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SECRETS
OF THE
I CHING

METAL PERSONALITY



YOU ARE A
STRONG, METHODICAL
METAL
PERSONALITY TYPE



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WELCOME TO INFINICHI

in-fín-i-chi

chi = life force energy

in-fín-i-chi = infinite potential



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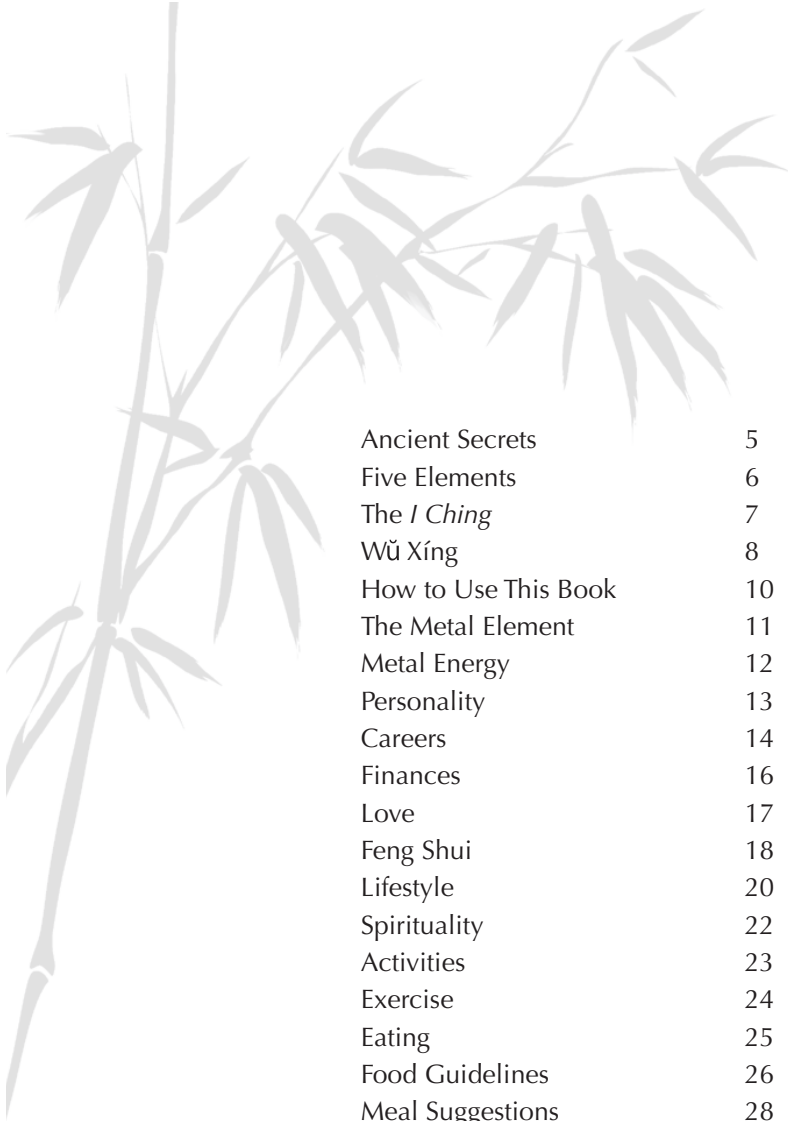
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NOTE TO READERS: This book is intended to provide helpful and
informative material on the subjects addressed in the publication. It is
written with the understanding that the publisher is not engaged in rendering
medical health, or any other kind of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

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ANCIENT SECRETS



Century 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

WŪ 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 medicinal 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

易經

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.



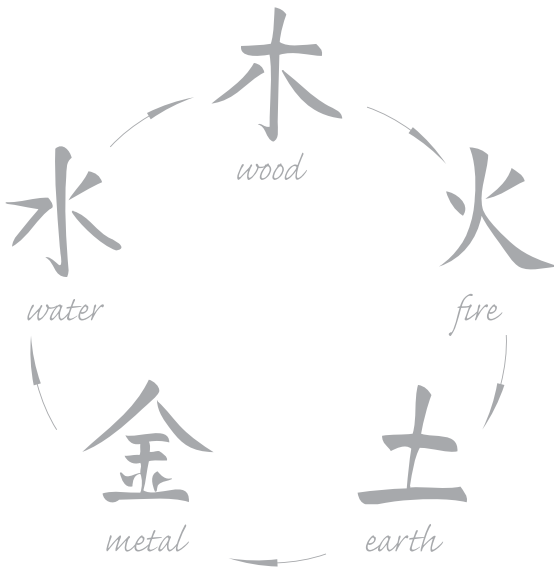
WŪ XÍNG

五行

The *I Ching* was the first text to discuss the Wū Xíng, the phases describing the cycles of life on earth. Some refer to these cycles as the Five Elements, because “wū” 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 xíng. The Chinese character xíng 行 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 shuǐ

- 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 METAL ELEMENT

A STRONG, METHODICAL SPIRIT

Metal energy marks the end of the growing season when the earth begins to turn inward. Leaves and crops give forth a final burst of color, the air becomes crisp and we begin to think of the upcoming winter, of hearth and home, fallow fields and quietude.

The energy of the Metal Element is manifested as cooling and contracting. As the leaves fall from the tree, you as a Metal person probably experience some sadness. If your energy is healthy, you are able to acknowledge sadness, but at the same time allow the leaves to fall and fertilize the earth so that the cycle of life can move forward.

We are not of course, speaking of leaves and trees, but of the necessity for you as a Metal person to let go of negativity in order to enjoy your strength and power. Your Element has strong immunity that defends you from harm; you are motivated by self-improvement, and are likely to be a very high achiever.

METAL ENERGY

LUNG ENERGY NETWORK
IMMUNITY FUNCTION

In classic Chinese five element theory, Metal governs the lungs, and the lungs defend the body from pathogens. If your Metal energy is weak or unbalanced, you are prone to problems with your body's protective organs, like your breathing, lungs or skin.

Transformation is both the nature and symbol of the Metal Element. Your transformation begins as you peel back the protective layers of your personality, then understand and learn to accept who you are.

Metal energy tends to look back and reflect, and that is why your Element is especially drawn to spiritual quests. Your challenge will be to discover yourself, acknowledge yourself, cultivate your spirituality and finally, to achieve self-actualization.



PERSONALITY

Each 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.

As a Metal personality, you are probably intellectual, articulate, rational, organized, detail oriented and methodical, but like everything else in life, perfectionism can be both positive and negative. The positive aspect of your perfectionism is that you are a high achiever who enjoys recognition and approval. The negative is that as a perfectionist, you can be rigid and inflexible and may have difficulty moving beyond your self-imposed rules and boundaries.

Metal personalities tend to be cautious, conservative, and good at planning; but when things don't go according to plan, you can become very critical, either of yourself or of others. Cultivating tolerance and acceptance of yourself and others is a very important aspect of bringing your Element into balance.

AROMATHERAPY AND UNWINDING FOR YOUR ELEMENT

You like to plan, strategize, and execute. You can be a bit of a control freak, but of course, you can't possibly control everything. When things get out of control and you start feeling uncomfortable, figure out a way to use your skills in a way that allows you to relax yourself. Your best way to unwind is to de-clutter your home or work space. Your Metal personality benefits from an aromatherapy blend of vanilla, allspice, fennel, lime, helichrysum and sandalwood was created especially for your Element.

CAREERS

RESPONSIBLE ORGANIZER & HARDWORKING TRADITIONALIST

You tend to have a procedure for everything you do. You are reliable and like to ensure that standards are met. You are a steady and productive contributor. You are eager to take care in organizing projects and people. Orderly, rule-abiding and conscientious, you like to get things done and tend to go about projects in a systematic, methodical way.

POTENTIAL PROFESSIONS:

Advertising, Public Relations, Cosmetic Surgery, Interior Design, Automobile Design, Fashion Design, Jewelry Design, Landscape Design, Floral Design, Retail, Cosmetic Industry, Music, Art, Ballet, Research, Engineering, Software Development



IS A SUIT, SUITABLE?

Are you in an industry that honors Metal energy? If not, what hobbies might you enjoy? Pick one and try it.

You have many interesting choices in many different industries, so find a career or an avocation that suits you and let your light shine.



FINANCES

Finances 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.

Metal people are usually very capable of cultivating wealth. You are likely careful and conservative, very good at math and planning for the future.

The ability to plan ahead can be both an advantage and a disadvantage; planning in advance is a very important life skill. However when things don't go according to plan, remember that you need to guard against becoming self-critical.

If your Metal energy is out of balance, you may become so cautious and conservative and afraid of making a wrong decision that you become stuck and unable to make any decision at all. It may be helpful to consider that everyone makes mistakes, even you.

You will benefit from cultivating the ability to adapt to changing situations in the world and in your own life. With increased flexibility and self-acceptance, you can begin to let go of the need to be perfect, and learn to embrace change.

LOVE

Because of your Metal energy, you may think that you already know everything there is to know about lovemaking. You probably enjoy preparing for action and may also be a clock-watcher who likes to schedule and plan ahead.

Because Metal people are usually very interested in performance, you probably like mirrors so you can observe your moves and your body. Likewise, during love making, your mind may wander outside of yourself because you want to check on how you are doing.

Although you are not naturally an empathetic or intuitive lover, you do your best to perform well and please your partner. Experiment with allowing yourself to be present, in the moment, and aware of sensation rather than appearance.



A TIMELY TIP

Tonight after dinner, remove all timekeeping devices from your presence. Pay attention to your inner self and go to bed when you feel sleepy, without any idea what time it is.

Even though you tend to keep your emotions hidden, you do appreciate acknowledgement of your prowess as a lover so be certain to ask your partner to provide that for you.

Remember that there is absolutely nothing wrong with your methodical approach to lovemaking; it is just the way you are. However, when your Metal energy is in balance you will probably find it easier to be spontaneous, to be fully present and in the moment.

FENG SHUI

THE COLOR OF METAL IS WHITE
THE SYMBOL OF METAL IS SILVER

White is the primary color of the Metal Element, but all light sandy or earthy or metallic colors are appropriate for your home or office. Consider white, off-white, eggshell, pale beige, grey or silver and avoid strong colors, except as small accents.

Since you are calm and detail oriented, you would function best in a neat, light-filled, clutter-free environment. You probably prefer clean, minimalist design in which form follows function. You also probably do not appreciate frills, but have no objection to sparkling crystals and mirrors.

As is true to the name of your Element, a Metal person enjoys decorative metallic furnishing and objects, beautiful crystals and sparkling reflective objects that include mirrors and stem ware. A pair of metal candlesticks with white candles is perfect for you.



A SHINING LIGHT

Look around your home noting which colors and items reflect your Metal energy. Move one item or piece of furniture that reflects your natural energy into a prominent position. Feel better?

The Metal Element rules the sense of smell, so you might want to think about incorporating fragrant oils, incense, perfume, flowers or candles in your home. And remember too that the smell of fabulous home cooking is a scent, and that it will nourish your soul.

One last interesting fact about the Metal Element is that Metal draws electricity to itself. In your case, electronics bring energy to a room, which is good news for you if you are a sport or film fan who enjoys a big-screen display. And, if you are a techie, you can feel free to surround yourself with electronic gadgets.



LIFESTYLE

Your time of the year is the season of harvest in the late summer; the colors of your element are white or silver.

Metal people tend to be reserved with perhaps a tinge of sadness, so that mood-lifting activities like music, dance, singing and chanting could be helpful to you. Adopting a pet is a way of lifting your spirit and bringing love into your life, and so is cultivating friendships, both old and new.

You appreciate trends and aesthetics, so fashion, design, art, music, film and theater openings and events are all suitable pursuits for your Element.

Since you are proud and perfectionistic, it is only natural for you to devote time, effort and money to cultivate a nicely-dressed, well-toned body. It is important however, for you to acknowledge that possessions do not define you, and as a Metal person, you need to be on the alert for obsessive collecting or hoarding.

Because you are a deep, reflective thinker, spiritual pursuits are appropriate, particularly as you age. You are probably both methodical and nostalgic, so tracing family genealogy could be interesting, and you might find antiquing to be a pleasant pastime.



CONTROL THE COLLECTIONS

Right now, at this very moment, select one item that you can give away or donate, and then just do it! Donate, experience the loss, and then move on, one superfluous item at a time until your remaining clothing, furnishing and collections are superb. Your spirit will thank you.

In order to avoid feelings, you are likely to be extremely busy and perhaps a bit of a workaholic. Rather than scattering your energy among many projects, it is preferable for you to invest deeply in one endeavor that gives you both satisfaction and meaning.

Wash your hands frequently and avoid touching your nose, mouth and eyes to keep viruses at bay. Use a shower head filter to remove chlorine that can strip the natural oils of your skin and hair and lather up with a rich moisturizer after you bathe. Healthy skin is an important part of your immune system, so do all you can to keep it in good condition.

Aerobic exercise will be of particular benefit to you since you have a propensity for respiratory problems; and of course, you should never, ever smoke.

SPIRITUALITY

Transformation is the hallmark of Metal Element people; it refers back to ancient alchemists who experimented in an effort to transform base metals into gold.

The transformational challenge of the Metal personality is self-discovery, followed by cultivation and self-actualization. This transformation will help you reach the metaphorical gold of a balanced Metal Element.

The journey begins with peeling back the protective layers of your personality in order to discover and acknowledge who you are, and from there to accept yourself, discover your potential and finally to actualize your goals.



ACTIVITIES

- Let your body guide your sleeping habits
- Set goals and organize yourself daily
- Exercise
- Meditate
- Bake
- Craft
- Strategic mind games
- Board games
- Photography
- Travel
- Wear white
- Self-love

EXERCISE

Many 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.

Being a perfectionist, Metals tend to gravitate towards detail-oriented workouts that require precision and structure. Long-distance running, racquetball, power walks, core training, roller blading, parkour, barre, interval training, cycling and skiing all boost your metabolism and provide real results. Meanwhile, yoga, **chi gong** and other meditative practices such as swimming, modern dance and stretching promote clear thinking and calm the brain.



EATING

Pungent foods that move energy outward and upward probably appeal to you as a Metal person. Pungency refers to hot and spicy foods with powerful, strong, penetrating flavors.

Garlic, onions of all sorts and chili peppers are all pungent foods, as are ginger, celery, dill, sweet peppers, turnips, cinnamon, tangerine peel, kumquats, mustard and wine. Basil and rosemary are pungent, and so are parsley, cilantro, cloves and cayenne.

Fruits that requiring peeling support your health: particularly citrus, bananas and mangoes eaten during the harvest season. Interestingly, many of your healthiest foods are white, like onions, garlic, cauliflower, turnips and parsnips.

During the cooler seasons of the year, root vegetables like potatoes, yams, turnips and carrots are perfect for strengthening your Elemental energy; they are easy to prepare and become deliciously caramelized when roasted in the oven.

MINDFUL MUNCHING

Do not look at the time today while you dine or relax with a snack. You, dear Metal element person, need to learn to enjoy un-timed pleasure in all areas of your life.

If you feel out of sorts, relax with a mug of coffee, tea or hot cider and savor an oatmeal cookie or a slice of gingerbread. Alternatively, sit back with your feet up and snack on a bowl of roasted nuts while sipping wine from a beautiful crystal goblet.

Your element is transitional, an in-between-season between summer and winter, so you are encouraged to enjoy a delicious variety of both cooling and warming snacks, meals and beverages.

FOOD GUIDELINES

FOODS TO ENJOY

Most pale foods, particularly the pungent, pithy foods from the onion family are helpful for strengthening or tonifying the Metal Element. You will probably notice that many of the foods that are healthiest for you are high-fiber and very flavorful.

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

- **PROTEIN:** fish, eggs, fowl
- **VEGETABLES:** asparagus, bell peppers, bok choy, burdock root, black beans, cabbage, carrot, cauliflower, daikon radish, eggplant, fennel, garbanzo beans, green beans, jicama, kale, leeks, mung beans, mustard greens, navy beans, onions, parsnips, pinto beans, pumpkin, seaweed, snow peas, soybeans, spinach, turnips, watercress, white beans, white corn, white mushrooms, white potatoes
- **FRUIT:** apples, blueberries, cherries, citrus, coconut, figs, mulberries, cherimoyas, Asian pears, Bartlett pears, lychee, mangoes, papaya, pineapple, plum, pears, persimmons, prunes, quince, raspberries, tangerines
- **NUTS, GRAINS AND SEEDS:** almonds, amaranth, cashews, chestnuts, lentils, millet, oats, pearl barley, pecans, pine nuts, pumpkin seeds, quinoa, sesame seeds, spelt, sweet rice, walnuts, winter melon seeds

-
- OTHER: agar, chives, ginger, garlic, horseradish, molasses, olives, parsley, thyme

FOODS TO AVOID

It is best for you to avoid the following sorts of foods because their energetic nature is believed to contribute to Metal imbalance:

- Artificial flavors
- Artificial sweeteners
- Dairy products other than goat's milk
- Cold, icy drinks
- Deep-fried and fatty foods
- Refined sugar
- Wheat



MEAL SUGGESTIONS

BREAKFAST

- Oatmeal with blueberries
- Scrambled eggs with kale and mushrooms
- Baked apples with pecans and honey
- Poached pears topped with goat yogurt
- Gluten-free toast spread with all-fruit jam

LUNCH

- Mixed vegetable soup
- Turkey sandwich on gluten-free bread
- Lentil soup
- Shrimp with seafood sauce
- Rotisserie chicken with potato salad

DINNER

- Soy-glazed salmon steaks
- Stuffed bell peppers
- Eggs with baby spinach on gluten-free toast
- Shrimp with quinoa and snow peas
- Grilled chicken on skewers with onions, baby bell peppers and cooked potatoes
- Chicken fajitas with bell peppers and onions on corn tortillas

SNACKS

- A handful of almonds or walnuts, a rice cake with almond or cashew butter, applesauce, hard boiled eggs, carrot sticks with hummus, dried coconut meat, pumpkin seeds, a tangerine, dried figs with goat cheese, black or green olive tapenade, brown rice cake with sliced banana, gingerbread, kale chips

BEVERAGES

- Plain filtered water or water with a wedge of lemon or lime, tangerine juice; rice, cashew, almond or goat's milk; wine, coffee



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



The 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 **Element Rollerball Oil** — 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



Maintain 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



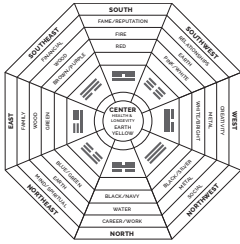
Restore the natural balance of your skin with our natural skin care line suitable for all skin types. **Renewing Cleanser** purges pores to remove impurities and revitalize the skin, without stripping or over-drying. **Radiant Day Cream** is a shine-free, nourishing antioxidant-rich moisturizer that 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



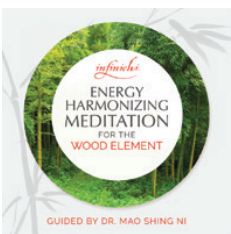
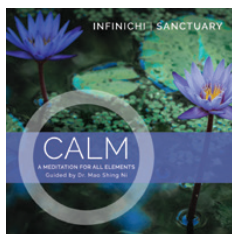
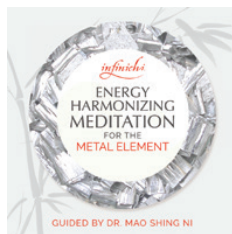
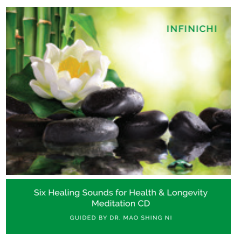
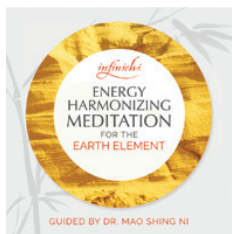
Aromatherapy is more than a scent for relaxation. Therapeutic oils are highly concentrated with oxygen and nutrients. They act as the life-force or Chi of a plant by nourishing, repairing structural damage, destroying infections, optimizing circulation and enhancing energy frequencies. Likewise, the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



Feng Shui, an ancient Chinese science and art of placement 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.

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.

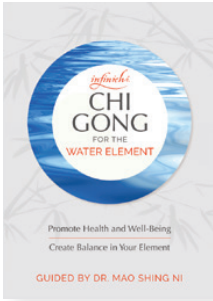
Guided meditation offers a proven approach that gives you lasting benefits for radiant health, happiness and self-empowerment. Infinichi offers a wide collection of CDs and downloadable guided meditations. Our **Energy Harmonizing Meditations for the Elements** specifically supports your Element with 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



Our 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 joint pain and improving your heart health. Chi Gong's gentle self-healing regimen 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.

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

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

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