infinichi.



FIRE PERSONALITY



YOU ARE A

PASSIONATE, JOYFUL

FIRE

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 huŏ

- 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 truth.

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 FIRE ELEMENT

A PASSIONATE, JOYFUL SPIRIT

ire represents the heat of summer and passion defines the Fire Element. Compassion, the love that emanates from our hearts, is the vehicle by which we express our Fire energy in its highest form; compassion helps the world continue to evolve and grow and gives us hope for a better future on earth.

A person like you with strong Fire energy is often enthusiastic, talkative and charismatic. Your Element commands strong emotional expression; you enjoy attention and are funny and engaging, which can yield satisfaction and personal success.

Your special ability to motivate people and inspire their passion is a personal asset that allows you to joyfully connect with others. That is why it is useful for you to build leadership skills so that you can help others fulfill their own goals and dreams.

As a Fire person, whose emotions can color your reality, you need to learn to be objective and analytical in order to make wise decisions. Remember that unguided passion is potentially destructive and can be overwhelming to others.

FIRE ENERGY

HEART ENERGY NETWORK BRAIN/CIRCULATION FUNCTION

In classical Chinese medicine, sensitive Fire Element people literally feel in their hearts. You know how to express passion and feelings, and are able to move and inspire others. When your energy is strong, you have the ability to transform negativity into love and compassion, the ultimate expression of your nature.

Because you are sensitive, you are able to understand the pain of those around you, but if your energy is weak, that very same sensitivity can make you feel upset or anxious. You may be filled with nervous energy, so as a Fire Element person you have a propensity to develop high blood pressure, heart or circulation problems.

You are likely to possess a high degree of focus, and are artistic and creative, but you probably also have a need for acknowledgement and validation. One of your life lessons will be to learn how to be vulnerable, yet retain emotional independence from the sting of criticism.

If you have difficulty sleeping, feel blah, depressed or forgetful, your Fire energy is probably out of balance. It is important for you as a high-achieving Fire person to restore your equilibrium by controlling heavy demands and pressure, and to find your natural happiness ... your own fun, laughter and joy.

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.

In the human body, Fire energy is represented by the passionate heart. In Chinese Five Element theory, the heart houses the spirit. Because the heart and spirit are inseparable, one of your many attributes is spiritual vision and intuition.

Fire persons can be tremendously powerful, social and charismatic. You are also probably very driven, ambitious, and persistent. Conversely, you tend to become easily frustrated when you are thwarted in any way. You can also be very vulnerable to criticism and your feelings can be easily hurt, so you tend to isolate yourself.

The key for you as an overstimulated Fire Personality is to calm yourself by walking or practicing meditation. You need to step back and learn to be objective and analytical to make wise decisions that are not colored by your emotions.

AROMATHERAPY AND UNWINDING FOR YOUR ELEMENT

Fire people can be very intense. Pick a heart-pumping fitness routine that allows you to ground yourself, followed afterward with some quiet downtime. Soak in the bathtub as you listen to some soothing music and enjoy a glass of red wine. Meditation and aromatherapy particularly resonate with Fire personalities. Your most relaxing aromatherapy scents are a blend of lemon, mandarin, bergamot neroli, jasmine, cypress and amber so give that mix a try.

CAREERS

VIVACIOUS ENTERTAINER & INSPIRED INNOVATOR

You are charming and engage those around you. You are spontaneous, energetic and fun-loving. You like to be in the middle of the action and the center of attention. You are motivated to find new solutions to challenging problems. You are curious and clever, an unconventional visionary who wants to analyze, understand and influence others.

POTENTIAL PROFESSIONS:

Acting, Sales, Politics, Public Relations, Motivational Speaking, Advertising, Management, Diplomacy, Teaching, Social Work, Medicine, Healing, Fitness, Law, Psychology, Counseling, Philosophy.



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.

In people who are Fire types, emotions color reality, so you will need to control your passion and learn to be objective and analytical in order to make wise financial decisions.

Your special ability to connect with and motivate people can easily become the basis for your own financial health. Fire energy is your asset and your exuberant energy can help you manifest abundant material wealth.



LOVE

n general the Fire lover is very different from the romantic Wood, easy-going Earth, goal-oriental Metal or invisible Water.

If your Fire energy is true to form, you are flirtatious and enjoy calling attention to yourself; you love fantasy, being naked, having the lights on, and unpredictable moves. "No" means "yes" to a Fire person.

You probably want to talk and want your partner to talk back to you. Wild talk, animal sounds ... it's all part of the fun for your high-octane Fire energy.

Immediately after lovemaking, you are apt to go on to the next thing; checking text messages for example. This behavior is not intended to be dismissive to your partner; it is simply your nature to go on to the next thing.

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SNUGGLE POWER

Try snuggling with your partner rather than rushing off to a task or chore, and see what delights may ensue.

You may have to make some compromises in order to be in a relationship with a lover who is one of the other Elements, but it will be well worth the effort for both of you.

FENG SHUI

THE COLOR OF FIRE IS RED THE SYMBOL OF FIRE IS A FLAME

Ped is the primary color of the Fire Element, although orange, pink and purple are sometimes included in the mix. In China, red is the most auspicious of all colors, while in the West, valentines are often red and heart shaped.

The fire pit, and later the oven or stove, is said to be the center of the home for Fire. Not only does the stove generate heat for preparing food, centuries ago it also provided comforting warmth on cold days.

In your home, special attention should be paid to the appearance and cleanliness of your fireplace and stove. If you have a fireplace, it should be neat and tidy, and ashes swept. Likewise, keep your oven clean and your cook top uncluttered.



You will probably find that you are most comfortable when there is adequate light in your environment, both inside and out. Candles, lamps and interesting light fixtures are appealing to Fire people like you, and provide the light that you especially appreciate.

Shades of red are appropriate for your walls, furnishing or accents. Warm pink, lavender or peach might be pleasant for your bedroom, while bright spots of red will bring energy into your dining room, living room or kitchen. Your least auspicious colors are the blues and blacks of the Water Element.

If you are feeling gloomy and want to encourage joy, wear something red, throw some red pillows on the sofa, turn on the lights, place a lamp in a dark corner, light some red candles, build a fire... all will bring invigorating Fire energy into your life.



LIFESTYLE

ire persons need an adequate amount of sleep in order to maintain emotional equilibrium. You are happy and fun to be around when you have had enough sleep and your Fire energy is in balance, but you are not fun at all when you are overwrought and tired.

Fire people are usually very creative and resourceful in learning to cope with frustrating situations, and you may have found that a little distraction like taking a walk or listening to beautiful music can help calm your spirit.

When your Fire energy is in balance, you are likely to feel robustly healthy and optimistic, but if you are out of balance, you may very well become anxious, uninspired and apathetic.

To be true to your Fire nature, you need a reason to smile, to laugh and experience joy that will engender strong, loving feelings both for yourself and for others. If you are having difficulty learning to give and receive love, adopting a pet can help you better understand the meaning of unconditional love.

You are naturally sociable, so it is important that you not become isolated from friends and family. There are always organizations or clubs to join if you are in a new situation; you simply need to make the effort.

You would do well to listen without interrupting, and to avoid preaching to others. Rather, you can simply tap into your inner wisdom to help others with situations that cause them distress.

When you experience pushback from others, it is time to figure out something positive about your adversary and compliment them on it. When the tables are turned, wonderful new friendships can form.



You need to slow down and take the time to enjoy life; slow jogging, drawing, painting and photography are all good training for you. Vacationing and goofing off may also be difficult for you, so give it a try ... you might find that you actually enjoy it!



SPIRITUALITY

of all the Elements, you have the easiest access to your spirit. It is very important for you to cultivate spiritual clarity because intuition is the way that your spirit communicates with your conscious mind and gives you information that is hidden from most other types of people.

Intuition is one of your wonderful attributes, but as a Fire Element person you may be overly sensitive and harbor wounded feelings that prevent you from exploring a deep spiritual understanding. If you are interesting in cultivating your spirit and your intuition, working on meditation practices would be a helpful way to begin.

If you allow yourself to get so caught up in your emotions that you cannot see clearly, you will block your own intuition. That is why it is important that you clear the decks and allow yourself adequate time and a peaceful environment in order for your native gift to manifest itself.



ACTIVITIES

- Get plenty of sleep
- Set goals and organize yourself daily
- Exercise
- Meditate
- Dance
- Sunbath
- Socialize
- Interior Design
- Read
- Travel
- Wear red
- 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.

Fires thrive on competition, adventure and being center stage. Since you are such an upbeat person, you will benefit from any form of heart pumping fitness routine designed to challenge your stamina, uplift you, and sculpt your entire body. A blend of dance cardio classes, water sports, yoga, martial arts, barre, **chi gong** and exploratory hikes are all great for you because you will love the variety of movements and the positive mantras keep you extra motivated.

FATING

a Fire Element type, you probably enjoy bitter foods like dark chocolate, aperitifs, craft beers, olive oil, bitter greens, coffee and black tea. In Chinese medicine theory, the explanation is straightforward and simple ... bitter foods cool excess Fire.

Fire is the hottest and most yang of all the elements, and that is why it is capable of producing excessive heat. Because of Fire's proclivity to generate heat it is best for you to avoid eating excessively spicy or greasy foods and to limit your intake of alcohol. Conversely, Fire Element types do best with light, bright meals that include an abundance of energetically cooling salads, melons and citrus.

SALAD MAGIC

Because of your natural appreciation for bitterness, you might enjoy salads made with spinach, Arugula, dandelion greens or radicchio. Add some crisp, sliced Asian pears, a sprinkle of sunflower seeds, and toss with a delightful lemon juice and olive oil vinaigrette.

As you might imagine, the Mediterranean diet is a natural for the Fire Element because it emphasizes colorful fruits and vegetables, whole grains, legumes and nuts. The Mediterranean diet replaces butter with olive oil, natural flavor is enhanced with herbs rather than salt, while red meat is limited to a few times a month. A wonderful world of fruit and vegetables awaits you ... so dive right in!

Just say "no" to added sugar, white bread, refined wheat pasta, refined oils, trans fats, and processed meats; and "yes" to olive oil, nuts, wine, fruit, veggies, whole grains, and seafood. You get the idea ... your meals need be light, cooling and heart-healthy. Plus, you can't beat these foods for fresh, satisfying flavors.



FOOD GUIDELINES

ire benefits from foods that are lightly or quickly cooked; steaming and baking are ideal. Here are some lists of energetically-cooling foods in the Asian tradition that will point you in a healthy direction for eating to benefit your elemental type. Cooling summer fruits and vegetables, like watermelon and snow peas, are helpful in calming Fire's heat.

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 type. We encourage you to give some of the unfamiliar ones a try.

FOODS TO ENJOY

- PROTEIN: fish, eggs, turkey
- VEGETABLES: asparagus, bok choy, beets, cauliflower, carrots, celery, corn, endive, mung bean sprouts, mushrooms, mustard greens, red bell peppers, cabbage, red potatoes, red chard, red jujube dates, seaweed, snow peas, spinach, water chestnuts
- FRUIT: apples (especially red), Asian pears, bananas, boysenberries, cantaloupe, cranberries, cucumbers, grapefruit, hawthorn berries, lychees, lemons, mulberries, pears, pomegranates, raspberries, red jujube dates, strawberries, tomatoes, watermelon
- GRAINS AND SEEDS: bran, buckwheat, pumpkin seeds
- OTHER: carob, coconut, rosemary, tarragon, savory, safflower oil and bitter greens, mustard greens: arugula, endive, radicchio

FOODS TO AVOID

As a Fire personality, you are well-advised to avoid over stimulation caused by recreational drugs and/or excessive amounts of alcohol or caffeine. Also remember to avoid temperature extremes in your food and drink.

- Alcohol
- Artificial flavors
- Artificial sweeteners
- Caffeine
- Deep fried or fatty foods
- Heavy evening meals
- Icy cold drinks
- Meat in large quantities
- Recreational drugs



MEAL SUGGESTIONS

BREAKFAST

- Bran flakes with coconut milk and berries
- Spinach/mushroom omelet
- Banana/berry smoothie
- Buckwheat toast with raspberry jam
- Gluten-free banana bread
- Gluten-free cranberry muffins

LUNCH

- Marinated seaweed salad
- Green salad with Asian pears, pomegranate and sunflower seeds
- Mushroom/chard frittata
- Tomato soup
- Minestrone soup with red beans and rice

DINNER

- Buckwheat soba noodles with vegetables
- Turkey with cranberry sauce
- Quiche with arugula salad
- Tomato mushroom sauce on gluten-free noodles
- Glazed salmon with spinach

SNACKS

 Cubed watermelon or cantaloupe, a red gala apple eaten out of hand, broiled grapefruit, berries with a splash of soy milk, raspberry fruit leather, a banana, a square of dark chocolate

BEVERAGES

 Plain filtered water, water with a squeeze of lemon juice, coconut milk, pomegranate juice, raspberry lemonade, watermelon juice



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

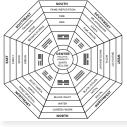


romatherapy is more than a scent for relaxation. Therapeutic oils are highly concentrated with oxygen and nutrients. They act as the life-force or Chi of a plant by nourishing, repairing structural damage, destroying infections, optimizing circulation and enhancing energy frequencies. Likewise, the same 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

















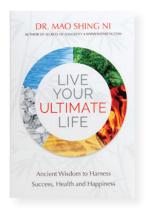




We live in a fast-paced world. Every day we face enormous challenges; juggling career, relationships, family and finances. Keeping up with the hectic pace can produce stress and high anxiety. The end result is exhausting, as we become wired, disconnected and at times feel as if our self-esteem and goals 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.

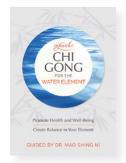
BOOKS





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 Fire 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.

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