

*infinichi.*



SECRETS  
OF THE  
I CHING

WATER PERSONALITY



YOU ARE A  
WISE, DETERMINED  
**WATER**  
PERSONALITY TYPE





# WELCOME TO INFINICHI

in-fín-i-chi

chi = life force energy

in-fín-i-chi = infinite potential



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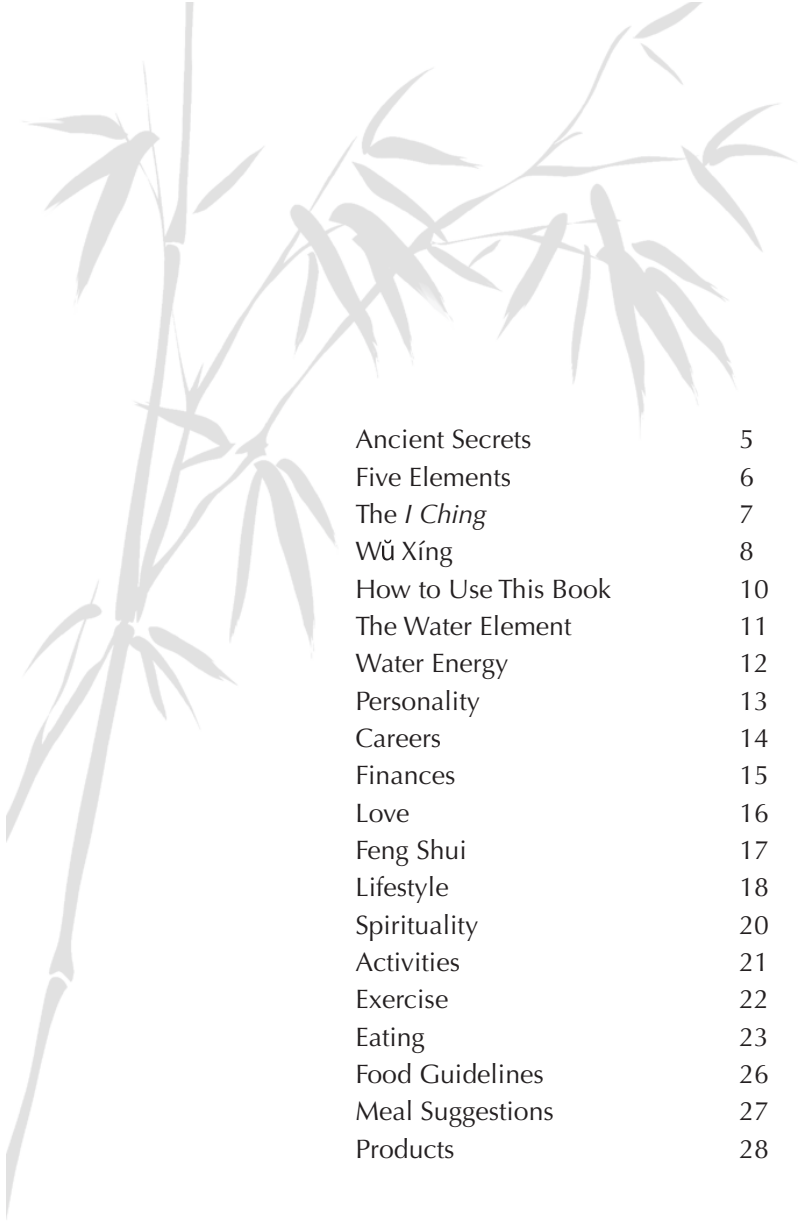
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NOTE TO READERS: This book is intended to provide helpful and informative material on the subjects addressed in the publication. It is written with the understanding that the publisher is not engaged in rendering medical health, or any other kind of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

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# 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.

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# 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.



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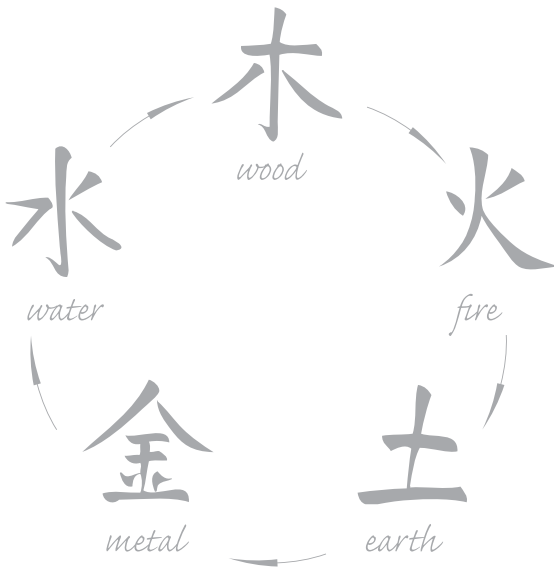
# WŪ XÍNG

## 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

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# 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.



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# THE WATER ELEMENT

A WISE, DETERMINED SPIRIT

Water energy is the time of winter, of pulling back to the root that is called Jing, the basic substance of life. Jing describes the function of DNA, our essence, the genetic material that contains the stored memories of millions of years of evolution.

It is our Jing that enables life to be renewed and begin again. Water is the time for storing energy so that rejuvenation and rebirth can take place in the spring; a time of rest when we build our reserves and strength for the seasons ahead.

Even though it is not obvious, there is a great deal of work going on in the natural world during winter. Likewise, it is important for you as a Water personality to nurture yourself and cultivate a strong root or Jing, in order to be certain that you have sufficient energy for your life and work.

Water has a strong survival instinct that is motivated by fear, so it is quite possible for you to overwork to the point of exhaustion or to become so anxious that you become emotionally paralyzed. Water's natural fear can be balanced with education and knowledge that will help you understand the difference between risk and reward.

It is important that you cultivate your root or Jing, so that your Water energy can flow smoothly and you can move forward in a healthy, constructive way.

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# WATER ENERGY

## KIDNEY ENERGY NETWORK ADRENAL AND HORMONE FUNCTION

Water regulates the kidneys, bladder, reproductive organs and the endocrine system, thus if your Water energy is weak you are prone to urinary, hormone and reproductive problems. The kidney adrenals are particularly vulnerable to stress and that is why it is very important for you to cultivate your essence, your life-root source ... your Jing.

In the yin/yang cycle of life, Water is the most yin Element of them all. Yin is the dark; the dormant, resting, passive, receptive energy. Without rest, the earth could not renew itself in spring and without quiet and introspection, you could not gather your energy and burst forth with creativity.

As Water runs, it gathers experience and becomes wise. You are fortunate to be a naturally-born winner but when your Water energy is depleted or out of balance, you may perceive danger, become fearful, go into survival mode, and have great difficulty moving forward.



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# 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 Water Element person, you are a confident, powerful force with a great capacity for endurance. Your strong will and confidence is not because of an excess of ego, it comes from a very deeply-rooted connection to your very being, your foundation, your Jing, your root.

It is natural for your Water energy to have two sides: one side is vulnerable and the other is fearless. When you are tired, and your energy is out of balance, you may feel cautious and unwilling to take risks even though you are very creative and capable of moving ahead.

You are a born teacher, a leader and a visionary. You have a gift for learning and a natural ability for using your wisdom, power and knowledge to elevate those around you.

## AROMATHERAPY AND UNWINDING FOR YOUR ELEMENT

Even though you do your best to avoid it, conflict can really amp up your stress level. It's no wonder that you sometimes become confused, indecisive and conflicted about how to resolve a problem. Give yourself a quiet space for reflection. Regular solitude and daydreaming are necessities for you. Alone time helps you tap into your intuition and master your emotions. Your balancing aromatherapy blend is a combination of mandarin, chamomile, rosemary, juniper, frankincense, and neroli.

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# CAREERS

## ANALYTICAL PROBLEM-SOLVER & PHILOSOPHICAL INNOVATOR

Often intellectual, you enjoy logical reasoning and complex problem solving. You approach life by analyzing the theory behind what you see and tend to focus inward. You search for the universal law behind everything. You want to understand the unifying themes of life, in all their complexity. As an architect of life, you desire to make connections and seek understanding.

### POTENTIAL PROFESSIONS:

Banking, Accounting, Investment, Commercial Trading, Real Estate, Import/Export, Transportation, Tourism, Beverage Distribution, Water Engineering Technologies, Hydrology, Anthropology, Art, Museum Curation, Sports Coaching, Photography, Writing, Production, Publishing, Software Design, Education, Health Services



### LEARNING BREAKS

Allow yourself one learning experience every day: perhaps reading a magazine that you enjoy, watching an instructional program, working on an artistic endeavor or researching a subject that interests you.

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# FINANCES

**F**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 a Water person, it may be difficult for you to cultivate financial energy because of your tendency to be cautious. You may get stuck and be afraid to make any move at all. Fortunately, you can educate yourself and find a point somewhere between taking financial risk and reaping financial reward that you are comfortable with.

With the help of your powerful Water energy and clear access to your spirit, it is possible for you to manifest the fulfillment of your dream of benefitting yourself, your family and friends, your community and perhaps even the world we all live in.



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# LOVE

Of course every lover is different, but your Water nature is sensuous, mysterious and invisible. You are very different from the romantic Wood, flirtatious Fire, easy-going Earth, or goal-oriented Metal ... you are a quiet lover, who may never make a sound.

Your energy is filled with deeply addictive, seductive pleasures waiting to be expressed. Although water is cold and hidden, it is also fluid and soft; an all-powerful, forward moving tidal wave that surges forward. It is the instinctual life-giving power of creation.



## PILLOW POWER

Check out your bedroom pillows; are they hard and lumpy or light and fluffy? Soft down or down-alternative pillows would be perfect for your Water energy, so give that suggestion some consideration.

You probably appreciate darkness and privacy in order to feel completely safe and free to display your creative passion. You may prefer to have doors locked, curtains drawn and blinds shut; and may also enjoy being lightly covered with pillows or a fleecy blanket.

Your instinctual energy wants to go deeper and deeper; filling every hollow and yielding to every protrusion. Once uncovered, your capacity for physical giving and receiving is intense; a priceless aptitude for you to treasure.



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# FENG SHUI

THE COLOR OF WATER IS BLUE

THE SYMBOL OF WATER IS A WAVE

**S**hiny reflective fabrics like satin and silk, and reflective surfaces like water, mirrors or crystal, are representative of Water energy.

In your kitchen, the Water Element is symbolized by the refrigerator, water faucet and the sink so for good feng shui energy, make certain to keep those items uncluttered and sparkling clean.

As a Water person, you have a strong hidden reservoir of power, and need an appropriate environment to support and nourish this power. The best colors for you are blue and black with accents of dark blue or purple.

You are probably most comfortable in a home or office that features curving lines and deep, rich colors. You might want to include some satiny accents in the colors of water; pillows or throws in any shade of blue will do. You are least likely to feel comfortable in an environment filled with tans and browns or an over-abundance of natural elements like rock, stone or earthenware.

Aquariums, water features, fountains and water art or images are energetically appropriate for you as a Water person; all of them have the power to calm and refresh your spirit.



## A PLACE OF PROMINENCE

Which colors, furnishing and decorative items in your home complement your Water energy? Move one Water energy item to a place of prominence, and reflect upon how that simple change makes you feel.

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# LIFESTYLE

Water's season of the year is winter, a maximum yin time of quiet, rest and restoration. Water humans need proper rest and down time; time to dream and allow their subconscious to flow with thoughts and creative ideas. When you are rested and well-nourished, you are likely to be creative, innovative, adventurous and determined.

Buried deep within your Element is the seed of the great thrusting energy of yang that bursts upward in the spring. This explains why the greatest ability and potential for change lies within people of your Element; just keep in mind that change, wisely made, requires time and thoughtful contemplation.

As a result of being highly creative, you may find that you are prone to becoming scattered and overextended. When you are overextended, stressed out and depleted, you may lose your ability to make wise decisions. Try reframing problems in order to modify your reactions and create a less stressful response.

Because you tend to do too much, it will be helpful for you to learn to prioritize and let go of that which is not necessary. Likewise, when you are tired you can become hypersensitive to what you perceive as danger, and that can make you become overly cautious and consumed with worry or fear.



## WATER POWER

In order to encourage Water Element health, you need to drink lots and lots of water. Go pour yourself a glass of cool, refreshing water right now ... and from here on out, keep a glass or bottle of water at your side.

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You require a regular schedule for eating and sleeping, and a healthy balance between work and play. Remember that life force and willpower reside in the Water Element, which means that when you are properly rested and nourished, you are very likely to achieve your ambitions.

Water is the best able of all the Elements to achieve what in Zen meditation is called “no mind,” a receptive, open-minded, universal awareness. That is why activities that bring ideas from the subconscious to fruition are perfect hobbies for you: painting, drawing, sculpture, creative writing, photography ... just to name a few.

It is important for you to live a healthy lifestyle, give yourself time to rest, and nourish yourself so that you can make wise choices and achieve your dreams.



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# SPIRITUALITY

Spirituality comes easily to naturally meditative, deep-thinking, calm Water Element people. You understand the true meaning of trust, devotion and forgiveness.

Water energy is heavy and naturally tends to go down, sink or stop moving. This is the reason why Water people sometimes feel sad, or have rigid opinions that makes others view them as being stuck, or inflexible.

As a Water person, it will be very helpful for you to actively cultivate robust life-force energy, or chi, in order to nourish your essence ... your Jing. When your chi is strong, you can tap into guidance from your spirit, and use your Water energy to manifest your dreams.

You can keep your energy strong by meditating, practicing tai chi or qi gong, and participating in regular exercise. When you chi is strong, you will feel and uplifted ... your spirit will soar and you will be able to do what you do best, which is to guide and inspire others.

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# ACTIVITIES



- Early to bed, and sleep in as needed
- Set goals and organize yourself daily
- Exercise
- Meditate
- Journal
- Water sports
- Interior design
- Fish
- Garden
- Travel
- Wear blue
- Self-love

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# EXERCISE

Many of you seek to jumpstart 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.

Waters are spiritual and meditative, making practices with a relaxing “flow” aspect to them an absolute perfect fit. Water sports are a natural fit such as paddle boarding, surfing, swimming and water aerobics. Cycling, Zumba and hip-hop dance appeal to your sense of community support and push you to move beyond your limits while activities such as, **chi gong**, tai chi and Pilates appeal to your desire to engage mind, body and spirit.



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# EATING

The flavor of both yin and Water is salty. Salt moves energy downward and inward, stimulates appetite and improves digestion. Salty foods include salt, seaweed, and many salty Asian sauces, while barley and millet are considered to be both salty and sweet.

Even though there are not many salty items on the list of healthy Water foods, there is no reason to worry because most of us consume far more than an adequate amount of this important mineral.

Our kidneys require a small amount of salt in order to properly regulate water metabolism, but as we all know, too much salt can damage them, not to mention increasing blood pressure in susceptible persons.

Black, blue and purple foods support the kidneys and strengthen the yin. Examples of foods that nourish the Water Element include blueberries, blackberries, dark grapes, eggplant, wild rice, blue corn and purple potatoes.

You will probably find that your constitution does best with cooked foods and complex carbohydrates. The sorts of dishes that are healthy for you are made with whole grains, peas, squash, beans and root vegetables like potatoes, carrots and parsnips. Warming spices are helpful in strengthening your energy; think “cinnamon and spice, and everything nice.” That is a perfect combination for you.



### KITCHEN CHECK

Check out your tea stash. If you don't have any cinnamon or spice teas, consider adding some to your shopping list. Healthy oatmeal cookies, oatmeal topped with cinnamon, spice cake, ginger snaps ... are all naturals for your energy. Just look for healthy versions.

Knowing what you have already learned about the Water Element, it will probably make perfect sense to you that it is best for you to avoid over stimulation by partaking of excessive alcohol or caffeine, or participating in recreational drugs.

Do your best to encourage a calm even flow of your energy. As a Water Elemental type, it is best for you to avoid waterfalls and roaring rapids ... aim for smooth sailing in tranquil water instead.



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# FOOD GUIDELINES

**W**ater is the most yin, or the coolest, of all the Elements so you will benefit from eating foods that are cooked, not raw.

As a Water Elemental type, you require ample liquid in order to maintain kidney health. An example of healthy nourishment for the Water Element would be soup made with meat, vegetables, barley and plenty of broth.

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

## FOODS TO ENJOY

- **PROTEIN:** beef, lamb
- **VEGETABLES:** avocado, beets, black beans, black sesame seeds, Brussels sprouts, broccoli, cabbage, carrots, celery, collard greens, corn, eggplant, kale, mushrooms, mustard greens, navy beans, parsnips, peas, potatoes, radishes, seaweed, soybeans, spinach, squash, sweet potatoes





- **FRUIT:** blueberries, blackberries, cherries, coconuts, dates, grapefruit, kiwi, oranges, passion fruit, pears, persimmons, plums, purple grapes, raspberries, tangerines
- **NUTS, GRAINS AND SEEDS:** whole grains including barley, black rice, black beans, blue corn, millet, polenta, quinoa and wild rice; shiitake mushrooms, cashews, chestnuts, peanuts, walnuts and sesame seeds
- **OTHER:** chives, leeks, seaweed shallots, oregano, watercress, warming spices like cacao, cinnamon, cloves, garlic, ginger and black pepper

## FOODS TO AVOID

It is best for you to avoid the following types of foods because their specific energetic nature is said to contribute to Water imbalance:

- Alcohol in excess
- Artificial flavorings
- Artificial sweetener
- Caffeine
- Cold or icy drinks
- Dairy products
- Fried or fatty foods
- Raw foods
- Recreational drugs
- Refined sugar

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# MEAL SUGGESTIONS

## BREAKFAST

- Gluten-free oatmeal with non-dairy milk and raspberries
- Non-dairy yogurt topped with blackberries and sprinkled with coconut
- Gluten-free whole grain toast spread with all-fruit jam
- Rice cakes with cashew or peanut butter
- Gluten-free blueberry granola and non-dairy milk

## LUNCH

- Beef barley mushroom soup
- Vegetable soup
- Roast beef salad with a vinaigrette dressing and toasted walnuts or chives
- Wild rice salad
- Roast beef sandwich with potato salad

## DINNER

- Grilled beef kabobs with onions, mushrooms, peppers and cooked baby potatoes
- Flank steak fajitas with bell peppers and onions
- Rustic potato leek soup
- Lamb burgers in pita pockets with goat yogurt sauce
- Stuffed bell peppers

## SNACKS

- A handful of peanuts or walnuts, non-dairy blueberry yogurt, whole grain rice cake topped with avocado slices, dried coconut meat, scoop of potato salad, beef or venison jerky, popcorn, gluten-free gingersnaps, dried seaweed snacks, kale chips

## BEVERAGES

- Plain filtered water; rice, cashew or soy milk; raspberry, cranberry, cherry, or blueberry juice; cinnamon, orange spice, winter spice or ginger tea



## 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.

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## 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.

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## 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.

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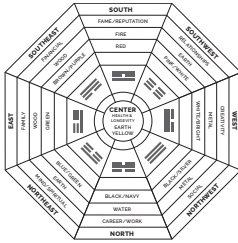
## ESSENTIAL OILS



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.

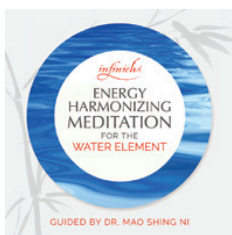
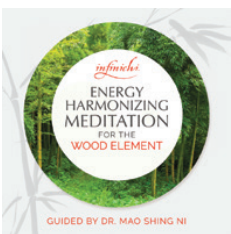
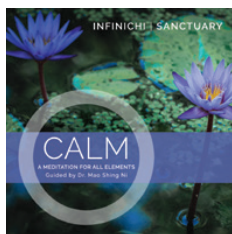
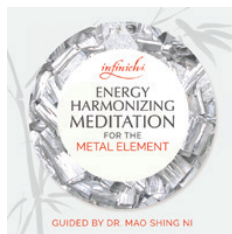
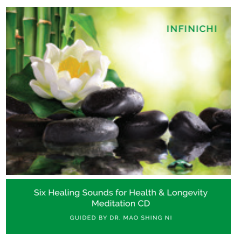
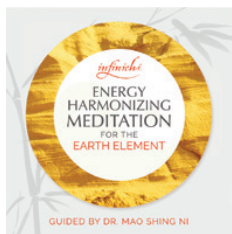


# FENG SHUI



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



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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.

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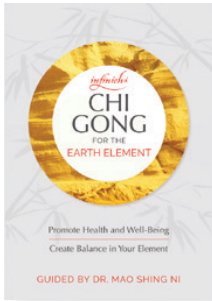
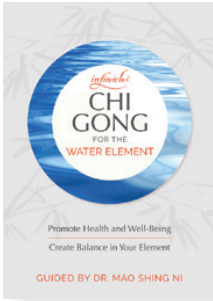
# BOOKS



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.

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# 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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**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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