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EARTH PERSONALITY

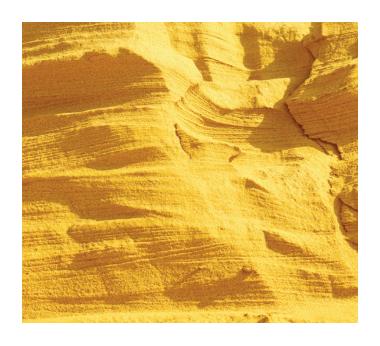


YOU ARE A

CARING, STABLE

EARTH

PERSONALITY TYPE





WELCOME TO INFINICHI

in-fín-i-chi

chi = life force energy

in-fín-i-chi = infinite potential

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NOTE TO READERS: This book is intended to provide helpful and informative material on the subjects addressed in the publication. It is written with the understanding that the publisher is not engaged in rendering medical health, or any other kind of personal professional services.

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ANCIENT SECRETS



entury after century, ✓ contemporary science has gradually evolved, based on careful observation of the natural world by learned, achieved wise men and women whose discoveries gave rise to astronomy, agriculture, medicine and other sciences. This is especially true in China where the search for secrets of health, longevity and happiness were the priorities of Taoist masters and physicians who secluded themselves in remote mountains, passing on their discoveries to a few select followers.

Infinichi products are the privileged beneficiaries of the masterful work of 38 generations of Chinese healers whose potent herbal pharmacopeia, mind/body practices and lifestyle instructions have been brought forward to optimize our health, increase our longevity and achieve personal fulfillment.

FIVE ELEMENTS

WŬ XÍNG

Wise people in all parts of the world have come to similar descriptions of naturally-occurring phenomenon. Ancient Asian cultures, classic Greeks and medieval Europeans all used very similar systems when describing the cycles of nature.

Five Elements is the name given by the *I Ching* for the relationship between the cycles of life on earth; the seasons of the year, the interaction between bodily organ systems, the properties of medical herbs ... to mention just a few. The *I Ching* refers to the five elements as Wood, Fire, Earth, Metal and Water.

Each of the individual Elements can be further modified by the opposite forces of yin and yang. Yin is the night and yang is the day; yin is feminine and yang is masculine; yin is passive and yang is aggressive ... and so on.

Each person is a composite of all five Elements, but with one core, dominant Elemental type. This fascinating, complex combination is further influenced by the balance between the energies of yin and yang so that within our core Element, we oscillate between extrovert and introvert, or the yin and yang expressions of it.

There are no "good" or "bad" Elements and there is no advantage in being one particular Element rather than another. The challenge for us is to understand, nurture and optimize the energy within our dominant Element, and then conduct it in a healthy direction.

I CHING BOOK OF CHANGES

易経

The *Book of Changes*, or *I Ching* as it is more commonly known, is one of the oldest philosophical systems in the world. It has its earliest origins in the Neolithic Age and was the oracle consulted by emperors, physicians and farmers alike in forecasting the outcome of major events.

The first translation of the *I Ching* into a western language was accomplished by Jesuit missionaries in the 17th century, while in our time the *I Ching* has been a useful bridge for helping Westerners come to an understanding of Eastern philosophy, culture and medicine.

Even though it has its roots in antiquity, the scholarly observations of the cycles of life and nature found in the *I Ching* continue to be valid and applicable to the practice of traditional Chinese medicine today. Its point of view has withstood the test of time and five millennia later, we can still access its wisdom and apply it to our daily lives.



WŬ XÍNG 五行

The *I Ching* was the first text to discuss the Wu Xíng, the phases describing the cycles of life on earth. Some refer to these cycles as the Five Elements, because "wu" in Chinese means five, and "xíng" can be loosely translated as Elements.

In truth however, there is no single word in English that can adequately translate the meaning of xing. The Chinese character xing \Im refers to the process or element of change, a changing phrase, or the process of changing, or transforming.

Wū Xíng is the natural law governing all cyclical changes in the universe. Perhaps if we were to combine all the descriptive concepts rather than use the single word "Element", we can better understand the Chinese view of Wū Xíng.





WOOD

木 mù

- Authoritative, positive spirit
- Liver energy network
- Detox and nervous system function
- Spring
- Green



FIRE

火 huǒ

- Passionate, joyful spirit
- Heart energy network
- Brain and circulatory function
- Summer
- Red



EARTH

土: tu

- · Caring, stable spirit
- Stomach energy network
- Digestion and metabolism function
- Late summer/harvest
- Yellow



METAL

金 jīn

- Methodical, strong spirit
- Lung energy network
- Lung and immune system function
- Autumn
- White



WATER

水 shui

- Wise, determined spirit
- Kidney energy network
- Adrenal and hormone system function
- Winter
- Blue

HOW TO USE THIS BOOK

The *I Ching* is an ancient oracle that has been guiding people's lives for more than five thousand years. Even today, the *I Ching* is a living resource that continues to help people change their lives and move forward in a healthy direction.

Even though the *I Ching* has ancient roots, it has gone through many interpretations to keep its wisdom accessible throughout the ages. One use of the *I Ching* is to divine the future but its other important use is to help us understand the present and discover our own personal truths.

We have covered a wide range of topics that will help you respond to the unique attributes of your personal Element. Learn how your Element has influence over your attitudes and physical health, and how to optimize its positive influence to transform your life in a fun and healthy way.



THE EARTH ELEMENT

A CARING, STABLE SPIRIT

arth Element is the harvest season, in the balanced center between the yang elements of Wood and Fire, and the yin elements of Metal and Water. Earth is the season of gathering; the pivotal center that is the transition between planting and growing, and the time of cooling and hibernation.

Earth energy is manifested as slowing down and gathering in; reaping what you have sown, both in nature and metaphorically in life. As an Earth person you are likely to be well grounded and sympathetic; a nurturing peacemaker who attempts to maintain harmony.

As you might imagine, a person with an Earth imbalance can be a meddler or an obsessive worrier. Conversely, if your energy is out of balance, you can be lacking in sympathy, become insatiably needy, or find it difficult to ask others for help.

The most common sort of Earth imbalance is constant worry and excessive rumination, which disrupts the natural cycle of planting, nourishing and harvesting. When there is a disruption and imbalance in nature, there will be very little yield. Likewise if you worry excessively, there is very little yield since all the activity takes place in your head, with little or no result.

EARTH ENERGY

STOMACH ENERGY NETWORK DIGESTION/METABOLISM FUNCTION

In Chinese five element theory, Earth energy oversees nourishment, not only nourishment for your body but also nourishment for your spirit. When your Earth Element is in balance, you are a happy, healthy, loving and giving human being.

Because nourishment for your body depends upon healthy digestion, it is not a surprise that a person with unbalanced Earth energy has a tendency toward stomach and digestive issues. Indigestion, bloating, and sugar highs and lows are common in your Element, and so for you, diabetes may be a concern.

Stomach function is also responsible for memory and thinking. When you are upset, over-thinking, obsessive fixations and inadequate exercise can throw you completely out of balance. You need to be aware that an imbalance in Earth energy is highly suspect in both anorexia and obesity.



PERSONALITY

ach Element requires a different sort of approach for finding peace. Sit back and learn the most effective way for you to relax, rest and unwind from the stresses of the day.

Since the Earth Element influences your personality, you tend to be diplomatic, cooperative, dependable, attentive, consistent, loyal, nurturing, supportive, tactful, and sociable.

You are probably thoughtful and generous to a fault. You tend to overcompensate and make up for what is lacking in others, so that you can easily give more than you receive. At times, you may find that you feel drained and exhausted. You may even feel used, or resentful.

It is important for you to create healthy boundaries without feeling guilty, so that others do not abuse your generosity. It is also important for you to be aware that Earth persons tend to be worriers, and that it is quite possible for you to get stuck in a circle of thoughts.

AROMATHERAPY AND UNWINDING FOR YOUR ELEMENT

You want to know everything about everyone but being so other-oriented can get in the way of creating a happy life for yourself and your family. Nurture yourself for a change, rather than absorbing the feelings of others and becoming overwhelmed. De-stress by doing something that makes you feel good and taps into your senses. Meditation could work nicely for you. Get a massage; make yourself a nice, hot meal. Set aside time every day to curl up with a magazine or a book or do some other wonderful activity that you enjoy. Your most helpful aromatherapy scents are a blend of blackberry, bay, grapefruit, rose, and cedarwood.

CAREERS

CONSCIENTIOUS HELPER & INDUSTRIOUS CARETAKER

You are sensitive to the needs of others and dedicated to your responsibilities. You usually make your family your top priority. You are generous with your time and energy but have to be careful not to take on the concerns of others as if they were your own. Practical, compassionate and caring, you are motivated to provide for others. You enjoy contributing to established structures of society. You want others to know you are reliable and can be trusted to do what is expected of you.

POTENTIAL PROFESSIONS:

Customer Service, Sales, Teaching, Service, Healer, Medicine, Veterinary Medicine, Engineering, Architecture, Carpentry, Farming, Landscape Design, Furniture Design, Jewelry Design, Hotel Services, Real Estate, Vintner, Restaurant Services, Sports.



FINANCES

inances are an important part of being a healthy person, but there is some misinterpretation about what "wealth" actually means. For example, our human bodies are actually a part of our wealth, so that when we treasure and take care of our bodies, we are also taking care of our wealth.

Financial health also means being responsible stewards of our planet. Whatever form our wealth might take, it is our job is to treasure, cultivate and preserve our gifts, so we can use those gifts to sustain others as well as ourselves.

As an easy going Earth person, you may have difficulty disciplining yourself. You may have avoided learning effective management of your health and finances that you need in order to create a strong physical and financial foundation.

You may also be afraid to hurt other people's feelings, or reluctant to have others think badly of you, so that you unwisely lend or give away your resources, and then your energy becomes unbalanced.

You are one of the fortunate ones whose Element naturally engenders abundance. You have an ability to accumulate wealth and use your wealth to support worthy causes and the people that you love ... people that hopefully reciprocate your kindness by loving and nurturing you in return.

LOVE

of course every lover is unique, but you are probably very different from romantic Wood, flirtatious Fire, goal-oriental Metal or invisible Water Element lovers.

You are easygoing and able to have a wonderful relationship with people in any other of the Elements. You are welcoming and have a good sense of humor. Most Earth people love to eat, sleep and loll in bed ... does that sound like you?

LOLL AND LOL

You may like to loll in bed or vegetate on the sofa watching TV. You also like to LOL, to laugh out loud. Both lolling and laughing are perfectly natural and healthy for you, so feel free to indulge in them.

Your Element is the one that most enjoys the familiar earthy smell of bodies. You also relish gentle, smooth caressing and may have noticed that your belly, chest, underarms and throat are particularly sensitive to touch.

Intense lovemaking practices are not for you and your bedroom is probably a bit on the messy side. You are known to crack a joke and might even laugh at yourself or your partner ... you are truly a natural lover.

FENG SHUI

THE COLOR OF EARTH IS YELLOW THE SYMBOL OF EARTH IS A HILL

Yellow is the primary color of the Earth Element, although shades of brown, orange, yellow, ochre and gold are also appropriate. Warm metals like gold, brass and copper are more natural for your energy than cool silver, steel or chrome.

Being aware of colors and materials that are appropriate for you energy will help you when you are purchasing jewelry, clothing or home accessories that will help make you feel more comfortable in your environment.

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THE GOLD PACKAGE

Go have a look around your home; does your environment reflect warm colors and materials, or cold, steely ones?

The heart of your home is your dining room. In order for you to feel at ease, your dining room should be warm and cozy, with soft lighting, relaxed seating, thick rugs, earthenware or pottery dishes and vases, fresh flowers or displays of decorative rocks, stones or pebbles.

Paintings and art depicting landscapes are beneficial for your energy. Natural products like beeswax candles, bowls of fruit or unshelled nuts, a display of pinecones, or arrangements of dried grass ... all will make you feel content.

As an Earth person, you may love collecting beautiful objects in order to experience a sense of calm and security, but it would be a good idea for you to also be aware that Earth people have a tendency to accumulate clutter.

Warm colors, interesting textures and fabrics are appropriate for your bedroom. The color gold is lucky for you, so you may want to add something gold, on or near your bed.

Energetically, you are a nurturing child of nature, so you may as well make yourself as comfortable as possible, both at work and in your own home.



LIFESTYLE

Whether you are a woman or a man, you are often depicted as a kind, endearing "earth mother" type. When your Earth energy is in balance, you are beloved by all and welcome in any group.

Usually the reason that Earth Element people become anxious is that something is not right at home or at work. When that happens, you may lose your rhythm ... the rhythm that was created by regular, healthy meals and adequate sleep.

When you lose your natural rhythm, you have a tendency to feel upset and unable to think clearly. If you find yourself feeling unbalanced, you will find it very helpful to return to your roots ... to the earth.

Taking care of plants or animals that need food and water and a regular schedule can help get you back on track.



As an Earth person, you can be messy and even a bit dirty. Even though it is contrary to your nature, an organized home or office will be far less confusing and much more relaxing for you to be in.

TAMING THE BEAST

If you spend a few minutes every day organizing one
or two small things, eventually you will have
your environment under control.

Acknowledge that as an Earth person, you can be incredibly skillful at procrastinating, so setting up a regular schedule or making lists for getting things done can be useful for you.

Your keen mental ability needs regular input, either purely cerebral or one that requires communication between your hands and your brain.

Volunteering is right up your alley.

Lastly, you are very likely to prefer simple food and quiet clothing, and that's perfectly okay.

SPIRITUALITY

The Earth Element is a pivot; it is both a transition and a place of transformation. You have compassion and are naturally spiritual, and your ability to generously love yourself and others is abundant.

It is important to caution you that excessive indulgence is potentially troublesome for someone with Earth energy. You can become obsessive or compulsive ... eating too many sweets or indulging in addictive substances are only two examples of the sorts of self-indulgence that you need to be on the alert for.

The Earth Element contains the ability to embrace and accept; something that does not come as easily to people who represent any of the other Elements. You can leverage this natural advantage to assist you in your spiritual growth, but always remember that you need to physically move in a constructive way.

Practicing tai chi, chi gong, walking or hiking will mobilize your Earth spirituality and help you avoid becoming stagnant or unhealthy.



ACTIVITIES

Begin your day with something visually pleasing

	Set goals and organize yourself daily
•	Exercise
•	Meditate
•	Photography
•	Garden
•	Paint
•	Craft
•	Cook

Picnic at outdoor concerts or movies

Wear yellow

Self-love

EXERCISE

any of you seek to jump-start a healthier lifestyle. If this is what you want, keep that desire strong throughout the year. New habits are not born overnight. You have to keep working at them. There are endless fitness options to select from, but as it turns out, your Core Element tendencies may offer a great way to get your body moving. Remember too that variety is key. So, grab a bottle of water, pull out your workout gear and get moving.

Your Earth wellbeing program prefers a routine that is both comfortable and social yet also requires meditative training to keep your thoughts at bay. You typically enjoy a workout buddy and scenic environments so you tend to gravitate to activities like tennis, golf, resistance training, biking, dance cardio, roller-blading, power walks, light jogging, Zumba and **chi gong**. You want a lifestyle routine rather than experimenting with quick fads.



EATING

arth's flavor is sweet, and most Earth people enjoy sweet foods of all sorts.

In order to be healthy and balanced, you must learn to strengthen your energy by practicing moderation and regular dietary habits. The most tonifying foods for you are dense and tightly packed fruits and vegetables.

In Chinese medicine, stomach energy flourishes with regularity and moderation, so of all the elemental types, you need to eat regular meals, in moderate amounts, seated rather than standing, in a calm environment, while appreciating the beauty, taste and source of what is on your plate.

Your energy benefits from cooked rather than raw ingredients, while food and drink for you are healthiest served at room temperature rather than icy cold or scalding hot. In order to encourage digestion, it is important for you to chew your food well and enjoy it, rather than gulping and rushing off to some other activity.

In moderation, grains other than wheat are highly healing and energizing for you, as are yams and potatoes. Most meats, fish, beans and nuts are also considered to be sweet foods that will benefit your energy, as long as they are eaten in reasonable quantities.

Licorice is a sweet that is tonifying for you, but too many refined and concentrated sugars will cause a condition referred to in Chinese medicine as "dampness and heat."

The modern Western diet is heavy on refined sugars and fats that are especially difficult for your constitution to process.

HEY SWEETIE

It is time for you to ditch refined sugar. As you use up your current supply of sugary processed foods, replace them with unsweetened varieties of natural foods, and replace the sugar in your coffee, tea or cereal with honey.



FOOD GUIDELINES

As an Earth person, you are exactly between the hot yang energy of spring and summer and cold yin energy of harvest and winter, so a normal, nourishing, well-balanced diet is perfect for you.

Most yellow, round and fleshy foods, particularly squashes and aromatic herbs, are helpful for strengthening your Element and helping you to feel and do your best.

Fresh food is ideal for you. Shop the perimeters of the grocery store, indulging in brightly-colored fruits and vegetables, nuts and grains, and remember that the healthiest methods of cooking for you are baking and steaming.

Shop when you are rested and calm in order to make smart food choices. If you are upset or tired, stick to your list and be certain to completely skip the candy, cookie and soda aisles of the grocery store.

You do not need to confine yourself to the foods on these lists; these guidelines are simply to tell you which foods are the most nourishing for your Element. We encourage you to give some of the unfamiliar ones a try.



FOODS TO ENJOY

- PROTEIN: beef, fish, fowl, soy
- VEGETABLES: alfalfa sprouts, adzuki beans, bamboo shoots, bok choy, carrots, cauliflower, celery, daikon radishes, garbanzo beans, green beans, kale, lotus root, mushrooms, peas, potatoes, pumpkin, snow peas, soybeans and sprouts, spinach, turnips, squash (all varieties), yams, yellow bell peppers, sweet potatoes
- FRUIT: cherries, figs, hawthorn berries, golden apples, grapefruit, guava, jujube dates, kumquats, lemons, limes, mangoes, oranges, persimmons, pineapple, plums, prunes, red grapes, strawberries
- GRAINS: amaranth, brown rice, buckwheat, lotus seeds, millet, mustard seeds, pearl barley, quinoa, sweet rice, white rice
- OTHER: almonds, Brazil nuts, chestnuts, garbanzos, peanuts, sunflower seeds, honey

FOODS TO AVOID

It is best to avoid the following items because their energetic nature is believed to contribute to Earth imbalance:

- Alcohol
- Artificial sweeteners and flavors
- Dairy
- Caffeine
- Fried or fatty foods

- Icy cold drinks
- Processed foods
- Recreational drugs
- Refined sugar
- Wheat

MEAL SUGGESTIONS

BREAKFAST

- Stewed prunes topped with non-dairy yogurt
- Scrambled tofu with kale and mushrooms
- Gluten-free toast with all-fruit jam
- Strawberries with soy milk
- Broiled grapefruit with honey

LUNCH

- Beef barley mushroom soup
- Vegetable soup
- Soy-glazed salmon steaks
- Hearty beef chili with baked corn chips
- Tuna sandwich on gluten-free bread

DINNER

- Stuffed bell peppers
- Lamb burgers with vermouth or lemon sauce
- Roasted acorn squash stuffed with rice and raisins
- Eggs Florentine with baby spinach on gluten-free toast
- Glazed tofu with bok choy

SNACKS

 Apples, applesauce, dates, dried mangoes, oranges, strawberry fruit leather, potato salad, brown rice cakes, kale chips

BEVERAGES

 Plain filtered water, non-dairy alternative milk like almond, rice or soy milk



PRODUCTS

Infinichi's herbal supplements and lifestyle products are specifically designed to incorporate the benefits of Five Elements into your daily routine, creating a foundation of wellness that builds optimal health. Our promise to you is to provide you with the highest quality of natural Chinese herbal blends and lifestyle products, passed down through 38-generations of Traditional Medical Doctors. Our products are specifically designed and tailored to your body and personality type. Discover the powerful impact that the Five Elements have on your lifestyle, diet, mental attitude, relationships and much more!

ELEMENT ESSENTIALS









he three-step process of **Ancient Treasures Tea**, **Five Elements** of Health and the individual Element Core formulas are combined for maximum potency. We think of the Five Elements of Health formula as your herbal multi-vitamin — it creates a balanced platform to support all Five Elements in your body and bring harmony to each organ system. The individual Element Core formula nourishes your corresponding organ system, while also supporting harmony and wellbeing. Our bestselling Ancient Treasures Tea is not only delicious, but it also combines 22 herbs for detoxification, hormone balance, improved circulation and stress relief. Need more support? Try our popular aromatherapy **<u>Element Rollerball Oil</u>** — designed to take on the go, this custom blend of essential oils will give you an extra boost to balance and de-stress your element throughout the day. All products contain no sugar, salt, yeast, soy, dairy products, artificial colors, flavors, or preservatives.

Each Element regulates a different organ system within your body: Wood – Liver/Gallbladder, Fire – Heart, Earth – Spleen/Stomach, Metal – Lungs/Large Intestine and Water – Kidney/Adrenal.

DAILY HEALTH











aintain your daily health with our targeted solutions that help address your unique needs and wellbeing. Immunity formula contains a powerful blend of essential herbs for multi-organ system defense and improved vitality. Dial down your stress with our natural **Sanctuary CALM** and **Sanctuary SLEEP** products designed to slow down your reaction to anxiety triggers so that you stay calm and focused during the day and sleep peacefully throughout the night. Treat yourself to a **Tension Rollerball** for customized therapy — perfect for post-workout muscle soreness, chronic muscle pain or a mini on-the-go treatment for head and body tension. Need a sensuality boost? Spark Female and Spark Male can enhance your libido naturally by balancing your hormones, aiding in circulation and relieving stress to uplift self-confidence. Our natural **Travel** essentials can go wherever you journey by balancing energy levels, counteracting post-flight fatigue and naturally resetting your sleep schedule. All products contain no sugar, salt, yeast, soy, dairy products, artificial colors, flavors, or preservatives.

SKIN CARE



estore the natural balance of your skin with our natural skin care line suitable for all skin types. **Renewing Cleanser** purges pores to remove impurities and revitalize the skin, without stripping or over-drying. Radiant Day Cream is a shine-free, nourishing antioxidant-rich moisturizer that provides a natural daytime defense with its proprietary blend of Chinese herbs, plus luminescent pearl powder, zinc oxide, grape stem cells and photosomes. Infused with an advanced cocktail of pearl powder and age-defense ingredients, our **Regenerating Night Cream** is a nourishing nighttime treatment that works while you sleep to repair, regenerate and rejuvenate skin. Since the 12th Century jade has been a privileged accessory for Chinese royalty and an invaluable beauty tool - use our tranquil two-sided Jade Roller to stimulate lymph drainage, eliminate toxins, relax facial muscles, reduce puffiness, and boost the texture, tone and clarity of your complexion by increasing blood circulation.

ESSENTIAL OILS

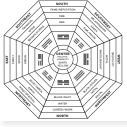


romatherapy is more than a scent for relaxation. Therapeutic oils are highly concentrated with oxygen and nutrients. They act as the life-force or Chi of a plant by nourishing, repairing structural damage, destroying infections, optimizing circulation and enhancing energy frequencies. Likewise, the same can apply to deliver these natural healing benefits to our bodies. Infinichi's range of customized oils can be diffused or applied topically. Try our popular aromatherapy **<u>Element Rollerball Oil</u>** or **<u>Element Diffuser</u>** Oil — these custom blends of essential oils will give you an extra boost to balance and de-stress your Element throughout the day. **Sanctuary CALM** and **Sanctuary SLEEP** are specially formulated to reduce stress and ongoing anxiety while also clearing your mind so that you can relax into a deeper sleep. Tension Rollerball for customized aromatherapy is perfect for post-workout muscle soreness, chronic muscle pain or a mini on-the-go treatment for head and body tension. Spark Female and Spark Male can enhance your libido naturally by stimulating the senses, reducing stress and improving circulation. Our Feng Shui Diffuser Oil line is designed to specifically use in the home targeting areas of life that you would like better quality energy.

FENG SHUI









reflects the philosophy that life- force energy, known as "chi", has a powerful impact on your lifestyle, diet, mental attitude and spiritual disposition. Feng Shui divides the world into five elements: Wood, Fire, Earth, Metal and Water. If you have an area of your life that doesn't feel quite right, try harmonizing the elements in your surroundings to make it more effortless. Infinichi's Feng Shui **Affirmation Stones** are energetically charged with an engraved ancient Chinese talisman prepared by Dr. Mao to empower your meditation and space with a specific intention. These beautiful natural stones can be placed in your home/garden, office, or in missing feng shui areas of your home as a reminder to your desired goals and mission toward being your best self. Our Feng Shui **Affirmation Candles** are customized with hand-drawn calligraphy so that each candle specifically corresponds to a Feng Shui health and energies that go with it to help you attract what you desire in life. The Feng Shui Diffuser Oil collection is also designed to use in the home targeting areas of life where you would like better quality energy.

eng Shui, an ancient Chinese science and art of placement

MEDITATION

















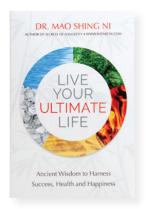




We live in a fast-paced world. Every day we face enormous challenges; juggling career, relationships, family and finances. Keeping up with the hectic pace can produce stress and high anxiety. The end result is exhausting, as we become wired, disconnected and at times feel as if our self-esteem and goals plummet. But, everything we need is within us and that's why meditation exists. This practice of aligning your mind, body and spirit accesses a space within yourself to restore balance and reclaim your life force energy.

Guided meditation offers a proven approach that gives you lasting benefits for radiant health, happiness and self-empowerment. Infinichi offers a wide collection of CDs and downloadable guided meditations. Our **Energy Harmonizing Meditations for** the Elements specifically supports your Element with a guided visualization to support balancing your element and increasing overall awareness. Five Elements Musical Meditation offers background music tracks that are specially composed for each element so that you optimize not only your being but also the energy of your surroundings. Sanctuary CALM and Sanctuary **SLEEP** are special guided visualizations to reduce stress, increase focus and awaken your body's own natural rhythm for deeply relaxing sleep. Six Healing Sounds for Health and Longevity provides you with a guided meditation that targets balancing each of your organ systems and Happy Heart, Healthy Heart guides you to treat yourself to a self-love boost as you support a balanced and happy heart plus circulation system. We also have a range of **Element Mantra** recordings to support you with a short daily reset.

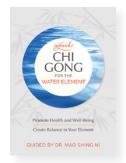
BOOKS





ur range of hard copy and downloadable personal development writings can make all the difference in how you see yourself and the world around you. Predominately focused on the *I Ching* and Element teachings, these tools support you in interpreting yourself and the universe positively, while also inspiring you to make better choices and take positive actions in your life. Live Your Ultimate Life invites you to expand your perception of life and understand your Five Element Personality from the ancient philosophy of the *I Ching* or the *Book of Changes* so that you can smash through limitations to strengthen your physical health, restore peace within your mind, improve your relationships, increase your wealth, and experience passion and meaning in your chosen work. Our hard copy collection of Element Booklets can also be purchased for continued self-growth or as gifts for friends.

CHI GONG











This ancient exercise program works to strengthen and balance all the internal organ systems, while also reducing stress, decreasing join pain and improving your heart health. Chi Gong's gentle self-healing regiment provides wellness for any age or medical condition. Infinichi's range of **Chi Gong for the Elements** offer highly targeted practices for each element. This is beneficial because it allows you to strengthen your Element's specific organ system, while also balancing areas of your being that need extra support on both physical and emotional levels.

USE CODE BOOKLET 15%

TO RECEIVE

YOUR NEXT PURCHASE.

One use per customer.

Infinichi Consultants not eligible for this promotion.



elcome to Infinichi, your pathway to vibrant physical health, a solid spiritual center, a balanced personality, healthy relationships, and an opportunity for financial stability in order to be able to make a difference in the world.

In the Chinese tradition, you represent the Earth Element, and have specific attributes that are interesting to learn about.

TELL YOUR FRIENDS!

Encourage your friends to take the Infinichi quiz and then have fun talking about what you learn about yourselves.

www.infinichi.com INFINICHI 13315 WEST WASHINGTON BOULEVARD, SUITE 200 LOS ANGELES, CA 90066 800.772.0222