



# Natural Number 2

## 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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### The Physicality

Natural Number 2s balance using the muscles of the upper abdominals. They have a tremendous flexibility in the middle of their body, just below the ribcage. Making the upper rectus abdominus muscles taut enables you to feel and adjust to what is going on in the body of others.

The face of a Natural Number 2 is neutral, and the eyes are bright, clear, and available. Unlike many other Natural Numbers, the neutral state does not lend to a particular expression; the tone is even and relaxed. Nothing occurs in the face that could present a barrier to interacting with them. They smile easily; even when neutral, their lips curl up at the outside in an open expression, indicating they are ready to engage and smile with you.

### Activation

#### Movement, gestures, and eye contact

Natural Number 2s move and connect with others using the upper abs. When engaged, the upper abs are pushed out and taut, so that they vibrate with the connection. The entire body is ready to be with whatever is in front of it and comes even more alive with movement and an engaged relationship. Eye contact is also part of the activation for Natural Number 2; through direct eye contact, they engage with others, inviting them into an easy and fun connection.

Natural Number 2s tend to gesture around the level of the upper abdominals. They may swing their arms back and forth around this area with their elbows resting on the sides of the body, arms and hands moving freely.

Natural Number 2s use the body to continuously adjust as the person in front of them adjusts, merging and matching the person they are with in the moment. Through attuning their whole being to the body of another person they create a profound and meaningful engagement. They merge with others so strongly that they liken it to an energetic entanglement. They are primed to move, to respond, to match whoever they connect with. It is this responsiveness to others that enables them to change as the person in front of them actively changes. This makes physical movement an important element of the posture of activation.



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### Skills and Talents

Natural Number 2s can choose when and how to move through the world. They meet whoever they encounter exactly where they are, and can match or mirror the person in front of them easily. They are looking to help you grow through the connection, and for this they need your fully present awareness of the relationship in the current moment.

Natural Number 2s have a built-in understanding of the “rules of engagement” in relationships. When active, they make the people around them more aware of each other; they can impact a connection without even speaking. There is no competition in the interaction; this creates a potentially healing connection that enables people with Natural Number 2 to help others know and experience what they are not seeing in themselves. They provide the communication glue for a community, looking to maintain and repair its flow. If someone is being left out, they will often befriend that person and integrate them into their circle of friends, facilitating the missing connection for them.

### Values

**Engagement:** They offer an invitation to be fully present in the connection; nothing else matters in that moment. They are looking for meaningful engagement.

**Dynamic Harmony:** It is important to people with NN2 to create dynamic harmony through the connection. They are able to adjust to and enliven the connection with another person, as the person changes dynamically through the interaction.

**Movement:** Through movement, both at the cellular and muscular level, they understand what a person needs, how to be with them, and how to engage in the relationship. They have a personal need to be moving, which creates a sense of being alive. Movement in dynamic harmony with the world is an NN2’s way of interacting.



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### Challenges

Natural Number 2s often express that they have a hard time knowing themselves; they merge with others so completely that they lose who they are and become the connection instead. This becomes challenging when the connection ends, creating a deep sense of loss, and the feeling of being adrift without identity. They put the connection with others ahead of all else, forgetting to maintain their relationship with themselves.

Disappointment is a challenge for Natural Number 2s as well. They know how deep and beautiful a true engagement can be, and they are always striving to create that with others. Since other Natural Numbers don't know these rules of engagement for relationship, it can be hard for Natural Number 2s to have fulfilling relationships.

### More Resources

#### Our books

Available on Amazon.com, when not included with your session.

**Beginner's Guide to the Body of 9** will guide you on the journey of self-awareness, conscious choice and active creation of the life you want to live. Your Identification awakened your observer. The skill of observing initiates 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**, is a great resource to dive in deeper. The book describes each Natural Number in detail and presents options to support and parent people of each Natural Number. Find out about the research and history of Body of 9 and understand how this can be applied in your everyday life for a richer, fuller and more connected way of being.

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