



# Natural Number 1

## Activation Guide





## Thanks for getting Identified.

This Guide is designed to help you understand how your physiology is equipped and how to access the incredible power and gifts that come to you naturally. Your Natural Number is born in you and shapes how you take in information, how you move, the filter through which you perceive, and what is most important to you.

The next step after you are identified is to begin to learn what aspects of your being are related to your nature, and which to nurture. The combination of your Natural Number and your life experiences creates your personality and belief systems. Your personality and belief systems are dynamic – they change continuously. Your Natural Number, born in you, offers gifts and attributes which can be developed and enhanced, always there for you at the core of your being.

We hope you will continue to explore with us what this new reveal means for you.

Thank you for your trust, understanding, and energy.

Sincerely,

*Susan & Martin Fisher*

Body of 9  
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## Natural Number 1

# The Physicality

People with Natural Number 1 stretch up at the back of the neck and make a slight movement of the chin up and forward which activates the throat. The muscles under the chin fire gently, they tighten without straining, creating the activation at the underside of the jaw. The eyes soften to strengthen and activate the connection to source energy. If making eye contact with another, the receptive and vulnerable gaze creates a heartfelt connection providing a profound sense of well-being, an acknowledgement of beauty, a deep honoring and the sense that we are all ok.

## Activation

### Movement, gestures, and eye contact

The movement for Natural Number 1s starts and balances under the jaw. When they move, the throat will engage first, leading and centering the movement. Natural Number 1s will often lean forward to open the throat if they are not comfortable with opening it through the chin lift.

Hand and arm gestures are typically high, at the level of the throat, with the hands working in a fluid, rolling motion, coming out from their throat center. When activated their gestures are soft and gentle.

Natural Number 1s use eye contact to create an honoring and accepting connection. They value and appreciate when others will hold sustained eye contact. It takes a minute of sustained eye contact to create a powerful connection. At first this can be uncomfortable for others, but once the connection becomes deep enough it is so clear and clean that all parties to the connection are happy to stay in the space created together. It is important for Natural Number 1s to remember that it is ok to ask for the eye contact they need to offer the gift of profound connection.





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# Skills and Talents

People with Natural Number 1 enable others to feel their connection to something larger than themselves (source, god, a higher power, nature, energy, whatever word a person uses to describe this). When in connection with Natural Number 1 people become more aware of the source energy that flows through people into the world. It allows you to feel the beauty, importance, and purity of others. The source level energy is utterly beautiful, as you become aware of this energy, everything becomes very beautiful, the feeling of awe and wonder fills your being for wherever or whoever receives your attention.

This ability to help others feel and see the beauty of the person in front of them and the world around them helps people to know they are part of something bigger. It creates a starting place, once connected to source or spirit energy humanity is ready to move and change from a place of honoring and equality.

# Values

**Appreciation:** Natural Number 1s intrinsically know the value of beauty, people, life, and circumstances. They recognize the changing nature of creation and appreciate its harmony and balance.

**Acceptance:** Natural Number 1s love people as they are, where they are, and who they are. They know that people are doing the best they can with where they are right now. They know deep in their being that all people are equal and should be honored.

**Connection:** Natural Number 1s value deep sustained connection at the level of the essence of life. They recognize and connect with the essence of our being, inviting and enabling us to understand our existence. They value being fully present to the connection with you in this infinite moment.

**Creativity:** NN1s are driven to express their understanding of source, beauty, and value through their creative powers. This can be in any medium or talent they choose.





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# Challenges

The biggest challenge for Natural Number 1s is not to compare themselves to the perfection of the source of creation. When measured against this perfection, everyone will fall short. Natural Number 1s can fall prey to a sense of unworthiness.

It becomes important for Natural Number 1s to understand that, at some level, they have been chosen to help all of us know that it is okay not to be perfect. They help us know 1) that we are perfect as we are in this moment, 2) the process of creation itself is perfect and 3) we are the product of this perfection but do not have to match it. Having worth in who we are is the gift we offer. Natural Number 1s help others to know this, but often find it hard to believe it about themselves

# More Resources

## Our books

### **Beginner's Guide to the Body of 9**

(available on Amazon.com or included with your Extended Session) can guide you on the journey of self-awareness and conscious choice and active creation of the life you want to live. Your Identification awakened your observer, the skill of observing ourselves is needed to initiate the process of change – you have to see that it is there in order to be able to use or change it. This book offers a path and exercises to move you forward to creating the life you imagine.

**The Body of 9 - Decode Your Physiology and Discover Your True Self**, available on Amazon.com or included with the Couple and Family packages, describes all the Natural Numbers in detail. If you are ready to learn more about yourself in the context of all 9, this is a great resource to get started.

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