

infinichi.



SECRETS
OF THE
I CHING

WOOD PERSONALITY



YOU ARE AN
AUTHORITATIVE, POSITIVE
WOOD
PERSONALITY TYPE



infinichi.

WELCOME TO INFINICHI

in-fín-i-chi

chi = life force energy

in-fín-i-chi = infinite potential



www.infinichi.com

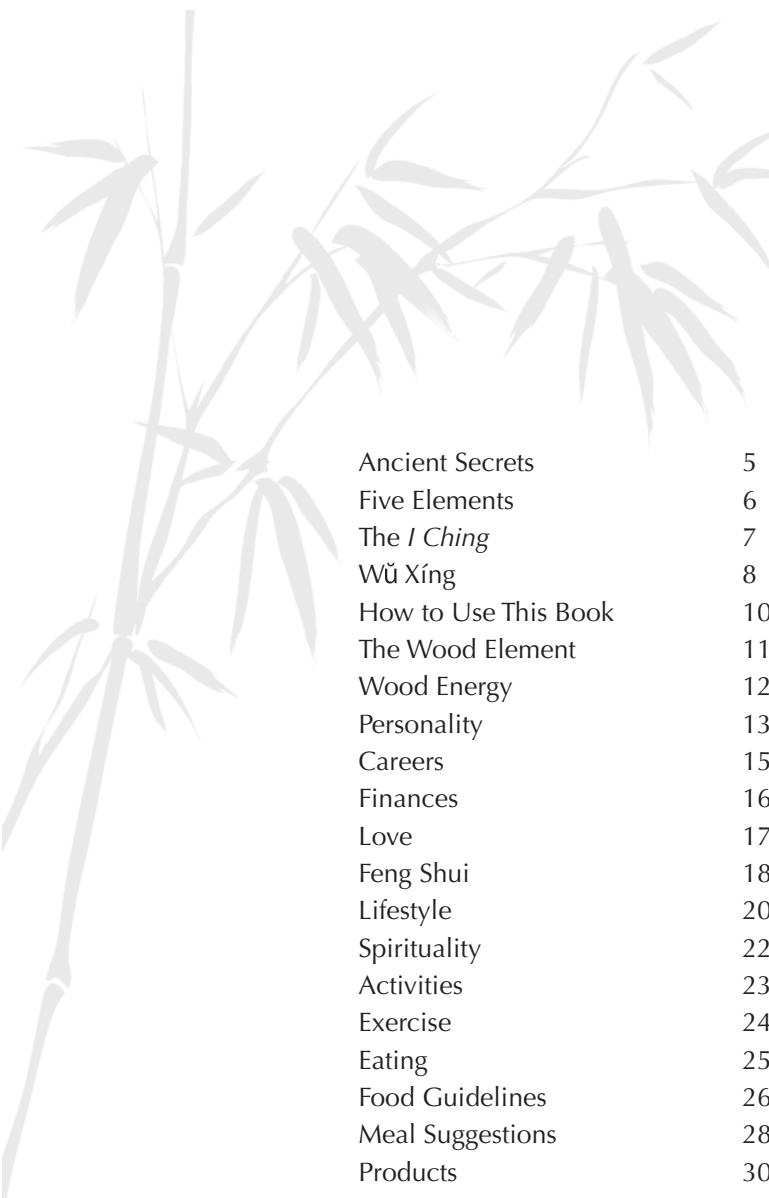
Text copyright 2018 by Infinichi.com
All rights reserved. No part of this book may be reproduced in
any form without written permission from Infinichi.com.

www.infinichi.com

13315 West Washington Boulevard, Suite 200, Los Angeles, CA 90066

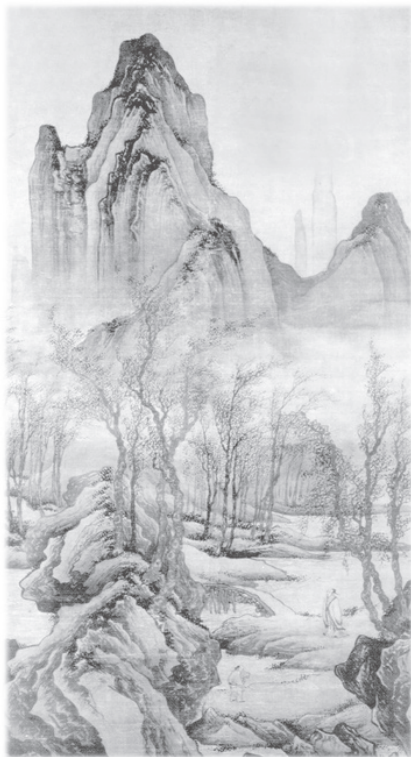
NOTE TO READERS: This book is intended to provide helpful and
informative material on the subjects addressed in the publication. It is
written with the understanding that the publisher is not engaged in rendering
medical health, or any other kind of personal professional services.

TABLE OF CONTENTS



Ancient Secrets	5
Five Elements	6
The <i>I Ching</i>	7
Wǔ Xíng	8
How to Use This Book	10
The Wood Element	11
Wood Energy	12
Personality	13
Careers	15
Finances	16
Love	17
Feng Shui	18
Lifestyle	20
Spirituality	22
Activities	23
Exercise	24
Eating	25
Food Guidelines	26
Meal Suggestions	28
Products	30

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.



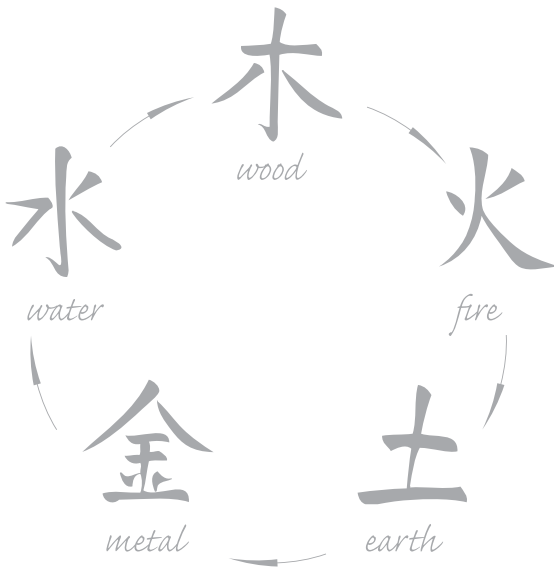
WŪ XÍNG

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 5 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 WOOD ELEMENT

AN AUTHORITATIVE, POSITIVE SPIRIT

The Wood Element begins its phase on the first day of spring; it is at the beginning, the moment of germination, of birth, of coming alive after the cold, quiet and contemplative days of winter. Wood is the renewal; the beginning of a circular cycle in which day follows night, night follows day, spring follows winter, and on and on.

Wood energy is active and expanding. It is a strong potent force that is capable of breaking through the hard shell of a seed, then pushing up through the soil to bask in the sunlight. The tiny seed grows up to become a tall, strong tree that connects the heavens to the earth; thus your energy is symbolically capable of bearing fruit to benefit us all.

Since Wood energy is manifested as growth, Wood Element people are capable of being powerful problem solvers who inspire others by positive persuasion. When your energy is in balance, you are cooperative, articulate and direct ... an inspiring leader.

Untamed Wood energy could easily lead to impulsive missteps that you might regret, so it is important for your energy to be in balance so that you can meet with the success, happiness, harmony and contentment that are natural for you to achieve.

WOOD ENERGY

LIVER ENERGY NETWORK
DETOX/NERVOUS SYSTEM

In classic Chinese medicine theory, the liver helps provide us with vision and foresight and gives us the impetus to move forward. When your energy flows freely, your Wood personality is likely to be spontaneous, creative, well-organized, tolerant and generous.

If your liver energy is in balance, you are an energetic, charismatic rainmaker, someone who gathers people around and makes exciting new things happen. Remember though that stress is a close cousin of change, and that stress can affect your ability to think clearly and cause palpitations, anxiety, insomnia, tension, or digestive troubles.

If your Element is unbalanced, the stress can cause your liver energy to become blocked, or toxic. A careless diet, endless stress, recreational drugs and excessive alcohol weaken liver energy and create a brittle nervous system. For optimal health, you must pay attention to caring for yourself.



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 Wood person, you are probably highly motivated and have a very strong personality that some identify as Type A. You can appear to be confident, intense, smart, decisive and responsible; therefore, Wood people are usually positive and charismatic, command respect and are good managers. Conversely you can be prone to stubbornness or inflexibility and seem overbearing, competitive or controlling to others. You are probably very active, dynamic and want to “break through” in order to get your own way.

If you are out of balance, you can be angry, accusatory, cross or aggressive, and that can create resistance on the part of others. When you feel threatened by resistance, you may become manipulative to try and bring the situation back to the way you want it to be. An over-extended, unbalanced Wood personality may feel sad, depressed, resentful, angry or unacknowledged.

A healthy Wood person is flexible, yet strong. You listen and learn from others, arrive at a balanced point of view, then push forward with extraordinary creativity and remarkable, forward moving energy.

AROMATHERAPY AND UNWINDING FOR YOUR ELEMENT

You like to be in charge of everyone and everything, but all that responsibility is eventually going to wear you out. Give yourself a break from your usual routine and go outside for a one-to-one commune with Mother Nature. Plan an activity that forces you to unplug, whether it is taking a walk around the neighborhood, going on a hike, raking leaves, or stacking firewood. Outdoor activities are inherently soothing to Woodies. You deserve some time alone, with no one to boss around except Mother Nature, and we all know who's going to win on that score! Your beneficial aromatherapy scents are a blend of citrus, lavender, cedarwood, clary sage, spearmint, and vetiver.



CAREERS

The Energetic Thrill-Seeker & Strategic Leader

As a Wood Element person, you bring a dynamic energy to your interactions with others. You are a natural leader. You assess situations quickly and surround yourself with a team that can give practical solutions. You are often social, have a good sense of humor and prefer to keep things fast-paced. Motivated to organize change, you are quick to see inefficiency and conceptualize new solutions. You enjoy developing long-range plans to accomplish your vision. You are assertive and like to take charge.

POTENTIAL PROFESSIONS:

Management, Administration, Teaching, Coaching, Psychiatry, Politics, Law Enforcement, Military Service, Science, Herbal Medicine, Architecture, Carpentry, Furniture Design, Interior Design, Landscape Design, Fashion Design, Illustration, Writing, Production, Publishing, Software Design, Photography, Martial Arts, Competitive Sports.



FOOD FOR THOUGHT

Think about how your natural drive and determination have influenced your life path. Are there any changes you would like to make, starting now?

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.

As a Wood person, it would be wise for you to slow down and cultivate deliberation. Analyze your financial situation and ask yourself whether you are making correct decisions or rash, impulsive ones.

It will be helpful for you to learn to pay attention to impulsivity because quick decisions may not serve you well. If your intuition is colored by rebellion, resentment or anger, you can create problems for yourself and those around you.

Slow down, do due diligence, take one step at a time and err on the side of being conservative. You cannot afford to sacrifice your foundation if you are interested in securing the financial well-being that your Wood personality is so very capable of achieving.

LOVE

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

Wood love begins during childhood, when children experience the natural sweet love between themselves and their parents. This is called the virtue of Xiao 孝; a love that grows and expands as the child ages to include love for family, then friends, country, and ultimately, love for all people.

This natural human virtue explains why you as a Wood person aspire to give and receive sweet love, and want to feel cherished, respected and understood by a partner who acknowledges and honors your feelings.

You cannot be rushed; you often need time and space for gentle touch, slow, sensual exploration and prolonged lovemaking. It must be noted that you cannot change gears quickly, and that you may find forceful love play to be very off-putting.



TRUTH BE TOLD

Are you in a warm relationship in which you feel cherished, understood and honored?

When you feel treasured and safe within a warm relationship, you are able to reveal your intuitive, loving abilities that even you cannot completely understand ... but then, we know that Wood has a natural ability to love and be loved.

FENG SHUI

THE COLOR OF WOOD IS GREEN
THE SYMBOL OF WOOD IS A GROWING TREE

Green is the primary color of the Wood Element, but brown is also energetically appropriate for you.

Your living room is the feng shui center of your home; the place where you receive guests and associates and where you present yourself to the world. A few wooden pieces of furniture like armchairs, a coffee table or end tables are helpful in supporting healthy energy in your living room.

Hand-woven textiles and rugs, wood furniture, wood paneling, siding, decks and roofing, and fabrics made of natural fibers nourish you as do green garments, upholstery, artwork, rugs, plants and accessories. Your best fabric, carpet and upholstery choices include silk, wool, cotton, linen, flax, hemp or sisal. You get the picture!

You feel nourished when green items are within your field of vision; like houseplants, a landscape painting, green furnishing or accessories. Indoor plants purify the air and nurture your spirit, but you could also cultivate pots of aromatic cooking herbs in your kitchen. If you enjoy photography, you could frame some of your favorite nature shots in wooden frames, and proudly display them where you in particular can enjoy them.

CLOSET FENG SHUI

Hopefully you have a few green or brown items in your closet. If not, the next time you go shopping, could you give either of those colors a try?

Shades of pale green in your home or office environment can be helpful in quieting your intensity and high energy. If you need a little inspiration, you would might benefit from splashes of intense green within your milieu. You could paint a small entry hall or your front door a deep olive, hunter or forest green.

Water nourishes Wood, so your best colors are Water's blues and black along with your own greens, tans and browns. Your least appropriate choices are the red, orange, purple, pink, magenta and strong yellow of Fire, plus the whites and greys of Metal.

Last but not least, wind chimes hung above an outdoor balcony or from a tree in the patio are an effective feng shui inspiration for Wood Element persons like you. Take your time and find the perfect one; just be certain that your chimes are made of natural materials like wood, bamboo or seashells. No metal or glass for you!



LIFESTYLE

As a Wood person, your time of day is the morning when the world is new and fresh. Open the blinds or curtains to allow the light to help awaken you.

An appreciation of nature comes naturally to you, so an early-morning walk in the fresh air can help you burn off a little of your extra energy and quiet your mind.

During the walk, while enjoying the fresh new day, you will find ideas flowing into your creative mind. You can use this healthy inner vision to see people and situations in a new light.

Walk in the rain, walk barefoot in green grass; walk with no destination in mind in order to find out where your feet lead you.

Awaken your youthful energy by dawdling for a whole morning. As an organized, action-oriented Wood personality, this challenge is probably going to be more difficult than you might have expected!

Fly a kite. Dance. Sing.

Do a job you have been avoiding. As a Wood person you are logical, organized, practical and innovative, so just figure it out and get it done.

As a kind, steady and sympathetic Wood, you like to help others so it would be completely within your nature to seek out a service group that suits you. Outdoor conservation groups come to mind, and so do outdoor programs like wilderness first aid, orienteering or scouting.

Wood types enjoy planning things, taking action and going on adventures, so you are the perfect candidate for a skill-building woodworking class, learning a new sport, joining a team, or planning a camping trip for you and your friends.



MIX IT UP

Be different today; if you are usually talkative, try being quiet. If you are usually quiet, greet strangers and see if it will lead to a chat.

Wood personalities benefit from slowing down and smelling the roses. If your sense of humor sags and you find yourself out of sorts, calming meditation or slow-moving, focused tai chi can help you find peace of mind.

SPIRITUALITY

Spiritually the Wood Element relates to the soul. Your soul beckons to you in your dreams at night when your eyes are closed and you are asleep. The soul processes your daytime encounters and sensory experiences and puts you in touch with your unconscious and the spirit world.

If your Element is out of balance, you may have disturbed dreams; dreams of fighting, aggression, fleeing or disharmony. If you have inner turmoil or feelings that are trapped, your soul will wake you up with a warning dream. You need to be quiet and pay attention and listen to your soul because it is the voice of intuition.

The soul is like a child that you have to train and cultivate so it can serve you, rather than disturb you. You must strengthen your root; you cannot grow and thrust upward without deepening your understanding of spirituality and your understanding of life. Take a moment and reassess that place, that vision, that goal you have ... why do you want to go there. Is it because you want to gratify your ego?

When you are able to differentiate between the artificial ego and your true nature, you will acquire clarity and you will be able to plot a step-by-step natural course for your energy. By practicing chi gong or tai chi, you will refine your Wood energy, strengthen your spirit and nourish your soul.

ACTIVITIES

- Early to bed, and early to rise
- Set goals and organize yourself daily
- Exercise
- Meditate
- Travel
- Socialize
- Garden
- Golf
- Interior/Landscape Design
- Watch a movie
- Wear green
- Self-love



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.

Your Wood mind is continually in motion and your daredevil side enjoys fun and ambitious workouts that let you sweat, release tension, condition yourself, and dominant the field; although you also benefit from practices that calm your intense nature and help you get in touch with your inner purpose. Outdoor field sports, Skiing, CrossFit, indoor/outdoor rock climbing, spin classes, boxing, circuit training, archery, golf, **chi gong** and yoga all offer full-body workouts that engage both your social nature and your self-discipline.

EATING

Sour foods stimulate digestion and encourage the production of bile. Wood Element people tend to enjoy sour foods like citrus fruit, grapefruit juice, lemon and limeade; fermented products like pickles, soy sauce, kimchi, kombucha and sauerkraut; and sour products like yogurt and sour cream.

Of all the elemental types, as a Wood person you are the most vulnerable to toxins. It is in your best interest to severely limit or completely eliminate alcohol, cigarettes, recreational drugs, most pain relievers and caffeine.

Search out clean, simple foods that are supportive to the liver: dark leafy greens, cruciferous vegetables, brightly colored fruits, and healthy fats that are found in whole grains, legumes, raw nuts and seeds.



KEEP IT SIMPLE

Your energy needs clean simple nourishment. Buy organic if possible, and avoid overly-processed, chemically-preserved, and artificially-sweetened or flavored foods.

Drink plenty of natural herbal teas that contain powerful liver cleansers like mint, peppermint or dandelion. Clean air and pure water are especially important for you; you need to avoid pesticides and pollutants of all sorts in order to remain healthy.

Good nutrition will allow you as a Wood Element person to have clarity of mind fueled by creativity, and a high power of focus.

FOOD GUIDELINES

Leafy green vegetables are particularly helpful for strengthening your Wood energy. Here are lists of energetically-cooling foods in the Asian tradition that will point you in a healthy direction in food choices for your elemental type.

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:** eggs, clams, crab, tofu, fish
- **VEGETABLES:** alfalfa sprouts, artichokes asparagus, bamboo shoots, beets and beet greens, bok choy, black beans, broccoli, Brussels sprouts, burdock root, cabbage, carrots and carrot greens, cauliflower, celery, collard greens, corn, cucumber, daikon radish, dandelion greens, eggplant, endive, lima beans, lotus root, mung beans, mushrooms, peas, potatoes, pumpkin, romaine lettuce, soybeans and soybean sprouts, spinach, summer squash, tomatoes, turnip, watercress, winter melon, winter squash, yams
- **FRUIT:** green apples, apricots, avocados, bananas, cranberries, figs, grapefruit, grapes, kiwi, lemons, limes, litchi fruit, loquat, nectarines, oranges, peaches, pears, persimmons, plums, raspberries, rhubarb, strawberries, watermelon, winter melon
- **GRAINS:** seeds, barley, bran, couscous, flax seeds, lentils, millet, mung beans, pearl barley, sunflower seeds, white rice, winter melon seeds

-
- OTHER: basil, cilantro, green tea, honey, mint, peppermint, rice vinegar, sage, seaweed, sesame seeds, spearmint, spirulina, chlorella, olives.

FOODS TO AVOID

It is best to avoid the following foods because their specific energetic nature is believed to contribute to Wood energy imbalance:

- Alcohol
- Artificial flavors
- Artificial sweeteners
- Caffeine
- Fried and fatty foods
- Heavy evening meals
- Icy cold drinks
- Rich meat in large quantities
- Wheat
- Sugar



MEAL SUGGESTIONS

BREAKFAST

- Whole grain gluten-free waffles with apricot, peach, raspberry or strawberry jam
- Cream of rice cereal topped with grated apples and cinnamon
- Scrambled tofu, tomatoes and zucchini with gluten-free toast
- Bran cereal with soy milk, fruit and honey
- Gluten-free carrot or cranberry muffins with mint tea
- Poached egg on a gluten-free English muffin

LUNCH

- Rice cake with mashed avocado and sprouts
- Vegetable soup with rice crackers
- Green salad with soy yogurt dressing and warm gluten-free bread
- Tofu spring rolls
- Vegetarian sushi rolls
- Garbanzo spread with baked corn tortilla chips

DINNER

- Stir-fried vegetables with tofu and rice
- Tomato-mushroom sauce on gluten-free pasta
- Wild-caught salmon with rice and peas
- Manhattan style clam chowder
- Crab cakes with steamed carrots and a green salad
- Cobb salad with vinaigrette dressing

SNACKS

- Strawberry/banana soy yogurt smoothie, soy yogurt in fruit flavors, an apple, fresh peach or an orange, a hard-boiled egg, roasted soy nuts, baked corn tortilla chips with tomato salsa or guacamole, cherry tomatoes or baby carrots with hummus, a handful of dried peaches or apricots, freeze-dried sliced strawberries, fig bars, crackers and soy cheese

BEVERAGES

- Water, apple juice (unsweetened), cranberry juice (unsweetened), green tea, orange juice, lemonade, limeade, mint tea, tomato juice, Clamato, almond milk, rice milk, soy milk





PRODUCTS

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

ELEMENT ESSENTIALS



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



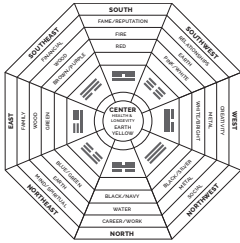
Restore the natural balance of your skin with our natural skin care line suitable for all skin types. **Renewing Cleanser** purges pores to remove impurities and revitalize the skin, without stripping or over-drying. **Radiant Day Cream** is a shine-free, nourishing antioxidant-rich moisturizer that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



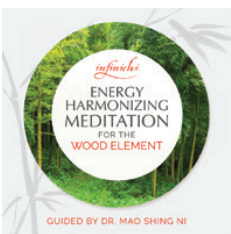
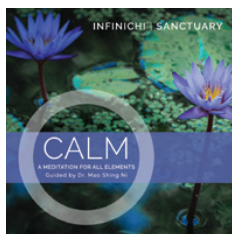
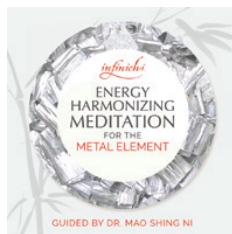
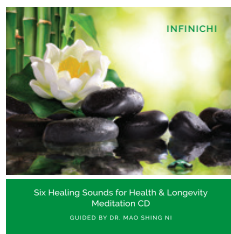
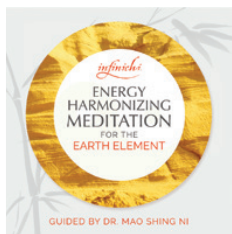
Aromatherapy is more than a scent for relaxation. Therapeutic oils are highly concentrated with oxygen and nutrients. They act as the life-force or Chi of a plant by nourishing, repairing structural damage, destroying infections, optimizing circulation and enhancing energy frequencies. Likewise, the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

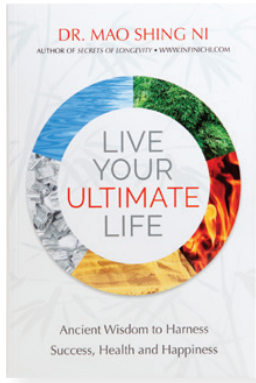
MEDITATION



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.

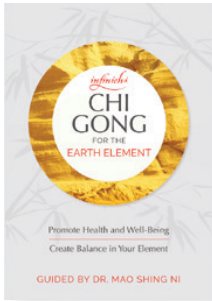
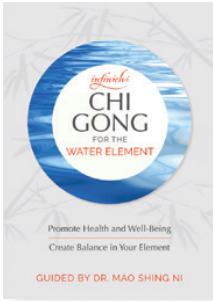
Guided meditation offers a proven approach that gives you lasting benefits for radiant health, happiness and self-empowerment. Infinichi offers a wide collection of CDs and downloadable guided meditations. Our **Energy Harmonizing Meditations for the Elements** specifically supports your Element with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

USE CODE
BOOKLET15%

TO RECEIVE
15% OFF
YOUR NEXT PURCHASE.

One use per customer.
Infinichi Consultants not eligible
for this promotion.



Welcome 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 Wood Element, and have specific attributes that are interesting to learn about.

TELL YOUR FRIENDS!

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

www.infinichi.com

INFINICHI

13315 WASHINGTON BOULEVARD, SUITE 200

LOS ANGELES, CA 90066

800.772.0222

\$9.95