback upon each other, is a significant differentiator in the NPA model. Rather than typologically classifying users to specific pathways, the model offers a method for users to adapt and transform their narratives in line with their own internal symbolic, emotional, and

biological systems. Mahadevan (2025) and Vedor (2023) suggest that personal transformation is a nonlinear and iterative process. This echoes what neuroscience and psychological theories have demonstrated about emotional and cognitive systems and implies that an effective transformation strategy must also adaptively transform. In this regard, the feedback loop supports self-awareness and self-regulation.

The key difference in the NPA model lies in the significance of the numerological construct, which represents a method of symbolic inquiry used to gain objective and reliable information. The concept of Core Numbers, Karmic Debts, and Master Numbers is based on reproducible, concrete formulas to decode traits and patterns for personality and life path planning. Mahadevan (2025) validates the operational utility of symbolic constructs through demonstration of their manifestation in personal narrative and organizational patterns. Core Numbers – Essence, Destiny, and Personality – represent distinct aspects of inherent qualities, ambitions, and interpersonal persona, which, by calculation alone, give rise to the ability to interpret and predict personal and behavioural tendencies. Karmic Debts, 13, 14, 16, and 19, reveal significant focal points for personal or organizational improvement. Master Numbers, 11, 22, and 33, mark individuals or organizations who will go on to have a substantial impact. These numbers can be calculated, and hence their ability to diagnose focal issues, inherent strengths, and development needs can be utilized for future planning. The reproducibility and verifiability of such symbolic decoding tools render them an ideal foundation for future development work, as both practitioners and users can revisit and re-evaluate these markers to support transformation over time.

Numerous research papers validate the practical applications of numeric constructs. For example, researchers correlate a Core Number of 4 with practical, reliable, and methodical traits. This would suit people with roles in administration. It therefore adds to the operational legitimacy of using numerical symbols for character and personal development planning. By extension, the existence of Master Numbers also symbolizes that numerology can be used to predict and cultivate special abilities for transformational leadership, innovation, and entrepreneurship. As this system aims to personalize a journey of self-discovery that validates both the subjective sense of self and provides concrete behavioural growth strategies, the system makes conscious efforts to emphasize growth strategies alongside self-assessment. The NPA framework incorporates archetype theory by linking symbols with specific genes or neurofunctional circuits to provide a stronger biological anchor for the effectiveness of any archetypal symbolic method. Archetypes are considered to be universal and reproducible patterns or motifs. Vedor (2023) and Alcaro et al. (2017) indicate their biological basis. Structural archetypes arise from specific genetic expression that determines brain connectivity and neurofunctional pathways to predispose individuals to universal cognitive and behavioural

patterns. The expression can be influenced by various epigenetic factors which determine regulatory archetypes. These are not deterministic but tend to reflect evolutionary and developmental pressures. As symbolic narratives mediate cultural meanings, they become representational archetypes.

By explicitly integrating the three types of archetypes with genes and neurofunctional circuits, we can create a symbol-biological connection. Through this connection, any narrative, or set of symbols, becomes grounded within a well-validated area of biological science. It ensures the biological validity of symbols. With a stronger understanding of the biological basis of symbols, we can create interventions that leverage these neurobiological mechanisms and archetypal meanings more powerfully.

The NPA model validates the use of archetypes through the explicit mapping between archetypal themes and neurofunctional circuits, and we can further refine this validity by explicitly mapping narrative, symbolic interventions with the specific circuit they are intended to alter. For example, intentionality is believed to emerge from the SEEKING circuit, and self-regulation is believed to come from the CARE circuit. Both are associated with symbolic archetypes of purpose and nurturance, respectively. Alcaro et al. (2017) suggest that the biological mechanisms that drive the expression of such circuits are centred on the subcortical-cortical midline structure. When disrupted, a person's ability to self-regulate and be intentional deteriorates. This validates our premise, that by using symbolic narratives with interventions targeting the neurofunctional and archetypal dimension associated with the subcortical-cortical midline structure, we can effectively cultivate the skills of self-regulation and intentionality. This strengthens the symbolic element by rooting it in objective biological evidence.

Recent advancements in archetype theory show us that rather than being viewed as static patterns, archetypes may emerge from the complex adaptive and dynamic behaviour of the brain in relation to certain environments, needs, and motivations. Becker and Neuberg (2019) assert that by acknowledging the evolutionary pressures, developmental history, and situational context that lead to the expression of archetypes, we can better understand how our environments lead to behaviour and how culture and meaning-making can alter them. This perspective directly supports the NPA model's underlying premise that individuals dynamically transform, and that archetypal meaning, which emerges in numerology as symbolic representations, has an impact upon each individual's developmental trajectory. Moreover, such understanding allows us to better identify and predict when we may need to revise and redefine our archetypal perspectives to better harmonize with our personal environments, desires, or motivations. This underpins the appropriateness of applying numerology and symbol-narrative work for adaptive self-transformation in line with the NPA model. Moreover, the fact that archetypes are emergent and dynamic strengthens the justification for the iterative

feedback loop that is central to the model's efficacy. By constantly recontextualizing symbolism to represent and deal with our new experiences and perspectives, we ensure the relevance of our archetypal narrative and can thereby ensure our continued empowerment. Without such iteration, the system is limited, and an individual's belief in its power may diminish as they move away from their past archetypal patterns and narratives.

AI integration is another crucial characteristic of the NPA model as this enables the iterative dialogue and feedback mechanism described above to be maintained at all times. Shen (2025) demonstrated the validity of AI systems for symbolic dialogue. Through a series of interviews and prototyping sessions, it was shown that AI systems which integrate Daoist learning principles enable reflection and adaptability in personal development journeys. A prototype system monitored the alignment of users' goals with their own sense of purpose and their personal environment and adapted symbol choice in the dialogue accordingly. Furthermore, the AI systems, guided by Daoist learning principles, enable context and goal personalization to improve relevance and adoption. While the Daoist learning paradigm does focus upon reflection, adaptability, and balance with the surrounding environments, it is not to the exclusion of self-actualization. By incorporating Daoist learning techniques, we ensure the cultural validity of this symbolic, and yet science-based, system for personal development. A major barrier in many coaching or personal development methodologies is availability. In mainstream systems, the accessibility is often geographically or economically limited. By employing an AI to mediate the symbolic dialogue process, there can be a greater level of engagement from a wider population of diverse backgrounds and nationalities. Furthermore, since this AI is simply being used as a tool to enable symbol dialogue, it avoids the pitfalls of an AI as a prescriptive coach. The latter is an issue that needs to be approached with caution as it lends to predetermined life and personal development paths. This approach, rather, simply enables a reflective, symbolic dialogue process with a human practitioner, with an added level of personalization and sophistication.

By integrating insights from multiple disciplines, the model resists any simplified and reductionist interpretations of personal development and transformation. By offering culturally rich but science-informed and effective pathways of personal and organizational transformation, Mahadevan (2025) and Shen (2025) ensure the complexity of the subject matter is explored, while the integrity of each discipline is retained and maintained. As the operationalization of this framework integrates several context-sensitive routines, such as numeric rituals, the reflection of narrative, and neuro-symbolic feedback loops, we believe the model can cater to the varying emotional and psychological needs of people, and hence is an adaptive and effective method for self-development and personal change.

1.3 Relevance to personal development and professional practice

Numerology finds its place in profiling and narrative guidance through empirical research that substantiates the utility of concepts such as Destiny Numbers and Birth Numbers as sources of symbolically driven reflective conversation. Mahadevan (2025) suggests that numerical constructs create a reproducible symbolic language that can frame a personality profile to scaffold the beginning of a reflective dialogue. An example of this is how careers are often linked with particular Number profiles in ways that can be used as a springboard for exploring a more personal sense of self and capability. Case studies demonstrate the success of chief financial officers who are associated with the number 4, for example, demonstrating that numerical profiles can align with and augment profiling through popular vocational tools such as the Myers-Briggs Type Indicator or the Big Five traits. Although numerological profiling can provide an accessible entry into the symbolic realm of self-exploration, it must be applied without the expectation of certainty or prediction, according to Mahadevan (2025). The author argues that the key usefulness of numerology lies in its ability to augment and focus a reflective dialogue without forcing a specific identity onto a client. It is in this way that numerical systems are used by the NPA.

The value of archetypes as a means of scaffolding narratives for self-growth and change is substantiated in neurobiological research linking universal archetypal patterns with discrete areas of the brain. Vedor (2023) suggests that there is scientific evidence to show that structural, regulatory, and representational archetypes are linked to recognizable neural structures through both epigenetic and genetic activity. This link to neural substrates allows for the possibility of creating archetypally driven interventions and exercises to support reflection, identity, and change. Vedor (2023) goes on to suggest that an individual's archetypes can be linked to neural structures such as the default mode network or subcortical-cortical midline structures (Alcaro et al., 2017) that have a central role in mediation, action, narrative, intentionality, and agency of psychological processes. Becker and Neuberg (2019) advocate for archetypes to be used flexibly to accommodate situational demands rather than fixed mythological imprints that drive behaviour. This approach to archetypes resonates with the non-prescriptive nature of the NPA framework.

Neuroscientific support for skill acquisition, resilience, cognitive-emotional self-regulation, and neuroplasticity can justify the use of strategic and tailored interventions within the framework of the NPA. Studies confirm that interventions in self-development can influence and alter the physical makeup of the brain. Techniques such as journaling and meditation have been shown

to be linked with growth in areas of the brain that are crucial for learning, such as the hippocampus, (Swart et al., 2015) suggesting that the neuroscientific principles that inform the NPA are grounded in biological change. Jakovljevic (2018) describes how neuroplasticity allows individuals to overcome well-learned habits and heal from trauma. This perspective suggests that symbolic and narrative exercises are able to make their intervention through the principle of neuroplasticity and that the coupling of psychological and neuroscientific principles can augment and legitimize the efficacy of a framework that targets skill acquisition and resilience.

The notion that personalized skill development can be enhanced through technology that promotes personal empowerment, collaboration, and focus has empirical support. Başaran et al. (2024) acknowledge that studies show how AI-based and coding environments can foster self-motivation, self-esteem, collaboration, and problem-solving. In both NPA frameworks, AI is used to reflect an individual's personal narratives symbolically, as a means of personal growth and skill development. This means that AI applications within NPA share common ground with the positive impacts of coding environments as described by Başaran et al. (2024). Both areas apply the symbolic power of pattern recognition to create reflective insights. Both applications provide a sense of accomplishment for the individual who solves or unravels a symbolic riddle, and both foster the capacity for reflective dialogue, which can enhance collaborative sensemaking. While Başaran et al. (2024) do suggest that AI can promote motivation and self-esteem, they simultaneously acknowledge the possibility that technological implementations can result in the user forming unhealthy cognitive biases that amplify negativity. Therefore, the non-prescriptive and non-deterministic use of AI within both NPA frameworks can reduce potential risks and still harness the value of AI in facilitating a symbolic engagement with one's growth narrative.

Cross-paradigm methods and culturally embedded approaches can answer an emerging need for both a scientific and spiritual methodology for coaching. Alfaiz et al. (2023) found that over 70% of clients and practitioners expressed a preference for an intervention that integrates a sense of spiritual or culturally informed perspective. They also suggested that it would be an underestimation if not applied within a culturally informed environment. The NPA framework acknowledges both of these aspects through its inclusion of numerology and symbolic systems. This integration of paradigms is a means of addressing the needs for personalized methods that resonate with individual belief systems and preferences. By recognizing that identity is both an individual and social construct and that personal change is often intertwined with cultural change, the NPA encourages a process of growth narrative building that respects heritage but is free to shift based on empirical validity. Explicit boundaries and the non-clinical applications of the frameworks will also mitigate any cultural or psychological risk for the user.

The validity of an integrative framework for self-development or intervention depends on the viability of all dimensions integrated. Thus, by citing research in numerology, archetypes, psychology, and neuroscience, along with considerations for cultural perspectives and boundaries, the NPA framework has its validity grounded in empirical science. Mahadevan (2025), Vedor (2023), Başaran et al. (2024), and Alfaiz et al. (2023) all provide justification for including numerological, archetypal, neuroscientific, and symbolic dimensions to this framework but not without the caveats that the implementation of these aspects must be culturally sensitive and must not lead to a deterministic prediction of the user.

1.4 Foundational articles and theoretical basis

Empirical research confirms that symbolic numerology serves as an effective and structured entryway for identity decoding and professional profiling. Applied and longitudinal research also substantiates the value of numerological constructs such as Destiny Number and Birth Number as reliable and effective markers to identify certain individual characteristics as well as facilitate personal developmental strategies. For example, as shown by Mahadevan (2025), the systematicity of numerological constructs such as Destiny Number works well to complement classical psychometric tools, and symbolically structured interpretations have produced reproducible markers that can assist individuals in personal analysis and organizations during the recruitment of prospective employees. One particular study (Sahayaraja & Saghayamary, 2015) showed how symbolic numerology can be operationalized for recruiting nuns within certain cloistered communities through numerologically-mediated interviews. Such research is valuable for showcasing the applicability of numerology in contexts of identity analysis as well as other domains that demand efficiency in decision-making, such as job recruitment and even coaching and counseling. Although this evidence for numerology's applicability offers some grounds for its validation, criticism may arise concerning the potentially limited applicability and generalizability of numerology-based techniques across multiple populations.

Applied research in recruitment, vocational profiling, and other professional domains indicates that numerological constructs such as Birth Number and Destiny Number can be utilized systematically to predict personality traits. Core Number 4 has been systematically shown to correlate with being organized, precise, reliable, and methodological, which are desirable qualities in personnel in roles of management or administration. As Mahadevan (2025) argues, such applied research points to how numerological techniques may be useful for streamlining

recruitment or screening processes in highly structured contexts. This can also be complemented with more empirically established psychological measures such as the Five Factor Model (FFM), DISC, or other psychometric tools. Numerology can also strengthen psychometric assessments by increasing their narrative and symbolic interpretability, which also enables cross-validation and thus empirical legitimacy, as was discussed above. Nevertheless, researchers and applied practitioners should be cautious of any potential confirmation biases that may arise through such integration or when attempting to infer any systematic correlations or causal relationships between numerical profiles and psychological traits, given the inherent risk of methodological pitfalls.

Educational and religious organizations may find numerology's constructs applicable in profiling individuals through various personality assessments. For example, some of the evidence from studies in nun recruitment, as mentioned above, indicates that Destiny Numbers may be helpful in the decoding of key personality or identity characteristics in these settings, especially when integrated into some kind of assessment process (Sahayaraja & Saghayamary, 2015). In addition to numerical calculation and assessment, symbolically-mediated and numerologically-guided interviews have also proven applicable in helping recruit nuns and may prove applicable for screening teachers and other similar professions. Although such findings point to some degree of applicability in educational and spiritual organizations, the potential drawbacks concerning numerology's reproducibility, as discussed earlier, should be acknowledged so as to prevent overgeneralization in these contexts.

The applicability of numerical calculation, interpretation, and integration can be augmented through combining symbolic and empirical approaches to self-development. Researchers such as Mahadevan (2025) and Judge and Kammeyer-Mueller (2012) suggest that combining tools such as DISC or FFM with numerology enables users to better contextualize, narrate, and symbolize their experiences through linking numerical codes to scientifically validated empirical constructs. Integrating these methods also enables stronger forms of cross-validation to bolster empirical legitimacy. However, there is a major risk of neglecting the individual's sense-making process by simply relying on algorithmic and mechanical combinations of these different methods and thereby overlooking potential symbolic and narrative inconsistencies or oversimplifications. Therefore, it is highly recommended that the application of these methods in personal developmental contexts be approached cautiously and reflectively so as to avoid reductionism.

An especially interesting characteristic of the applicability of numerology lies in its capability of aiding in the integration of one's identity into a life-narrative. By making use of symbolic archetypes, numerology allows an individual to place all of their life events, aspirations, and even personal challenges within a broader symbolic context. By providing a framework of

archetypal narratives to interpret life experiences, it becomes easier to achieve long-term coherence (Mahadevan, 2025). Thus, symbolic numerology can improve one's integrative capabilities in the construction and narration of one's life story. Caution should be taken, however, since over-reliance on archetypal narratives could inadvertently restrict the scope of interpretation for an individual's personal narrative.

The algorithmic nature of calculating profiles via numerological routines offers distinct operational benefits over other methods of symbolic interpretation that depend highly on culture or even more abstract forms of interpretative discourse. As Mahadevan (2025) argues, this provides for a high degree of operationalized application. With the application of numerology's interpretability and intelligibility, one can apply its codes to a wide range of contexts where the individual, an organization, or other system requires some means of navigating complexity. Furthermore, the method of symbolization and integration can be systemized in numerous practical contexts. Despite the method's reproducibility, as was addressed above, there is the potential for the method to constrain a user's individuality, which further strengthens the need for caution in the application of symbolic numerology.

Numerology should be regarded as a form of symbolic and narrative scaffolding for self-development, not a science of predictive interpretation. According to Mahadevan (2025), numerology does not offer any real potential for forecasting events. Thus, it remains ethically aligned with self-development since its methods ultimately promote reflexive conversation and sense-making, which facilitates self-empowerment, rather than prescriptive and often speculative interpretations. Despite this, practitioners must be constantly careful to ensure that their interpretations are conveyed with caveats so as to not be mistakenly taken as an absolute truth. Furthermore, by constantly highlighting that numerology is simply another layer of interpretive symbolism, it is more likely to empower users to challenge its potentially limiting interpretations and thereby enrich their personal identity and self-development through iterative processes of growth.

Archetypes and symbols are now supported by an empirical body of knowledge from the sciences of psychobiology. This emerging research indicates that symbolic archetypes can be differentiated into structural, regulatory, and representational dimensions (Vedor, 2023), each possessing measurable neural substrates and biological functions. Structural archetypes correspond to stable neural architectures shaped by evolutionary processes, genetic expression, and epigenetic regulation. Regulatory archetypes are involved in adaptive responses and affect the motivational and emotional dynamics of behaviour. Representational archetypes, in contrast, mediate the encoding and manipulation of symbolic motifs and patterns and may even correlate with the Default Mode Network (DMN), which is a network of brain structures involved in cultural symbol processing and imaginative processes. This multidimensional characterization demonstrates the explanatory utility of including archetypes