

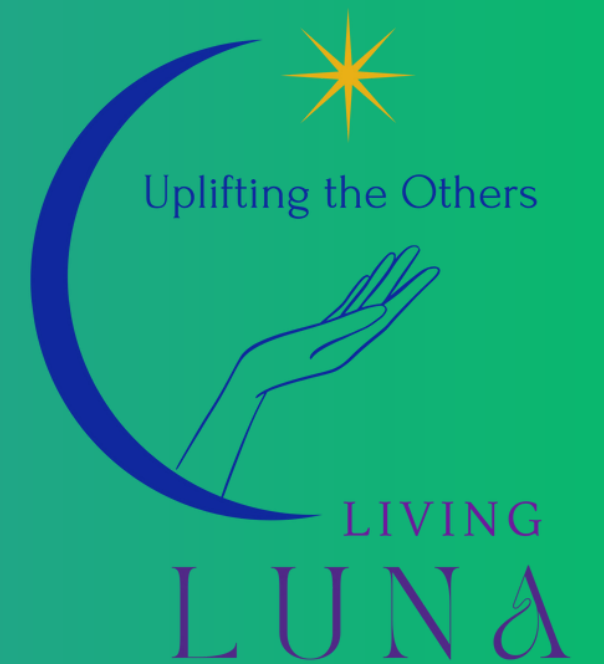
Body of 9



UNLOCKING THE 9 PATHS OF

human potential

with Safrianna Lughna, LCPC, MS
& Body of 9 Journeyman



I'm Safrianna

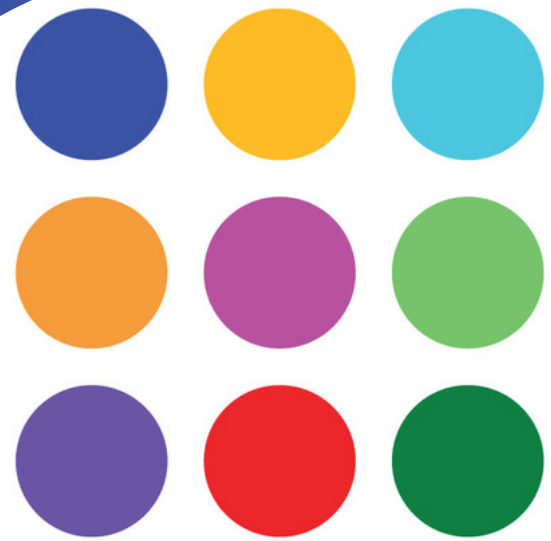
- Licensed Professional Counselor in MD
- Holistic Transformational Guide
- CEO of Living LUNA
- Professional educator on LGBTQIA+ & Polyamory topics promoting DEI
- Journeyman in the Body of 9 Program
- Natural Number 9, Druid, Quantum Creatrix, Reiki Master, & Certified Starchetype Practitioner



Today's Masterclass Will Cover:

- What I mean when I say “9 Paths of Human Potential”
- The Framework of Body of 9 & Nature vs. Nurture
- How this impacts you and your life, personally & professionally
- An overview of each of the 9 Natural Numbers (NN for short)
- What more is possible as healers & service providers when we embrace this knowledge

What Are These 9 Paths?



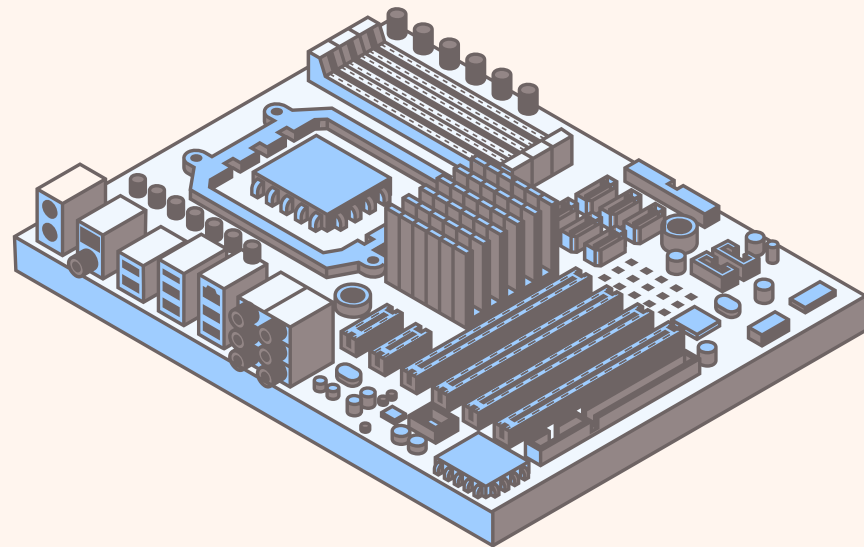
The study of our **Natural Numbers** is a rediscovered **ancient truth**, rooted in your **body**, that reveals your authentic self and **empowers** you to **transform** your life with profound understanding of yourself and others (as taught by Body of 9).

Ultimately this is about **cohesion** & **completion** within **ourselves** and **the world**.

Nature vs. Nurture

Nature =

Based in the physical reality on a fundamental level.
Base personality characteristics.



Nurture =

Based on many variables: upbringing, social relationships, culture, personal experiences, trauma



An Important Distinction & FAQ

“Is my Enneagram number the same as my Natural Number? What about Life Path?”

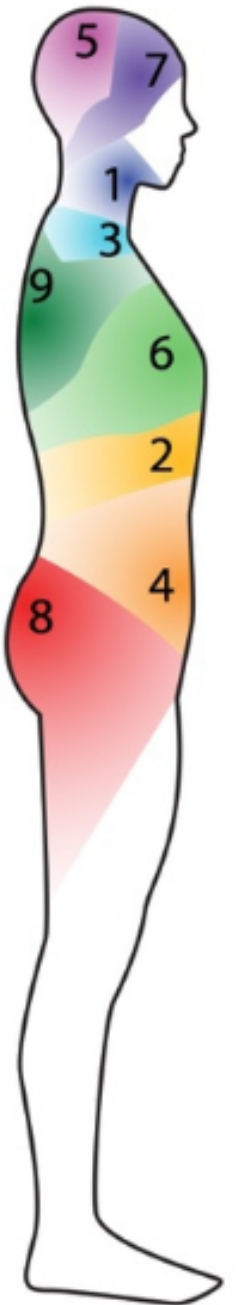
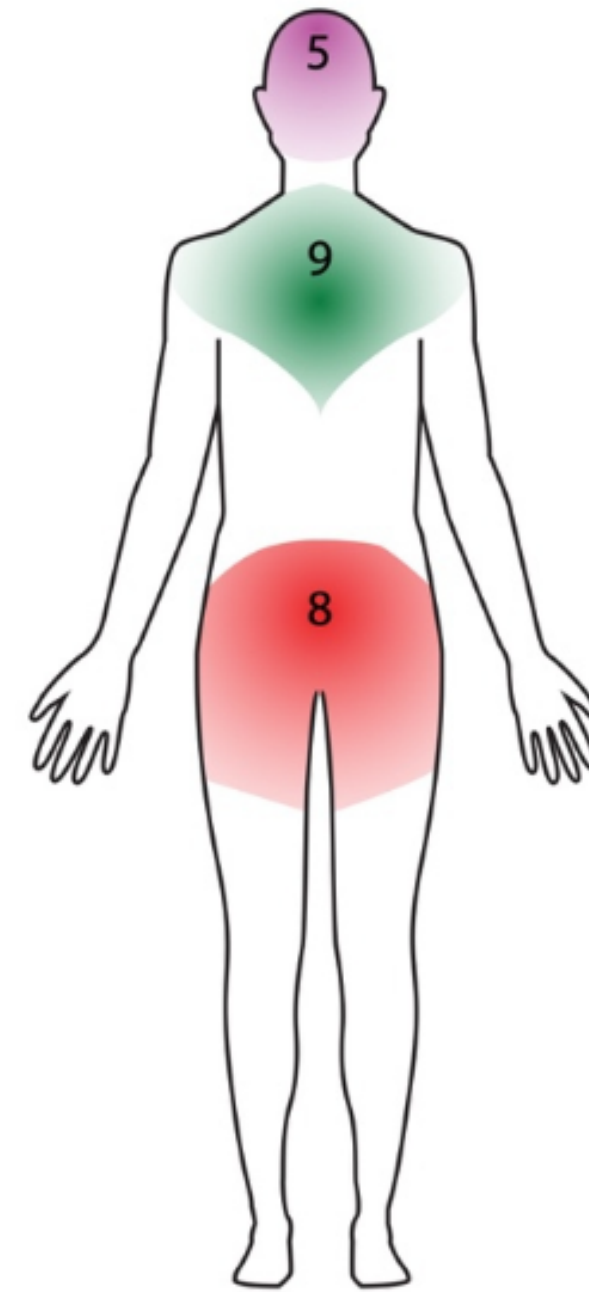
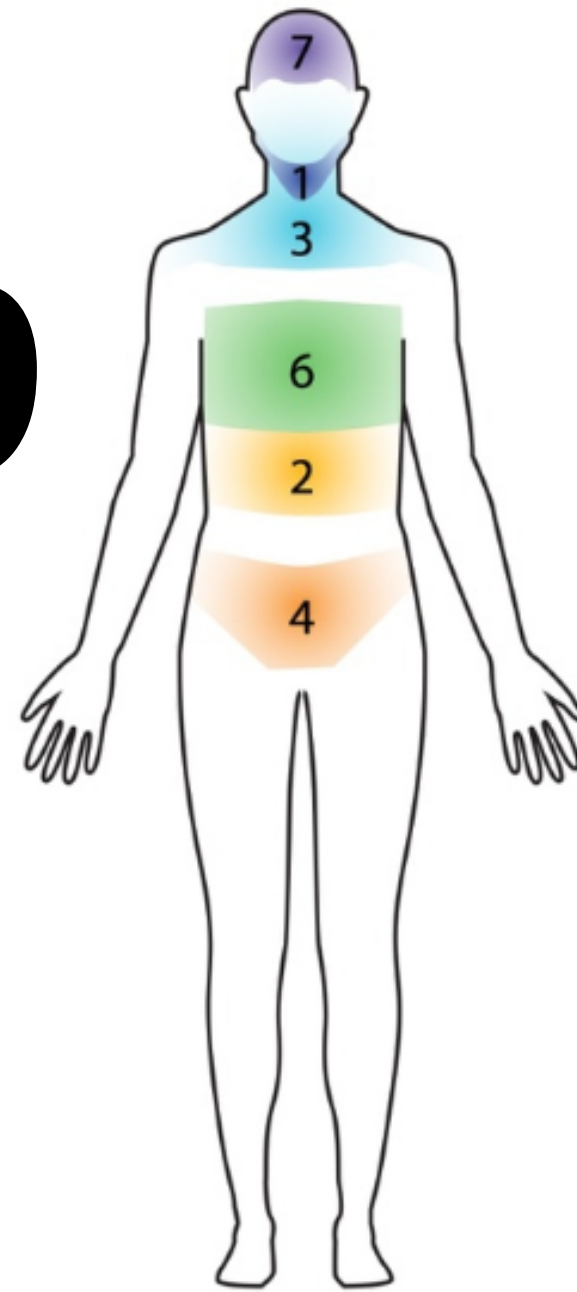
Not necessarily! In some cases, they may be the same #, but they describe different things. Your Natural Number is a reflection of your physical Nature, where your Enneatype is a reflection of your Nurture. Your Life Path Numbers are based on your time of birth.

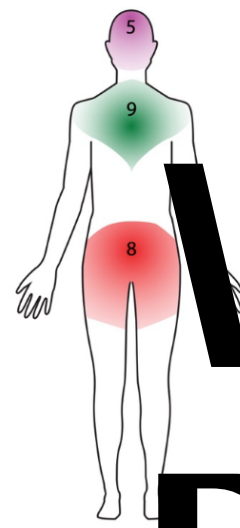
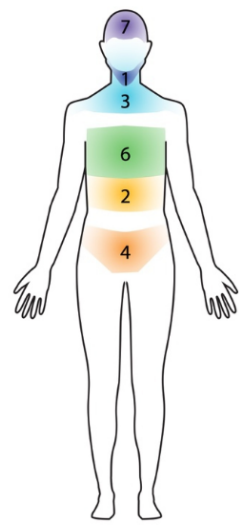
This is all about coming BACK to the body!



Centers of Natural Leadership (aka Natural Number)

& Why This is So Important





What Natural Number Determines Physically

1

What region of “Natural Leadership” was activated when you’re born

2

Subtle physical characteristics developed through the muscles, bones, and fascia (leading to the body’s posture, movement, structure)

3

The main reason you use your eyes + common facial expressions



NNS for Growth & Self-Development

1

Acknowledge your innate strengths and gifts in your body which you can then grow and empower even more.

2

Activates your inner leadership. Access your gifts on a foundational, physical level first.

3

Understand and honor your core Nature for greater impact in the world. Purpose & meaning!

NNs in Relationships: Couples, Families, Communities

1

Interact in a community and one on one with more honoring and curiosity

2

Celebrate and meet each other's unique differences and needs, restoring attraction in romance and improving parenting

3

Explains complications in family dynamics & how to better support & accept one another

NN at Work & With Clients

1

In traditional or independent workplaces, NN can offer us ways to recover from stress and advocate for our needs.

2

Capacity to amplify the impact of a full team so all NNs gifts are considered as a part of the structure!



3

SHORT CUT!!! Even more individuation in services. Specific targeting in sessions!

The Main Takeaway

When you learn your NN and the NN of others, a seed of understanding is planted that continues to grow on its own, making context around your core self, your experiences, and your relationships in the world.





Celebrating the Gifts of Each Natural Number



Natural Number 1

Acceptance, Appreciation and Connection

Natural Number 1 is about recognizing, respecting and experiencing the value in others, to feel, see, and share the awe, beauty and majesty of the world and the people within it.

Deeply honoring and respecting others derives from this experience of honoring and connection.



Natural Number 1's activated region is at the top of the neck under the chin, in the Hyoglossus, and the other muscles under the chin.



Natural Number 2

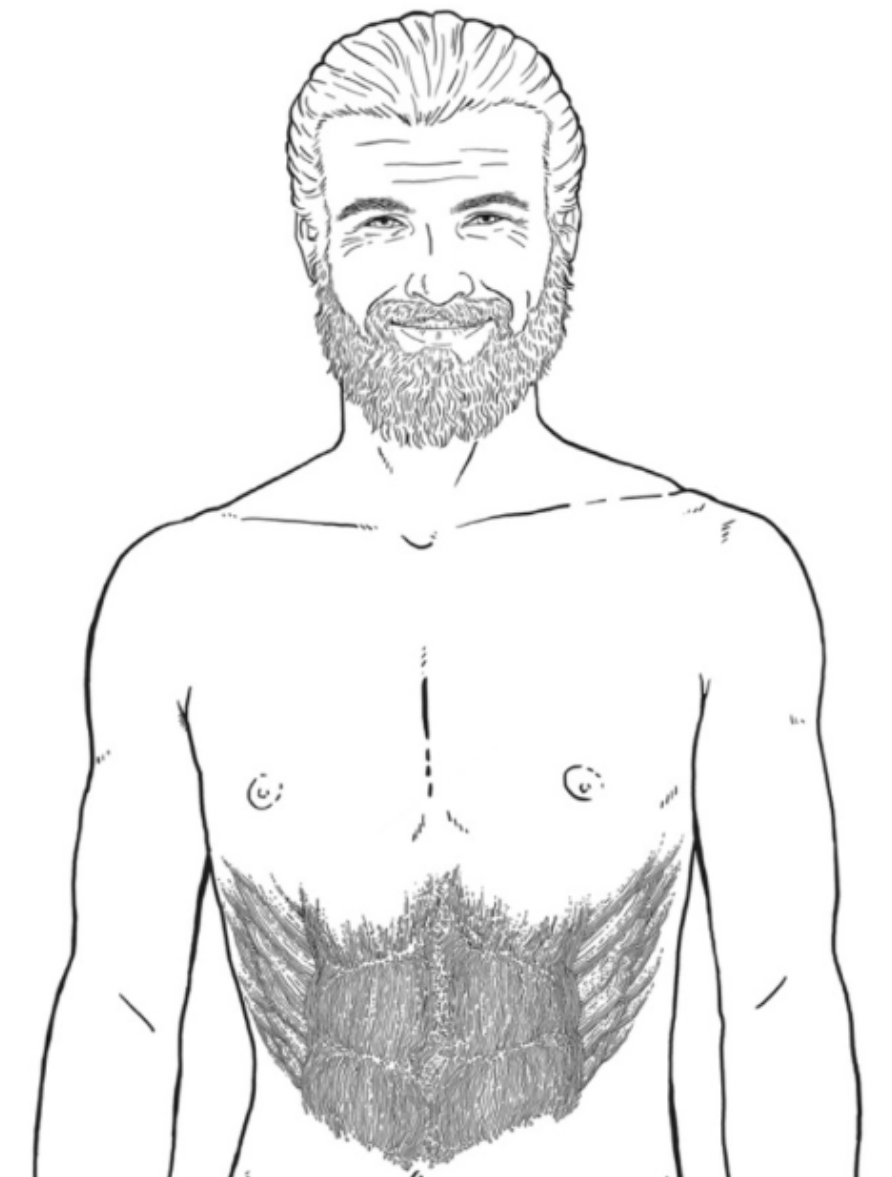
Relationships, Engagement, Movement

Natural Number 2 is about connection through engagement to others. It is a merging with others, attuning with our whole being to the body of another person for the sake of connection alone.

Natural Number 2 teaches us that we must start everything with connection through active engagement. They just want you to show up as you are!



Natural Number 2's Activation Region is at the the top third of the belly, the upper Abs.



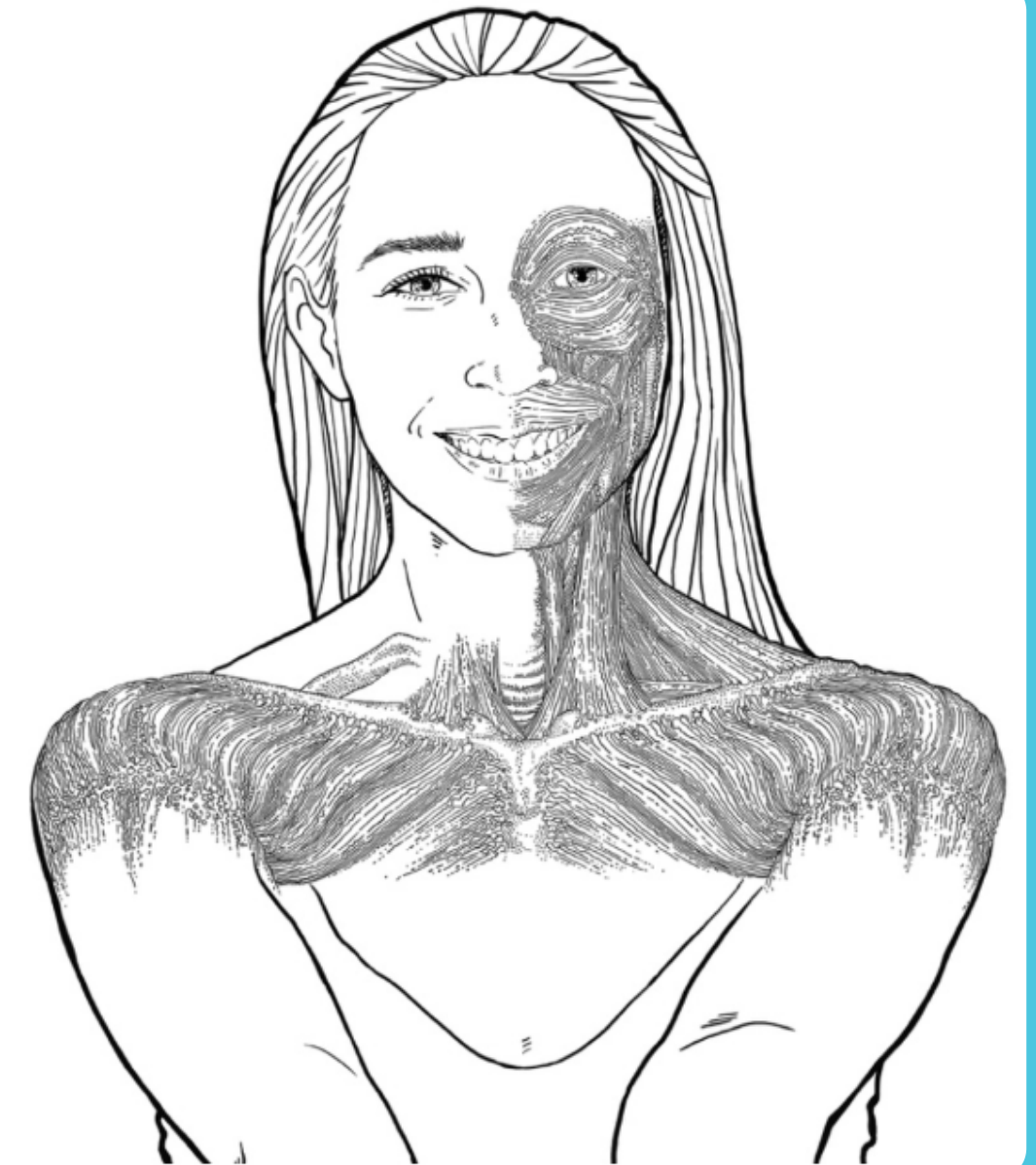
Natural Number 3

Inspiration, Drive, and Focus

Natural Number 3 is about a focused connection to others that ignores the persona and goes straight to our being, our greater purpose, and using the joy of connection from that relationship to inspire us into action toward that purpose.



Natural Number 3's Activation Region is at the top of the sternum—at the Sternal Notch on the Manubrium—supported by the top rib and the clavicle. A full smile that goes all the way into the eyes and emanates from deep inside is included.



Natural Number 4

Alignment, Authenticity, and Deep Connection

Natural Number 4 is about our authentic relationship to our infinite self. They teach us that through knowing and accepting our timeless selves, we are ready to transform using our connection to our deepest life force energy.



Natural Number 4's Activation Region uses the muscles of the lower abdomen.



Natural Number 5

Experience, Knowledge, and Understanding

Natural Number 5 sets and holds the context for transformation—what do we know, what do we need to find out, how is what we know related to everything else and what are the relationships that need to be taken into account? They evaluate what they learn in the context of what they know.

This enables them to find inconsistencies and evaluate information to determine accuracy and importance. They help others to understand what is happening and what it means, they know how everything is interconnected.



Natural Number 5's activated region is the back and top of the head.



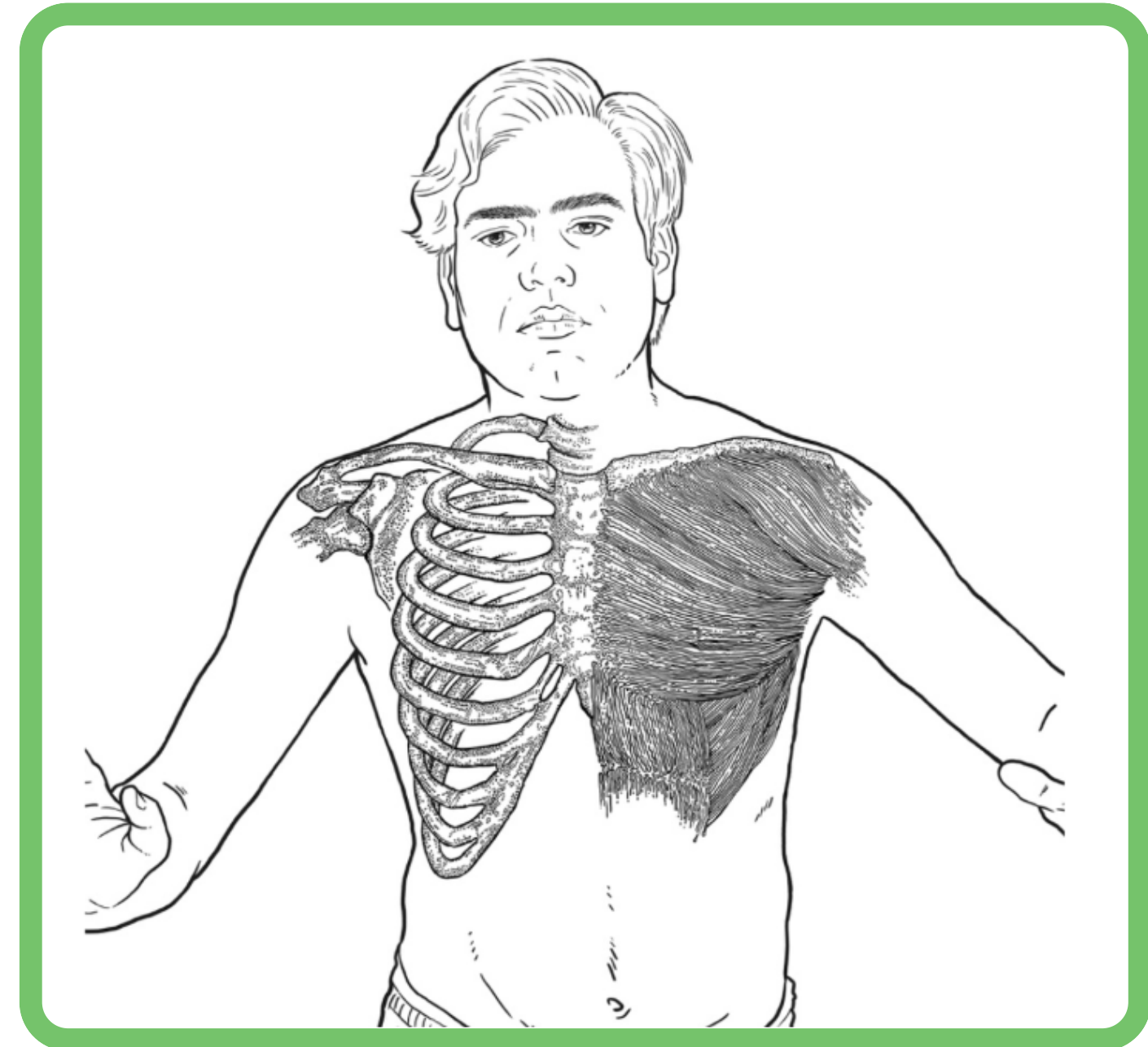
Natural Number 6

Significance, Aliveness, Action

Natural Number 6 points us in the most alive direction, providing the energy necessary for movement to overcome any inherent inertia. People with this Natural Number experience the energy present around them, then decode and magnify it back, so everyone can tap into the infinite energy of creation.



Natural Number 6's Activation Region is in the ribcage and chest, centered at the sternum.



Natural Number 7

Change, Honesty, and Possibility

Natural Number 7 is about purpose and possibility. People of this Natural Number see the unique purpose of a person, group, process or community, and they can present possibilities that have not yet been envisioned that will move those involved toward their greatest purpose. They also enable us to let go, so that we can move forward toward our great vision and stay open to what we do not yet know.



Natural Number 7's activated region is the Glabella, the flattened triangular elevation of the frontal bone located at the center of the forehead just above the brow line, often referred to as the third eye; this Region also involves the Frontalis muscles on the side of the forehead, which pull the scalp back.



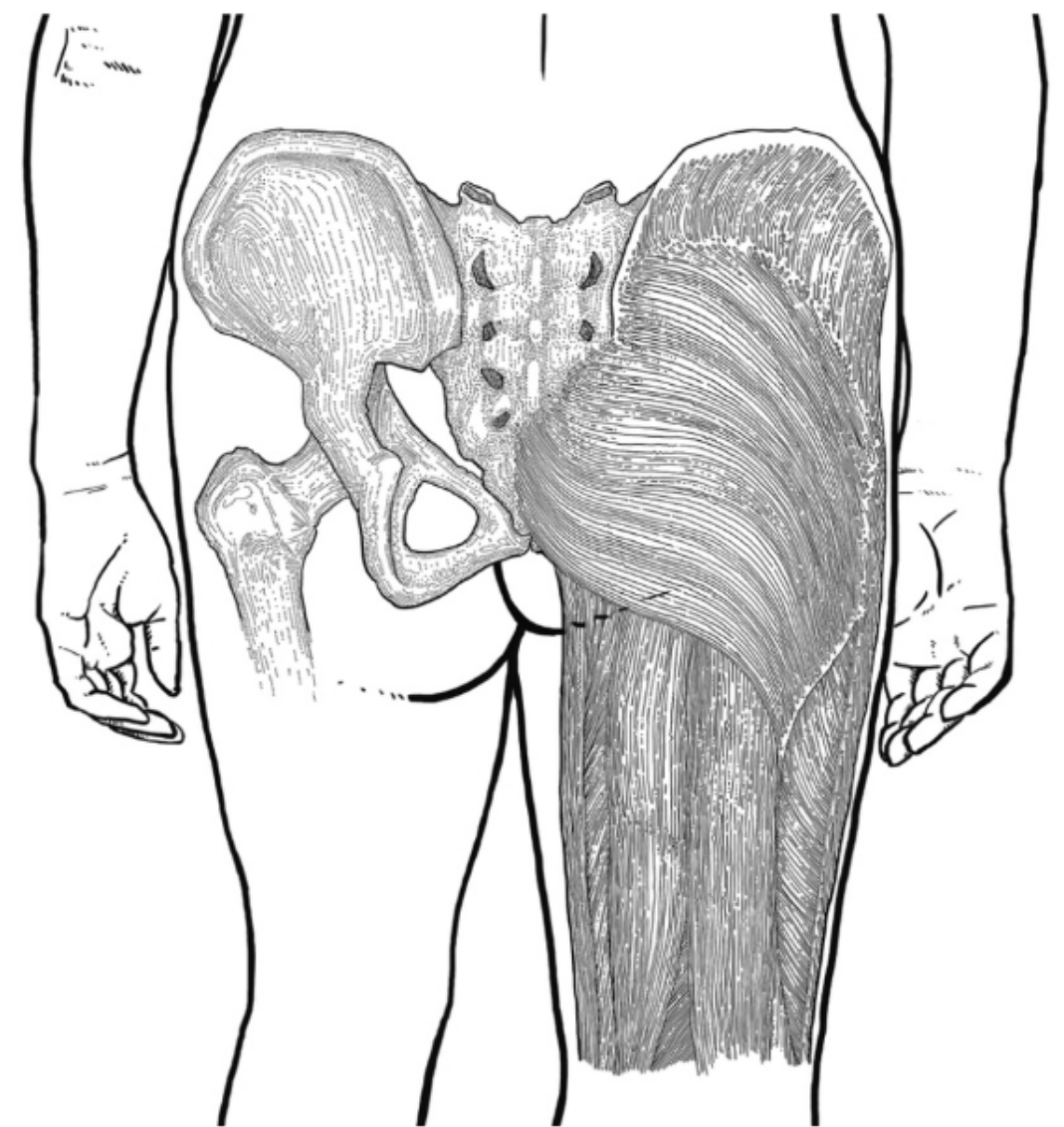
Natural Number 8

Integrity, Safety, and Trust

Natural Number 8 guides us to move forward together to create with consideration and integrity for the benefit of all. Aligning the body with the physical source of creation, they draw energy from the earth. This guides them to create an atmosphere ripe for growth and change. They know what to do, the order to do it in, and who needs to be involved.



Natural Number 8's activated region is located at the base of the spine, at the sacrum down through the gluteus and thigh muscles, and is activated by tilting the sacrum toward the ground and clenching the Gluteus Maximus muscles downward, causing the sacrum to align to support the spine.



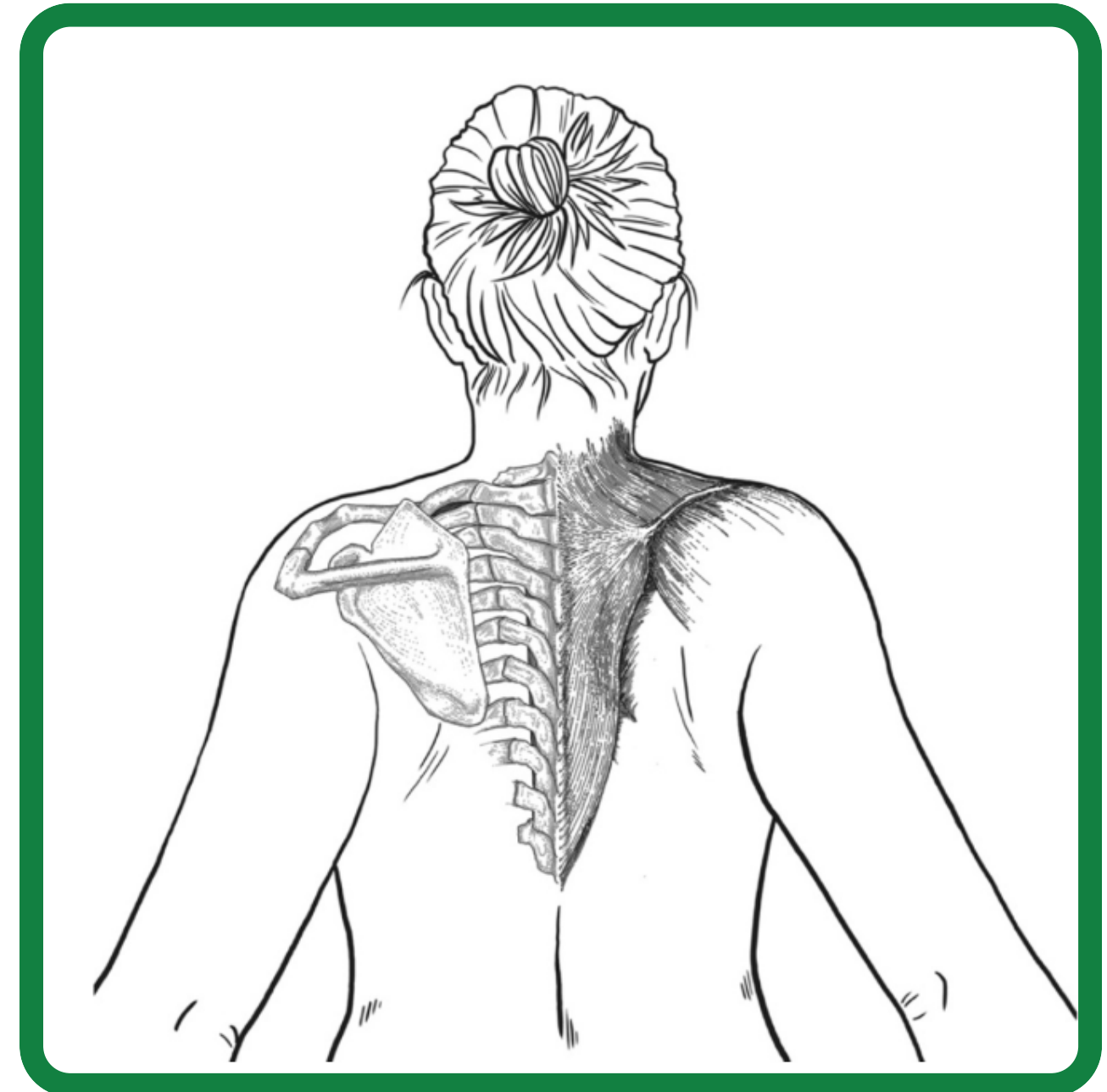
Natural Number 9

Harmony, Integration, and Balance

Natural Number 9 holds the container for transformation, bringing the transformation and change processes to completion and releasing the energy to create. Natural Number 9 understands how to include everything, create unity, and shepherd our human experience through the transformation process without using excess energy or force.



Natural Number 9's Activation Region is along the spine and between the shoulder blades, on the back at the T6/T7 vertebrae, supported by the Rhomboid and lower Trapezius muscles.



What's Possible on a Deeper Level?

1

Learn how to embody & embrace each of the gifts of all 8 other Natural Numbers. Become "super human!"

2

Transformational Sequence for: Decision Making; Retreats; Coaching or Healing Sessions

3

Change the world one moment of curiosity at a time!



How Do You UNLOCK the Potential of Your NN?

- Begin to get curious about how you use and experience your body and eyes and how that informs your perspective in the world. How are others the same or different from you?
- Explore alignment in your body! You can learn to activate the posture of your Natural Number routinely to bring about more physical and energetic alignment.
- Unpack and get to know the uniqueness of your gifts + how your body informs them.
- After about 6 months of getting to know yourself and body in this new way, you can begin to learn the other Numbers. Knowing all 9 gifts can enhance your experience on all levels of living.

You can learn your Natural Number through an online or in person identification session with a Body of 9 Practicing Partner who has studied physical identification.

I am one of those people!

Recap:

- We unlock more of our potential when aware of our fundamental Nature and remember our bodies in the equation.
- Nature and Nurture both play an impact on how we show up in the world.
- Our Natural Number determines how our body develops, how we use our eyes, how we engage with the world, and our unique gifts we bring in relationships, parenting, and work.
- Each of the 9 Numbers has an incredible gift to offer the world AND we can embody other's gifts, too!
- So much more is possible as healers & service providers when we embrace this knowledge of the body.

Integration & Next Steps

Let's take a breath!

If you take nothing else away from this class, I hope you get **CURIOUS** about how people experience the world differently.

Remember, there are **9** different kinds of "Body Models," not 1!



Thank
you!



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If you're curious to learn more or want to go deeper with this energy, head to:

LivingLUNAs.com/Bodyof9

There, you'll find access to a free meditation that uses the inspiration of all 9 Natural Numbers for you to energetically come home.