



# Natural Number 3

## 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 3s have high tone in the upper body, especially around the trapezius and pectoral muscles which lift and activate the central triangle between the arms and the clavicle. On Natural Number 3s, the clavicle noticeably rounds out and up, creating a pronounced raise in the bone, and a dip behind the clavicle. This is just above and to the side of where the collarbone connects at the manubrium at the top of the sternum. The posture of activation for Natural Number 3, with arms locked, straight out from the shoulders and palms pressed together, is designed to help the body create the tremendous focus necessary to unite us in a joyous connection with others.

# Activation

## Movement, gestures, and eye contact

Natural Number 3's movement is centered at the manubrium – a small bone at the top of the sternum. It radiates out across the collarbone and includes the top rib, using the sternocleidomastoid (SCM) and the pectoral muscles to balance. They are the only Natural Number with a smile included in their activation. The muscles of the face activate to create a smile that moves into the eyes.

Natural Number 3s gesture at shoulder height or higher, often with straight arms. They may point or move their hand out from the upper chest. In movement, they continually lift from the manubrium. Their arms move out and up, supporting the raising and opening of the upper chest.

The eyes of Natural Number 3s, when neutral, are round, focused, and have a magnetic quality. When activated, the cheeks crinkles at the corner of the eyes and the eyes sparkle.

Natural Number 3s love to make focused and sustained eye contact. Using this amazing focus, they look past the layers of personality, connecting directly with the deepest and most profound part of others. When they feel the connection to and from their own being, they are able to shine the joy of this experience out to others. This brings an energetic smile to their faces that extends up through the cheekbones and into the eyes, which begin to sparkle joyfully.



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### Skills and Talents

People with Natural Number 3 have a tremendous ability to focus, engaging their whole body in the experience. Through this focus, they create a connection with a person's true self and activate their magic. When they are in deep connection with another person, there is excitement and joy found in their beauty. They help us feel with our whole being, including the cosmic part of us, feeling, finding, and experiencing the magic in our life.

Through the profound and powerful connection that happens in deep-soul-level eye contact, they see into what is possible, and help us to shift ourselves into a more energized state. They can see into our future – the possibilities it holds – and help us know if we are working toward our potential. If not, they help us refocus so that we can move more directly. This ability to help us feel the magic of our cosmic selves also gives us permission to center our attention on what matters to us at that deep level.

### Values

**Generosity:** Natural Number 3s use the energy of generosity to power the connection with others. By generously giving from the deepest part of themselves, they are able to activate us without agenda.

**Drive:** Natural Number 3s have an internal compulsion to share the energy of essence and creation with others. This creates a driving excitement, magic, and intensity that moves everything forward.

**Connection through Focus:** Using focus to create the big picture from small details is a great strength of Natural Number 3s. They are able to gather the deeper meaning in the energy of the tiniest particulars, and build a more inspiring, understanding vision for what is possible. They can then direct that energy toward the possibility that they see for others.



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### Challenges

Sometimes Natural Number 3s' focus and detailed questioning can be seen as stubbornness or willfulness. When a person with Natural Number 3 refuses to shift their focus and continues to ask questions, this can irritate people of other Natural Numbers. This can also occur when they hold onto the original focus despite receiving input from others.

The smile and intensity of Natural Number 3 can also be misunderstood, or judged as inappropriate. Many more Natural Number 3s than people with other Natural Numbers have heard the expression: "Wipe that smile off your face." Losing confidence in the power and value of their smile is devastating for Natural Number 3s. Remember that your smile is part of your Natural Number activation.

### 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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