

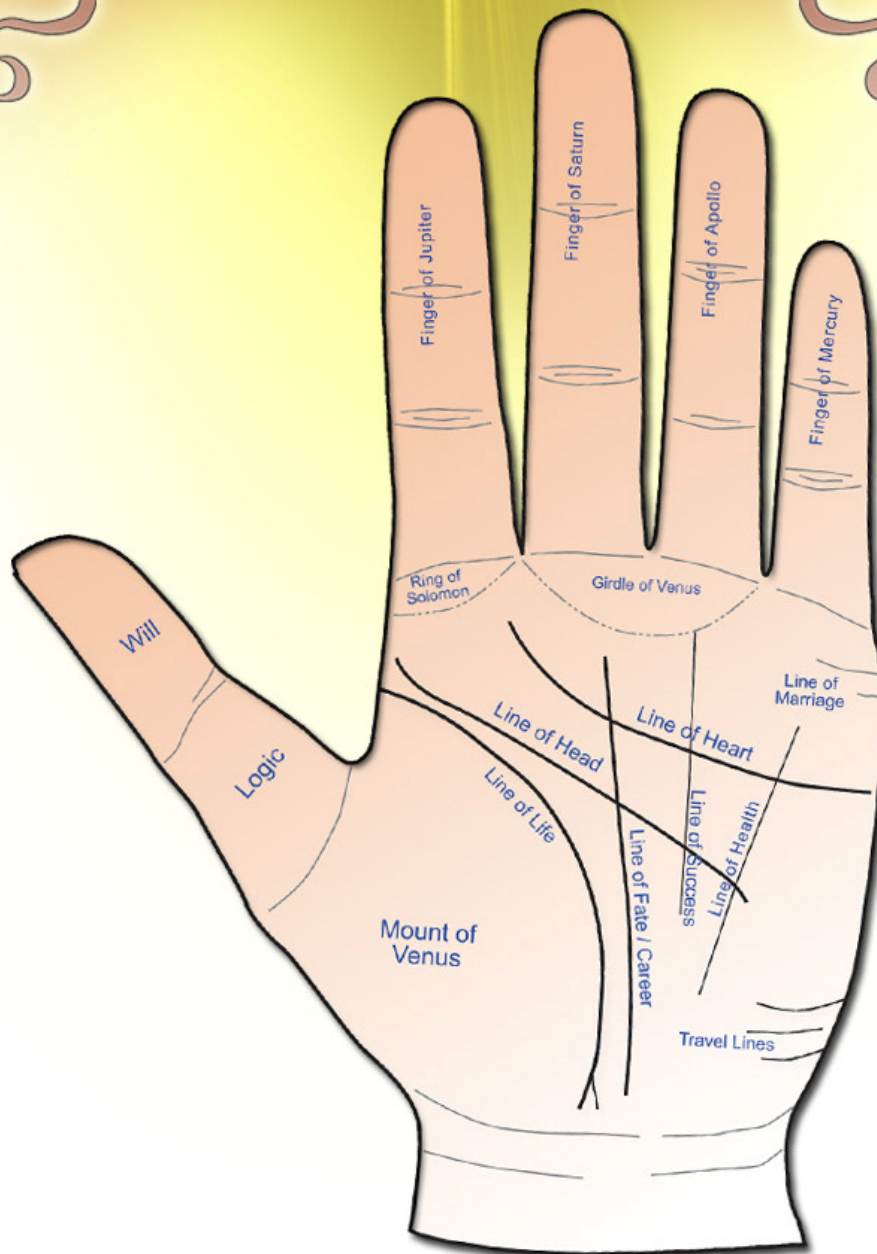


# The True Secrets of Palmistry



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*Written by*

*Master Lim Han Chuan*

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### **About the Author**

Master Chuan is a modern day geomancer who believes that the ancient arts of Feng Shui, Palmistry and the Four Pillar Analysis are practical solutions to solve our everyday challenges.

Having read the palms of some 6,000 people from all walks of life in the last 15 years and combined with Feng Shui and Four Pillar Analysis (BaZi), Master Chuan offers comprehensive readings and analysis for both individuals and organisations.

Practical in his approach, Master Chuan draws on the proven wisdom of these ancient arts and relates them to today's challenges. And through simple real life illustrations and analogies, he connects easily with clients and quickly points them to the right solution.

Well-versed in areas of personal success, budgeting, financial control, health improvement, disease prevention, stress management, personal achievement, relationship management, Master Chuan provides customised recommendations that are easily implemented.

Master Chuan has also written many articles in various publications and conducted numerous workshops on Palmistry and Feng Shui for various distinguished organisations, both locally in Singapore and in other countries (Malaysia & Germany).

Master Chuan is a Psychology graduate from the National University of Singapore (1997) and has a Master degree from De Monfort University, Leicester, UK (2001).



Below are some of the areas that Master Chuan specialises:

- Palmistry (more than 14 years of experience)
- Four Pillar Analysis (Commonly known as Chinese Eight Character or Chinese Astrology)
- Feng Shui (Flying Star School, San He, San Yuan, Xuan Kong Fei Xing, etc.)
- Auspicious Dates Selection (For weddings, business openings, major corporate events, ceremonies, moving to new house, etc.)

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## What is palmistry?

In simple terms, palmistry refers to the study of the hands' shapes, sizes, lines and creases. By studying the hand, we can use it to determine the personality of a person and with the interpretation of the markings and signs, we can also "foretell" (more on this topic later) the future of a person. When we can foretell the future, we would also be able to tell about the past of a person.

Some common names for this divination method are:

- Chiromancy or Cheiromancy (*The study of the lines and creases in the hands*)
- Chirognomy or Cheirognomy (*The study of the hands and shapes*)
- Dermatoglyphics (*The study of the prints and ridges, or finger prints in the hands*)
- Palm Reading
- Hand Analysis

### Basic principles of palmistry

When we look at a hand, we will need to look at it from many perspectives, first we will need to determine the basic shapes of the palm, then the fingers, then the thumb. We will next need to compare the length and shapes of the palm and the fingers with one another. Different features of the hands would have different meanings associated to it. At the same time, we will look at the starting and ending points of the main and secondary lines in the palm. Then we will determine if there are any unique signs and shapes formed by the lines. These lines will also have different meanings associated to it.

We will need to study the other features of the palm like the colour, the touch, the fingernails, the feel, the temperature, etc. All these are the things that we will need to analyse when doing a palm reading.

## What this course will do for you

Before we plunge into the main section of the course, I would like to explain what this course will do for you. Let's set some expectations right, so that we know where we are heading.

This ebook is meant for a beginner of palmistry, to learn about all the tips and tricks on how to learn palmistry in the shortest amount of time. At the same time, many of the illustrations are specially prepared by me. Thus you can ensure that the illustrations are as accurate as they can be and not some lines drawn on some out of shape hands...

For those who have some experience in palmistry or even slightly more advanced in palmistry knowledge, you will be able to pick up the basics of palmistry such that even without having read that signs anywhere else from any books, you can use the logic that I teach to deduce the meaning of the lines on your own. This will definitely be better than memorizing different meanings from different books.

There will also be some information that you will never find from any other books as they are uniquely developed by me through many years of verification and practice.

Other than the above points, you will get to learn the following topics:

- Allow you to have a basic understanding in the main principles in palm reading
- Basic introduction to Cheirognomy
- Basic introduction to Chiromancy

- How to read the major lines in a palm
- How to interpret conflicting signs
- How to continue learning palmistry

# Basics of Palmistry

## *History of Palmistry*

Palmistry is a form of divination that has been thought to be originated from various sources. One of the most common believe is that it came from India and slowly spread across China, Greece, Europe and some other Asian countries. For a more comprehensive description of the history of palmistry, you may want to search for “palmistry” in Wikipedia. You may click on the following link to the articles on palmistry here:

<http://en.wikipedia.org/wiki/Palmistry>

In the west, palmistry was popularised by Count Louis Hamon (1866-1936). He is commonly known as Cheiro. Cheiro wrote many books on palmistry and recorded many of his experience in these books. If you are really serious in learning palmistry, then it will be good if you can find the reprints of his books. You can read more about him from the below link:

<http://en.wikipedia.org/wiki/Cheiro>

In summary, Cheiro learned palmistry directly in India and brought the knowledge with him to the west. He was commonly consulted by the people of the media (famous movie stars and singers) and thus that gave a lot of publicity to his abilities. He also wrote many books on palmistry and other topics and recorded much of his experiences. However, if you were to be able to find the original prints of these books, you will find that they are not too fun to read and some of the words he used are really too complex for the commoners like you and me. If you really want to go deeper into palmistry, then reading his book will often give you different perspective and ideas on palmistry.

## *Logic behind Palmistry*

The hand and the face are the most used parts of our body. From a proportion point of view, out of the 206 bones in a human body, we have 54 bones in the hands. With more bones in that body part, there will be more complex movements possible for that part. With more complex movements, there will be more muscles in that area.

Our hands are so complex in its structure and capability that it is very difficult for anyone to replicate our hands artificially. Even if we can replicate it, it will also require a lot of sensors and complex mechanics to just do a simple task like putting a thread through a needle. Our hands not only can put a needle through a thread easily, they can also perform some very complex tasks. With all these complexities, this is where we can deduce that there are actually many complex nerves connections from our brains to our hands. Thus with all these connections, our hands are acting like a window to the complexity of our brains.

All our thoughts and ideas are merely chemical changes in our brain. These chemical changes are thus then reflected in our palms in the form of lines and creases, shapes and length. What ever personality we are and how we think are then directly reflected in the palm. With a certain set of personality traits, we will have certain form of tendencies to do certain things. For example, when we look at our knees, it has been designed to only bend in one direction, thus by looking at the structure, we can say that it will only move in a fixed movement and other direction of movements will either require a change in the structure or damaging of the structure.

Using the same logic on a person's personality, when we know that a person is stubborn, he or she will not listen to other people's advice most of the time. Thus we can also deduce that the stubbornness will often cause him or her to be less open to new ways of doing things and if he or she makes a wrong decision, he or she will be less likely to alter them even if he or she have noticed that something is going wrong. It is with these "tendencies" that we can, in a way, predict the "future" of a person.

With regards to the prediction of future, there is also another theory that you can consider. Each of us are said to be projecting our wants and needs all the time. That projection is in fact the dominant thoughts that we have at any time. These dominant thought are often directly projected into the palm the moment they are in our consciousness. Even if we are not consciously aware of it, our mind is already repeatedly processing it. Thus it will be reflected in our hands.





In this diagram, take note of the names of the areas below the four fingers. These names are something that you will need to memorise by hard so that you will know what we are talking about in the later part of the book. Try identifying these parts on the hands of your friends and colleagues. You may also want to print an extra copy of this diagram for yourself when you try to read the hands of other people, this will allow you to easily refer to the location of the palm.

### ***General things to note within a palm***

When we read the hands of a person, we will need to take note of the following points and use the different meanings that are attributed to them and give a comprehensive analysis.

- The general shapes
- Softness/Stiffness of the palm
- Flexibility of the palm
- Colour of the palm
- Fingers and thumb (shapes, length of fingers & relative size of phalanges)
- Mounts in the palm
- Lines in the palm (major, secondary and minor lines or signs)

### ***Exercise 1- Knowing the palms***

Now, after reading so much about the introduction, it is time for you to get started to read your first palm! The objective of this exercise is to allow you to find out how sensitive you are about palms before you actually learn anything about them. What type of observations you can have if you were to use your “layman’s term” to describe the hands.

Find a partner and take a close look at his or her both palms. Try and take note of the following things and jot down any significant feature you see in the palm:

- The general shapes
- Softness/Stiffness of the palm
- Flexibility of the palm
- Colour of the palm
- Fingers and thumb (shapes, length of fingers & relative size of phalanges)
- Mounts in the palm
- Lines in the palm (major, secondary and minor lines or signs)
- The finger nails

Try to use your own words to describe the hand and do not refer to the ebook for the correct description. Do not worry, there is no right or wrong answer at this stage. You will get to see the difference of your description when you start with the rest of the exercises. You must finish this exercise in order to make the further reading meaningful. Skipping this exercise will not bring about good learning outcome.

**Note: This same exercise can be found in the end of the ebook under Appendix 1. You can print these exercises and use them as reference for your practices during your readings.**

## ***Which hand to read?***

This is one of the most conflicting points about palmistry. Many masters will always insist that their method is the correct one. However, through my experience, some of the methods may be totally inaccurate for some of the subjects. Thus we will need to keep our mind open and use a different method if we realise that our favourite method does not give a very accurate analysis. Some of the common methods are described below:

- Common method, Left for men, Right for women
  - This is a common method for Chinese palmistry and some of the western form of palmistry also subscribe to this theory.
- Traditional Chinese method,
  - For men, Left refers to 1-35 years old, Right refers to 35 years old and above.
  - For women, Right refers to 1-35 years old, Left refers to 35 years old and above.
  - This means that for a man, if you want to see the events between 1-35 years old, you will look at the Left hand. If you want to see any events between 35 years old to his old age, you will look at the Right hand. The reverse will be true for a lady.
- Indian method, Left for what you are born with, Right for what you make
  - The Indian palmistry believes that the Left hand is what you are born with and thus the left would tell about your natural tendencies and how your life should be. The Right hand is what you make as you live your life, thus this hand can be similar or sometimes different from the Left due to the different decisions that we make. In other words, the Right hand would tell you more about your current personality and also predict about your future.
- Master Chuan's method, look for the "Natural Dominant" hand
  - First you will get the person to put the two hands together and interlace their fingers over each other as if holding a prayer's gesture like a Christian. (See diagram in next page)
  - Then check which thumb is on the top.
  - Which ever thumb that is at the top will be the "Natural Dominant" hand.
  - The "Natural Dominant" hand will signify the life that you make and the other hand will signify the life that you are born with.
  - Some people will say that all right-handers will definitely hold the gesture with the right thumb at the top. However, through simple observations, you can tell that some right-handers will still hold the gesture with their left thumb on the top.
  - The logic of this theory is that subconsciously, our mind may be passing the focused energy to our "Natural Dominant" hand and all current changes and thoughts will be reflected in there. I called them "Natural Dominant" hand because when you try to switch the sequence of the fingers in a reverse position while holding the gesture, your hands will somehow feel very awkward and uncomfortable. (Try it now, and you will know what I mean.)
  - Do take note that all the fingers and thumbs must interlace with each other. Do not mistake this with the gesture of clapping hands.



## **Study of the hand shapes and sizes – Cheirognomy (Chirognomy)**

### ***The different shapes of hands***

Now, we will move into the discussion on the different shapes of the hands. The shapes of hands are the most fundamental thing that we can take note of from a person's palm. Simply by looking at the shapes, we can quickly deduce some natural tendencies. However, do take note that the reading of the hand shapes only helps you to establish a baseline for the reading. You will still need to look into the other details shared in this book to help you to give a more precise and detailed analysis.

The way we conduct a reading is to get as many supporting factors of the same trait as possible. A single factor that tells about stubbornness only means a possibility, a second factor found in the hand that tells about stubbornness helps to strengthen that personality trait. A third factor found in the hand that tells about stubbornness helps to confirm that personality trait. So, always try to find as many confirming factors from the palm as you can so that you can be more firm with your readings. However, when you are not able to find more supporting factors, it does not mean that the personality trait does not exist, it only means that it is not as strong as a person who has 3 confirming factors. Many of the readings that we do are simply a comparison of what is the norm. The only way to establish a norm is to start to collect a baseline of what is what from many samples. The more hands you read, the more baselines you can establish.

### **Elementary hand**

This hand is represented by the below few points:

- Short fingers
- Thick and hard hand
- Coarse looking
- Lack of slenderness
- Close to a square shape

When we look at this type of hands, we will need to be able to differentiate it from a normal Square hand. Normally a Square hand is more slender in its look. An Elementary hand is less "beautiful" and when you look at it, there is no feel of "grace" in that hand. The other more obvious factor that can help you to confirm that it is an elementary hand is that you can also take a look at the person's face or even the dress sense. People with an Elementary hand would usually have a poorer dress sense and are less intellectual in their outlook. The owners of such hands usually engaged themselves with jobs that are more physical and labour intensive. They will also be followers of instructions and cannot be good leaders.

### **Elementary hand tendencies**

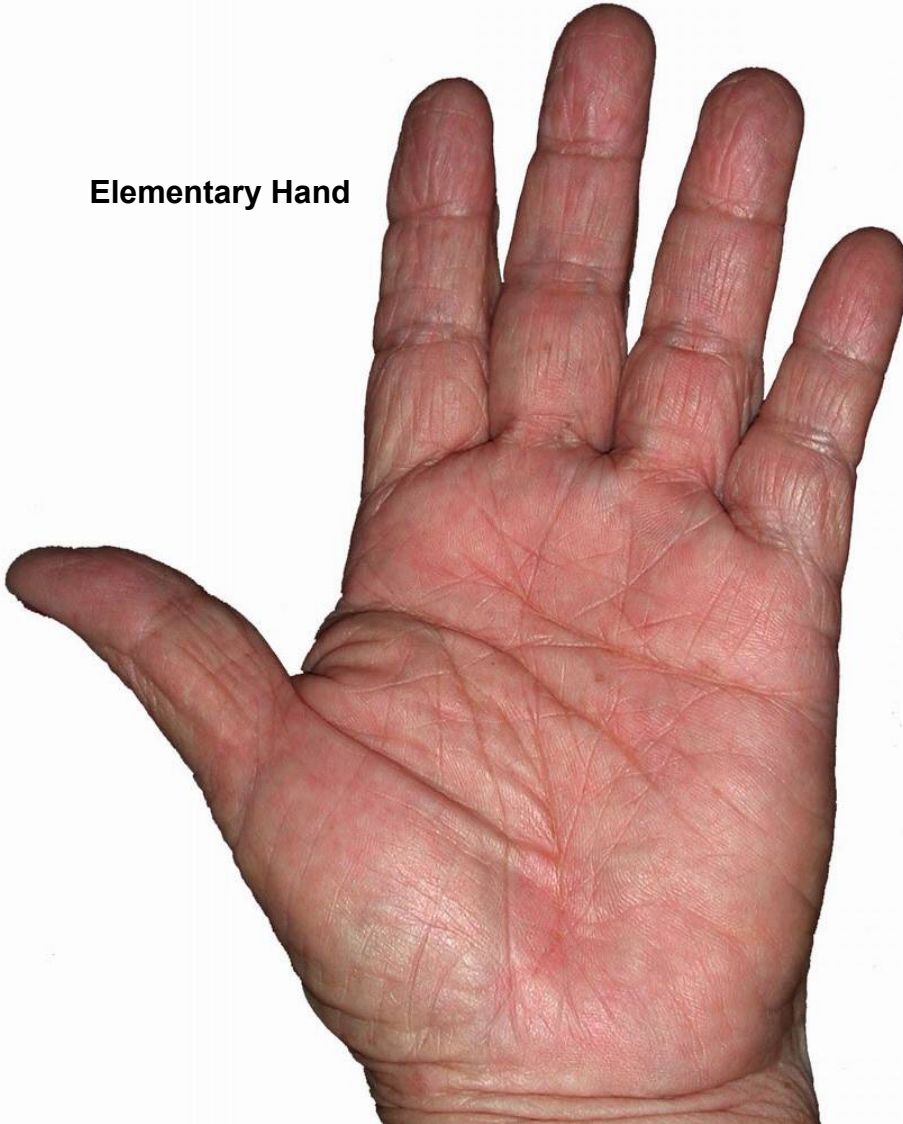
Some of the common tendencies associated with an Elementary hand are:

- Lack of creativity
- Lack of sense of beauty
- Mechanical

- Lower level of mentality (usually associated with poor knowledge)
- Lack of refinement in thought and emotions

When we look at the tendencies, we will realize that the owners of Elementary hands will be more on the physical side and less on the mental side. They are better at doing things and executing instructions. They are not strong in organizing things and solving problems. Their hands are their most useful “tools” of the body. However, when combined with good lines (like a long and clear head line and a nicely shaped thumb), some of these less positive personality traits can be altered.

**Elementary Hand**



## **Square hand**

This hand is represented by the below few points:

- Square like
- Strong and firm
- Fleshy (meaty)
- Rigid

When we look at the Square hand, you can literally draw a square to encompass the palm (without the fingers). The width and the height of the palm is almost the same. Square hands are commonly associated with short if not medium length fingers. It is rather seldom that you will come across a Square hand with very long fingers. Remember, the square-ness of the palm is observed without the fingers.

## **Square hand tendencies**

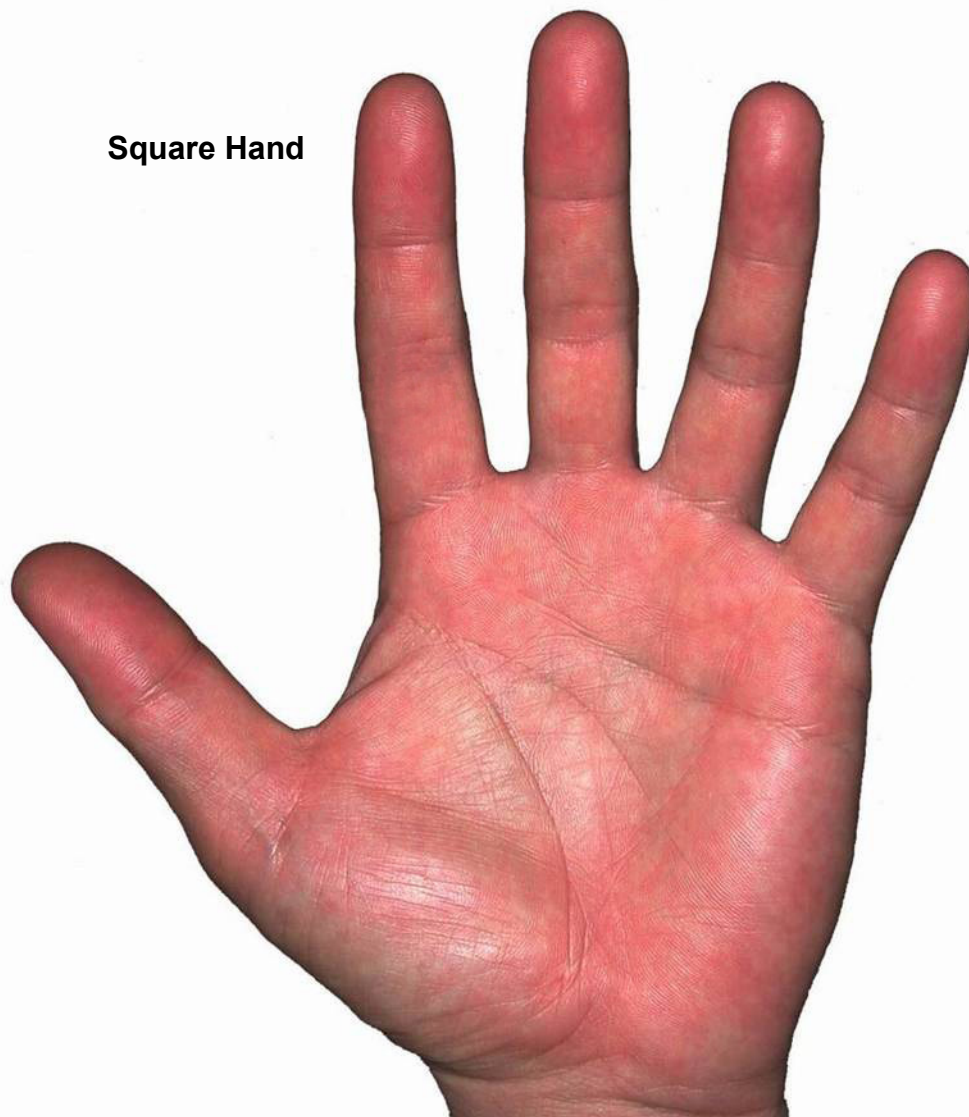
Some of the common tendencies associated with a Square hand are:

- Mechanical
- Engineering
- Need for precision
- Methodical
- Courageous
- Perseverance
- Conventional

The owner of a Square hand is often a very good engineer or good at mechanical related type of occupation. They are methodical and take things a step at a time. They can calculate well and can follow rules and principles properly. These people may not be the social lime light of an event, but they are usually the man behind all great inventions and man made marvels. They may not be the great inventor or the designers, but they are the essential group of people that help to put all things together and turn other people's dreams into reality. You can also say that they are great builders.



**Square Hand**



## ***Spatulate hand***

This hand is represented by the below few points:

- Tip of fingers like spatula (small spoons for scooping chemicals)
- Broader base near the wrist of base of fingers

Spatulate hands are not very common to find. They only refer to a minority of a certain group of people. Even within my many years of experience, I have only come across very few of them. Thus you will not need to memorise this type of hands, you just need to know that there is such a type of hands out there.

## **Spatulate hand tendencies**

Some of the common tendencies associated with a Spatulate hand are:

- Work with burst of enthusiasm (inconsistent)
- If soft, very restless
- Exploring new things
- Loves action
- Independence of spirit

Looking at the description of the tendencies, we know that these people are adventurous and like freedom of their own. However, they are not so consistent in their temperament and will need to learn to be consistent in their actions in order to succeed in life. However, when accompanied with a very thumb, the inconsistent nature can be easily overcome.

**Spatulate Hand**



### ***Philosophic hand***

This hand is represented by the below few points:

- Long fingers
- Long palm
- Bony fingers and obvious joints (knots)

When you compare the width of the palm with the height of the palm, the height will always be more. This palm looks more like a rectangle and the width is often very narrow. The fingers are also long and usually have “knots” on them. When you look at the fingers, they are usually more pronounced at the joints area. Imagine that you want to wear a ring on the middle finger of a Philosophic hand, it will be harder to get the ring through the middle joint of the finger and when the ring got through it, the ring will still feel a bit loose around the bottom of the finger. We call these fingers as having “knots”. When you look at a philosophic hand, the joints of the fingers are usually more prominent and obvious. However, the most distinctive feature is still the long fingers and palm.

### **Philosophic hand tendencies**

Some of the common tendencies associated with a Philosophic hand are:

- Loves wisdom and knowledge
- Mental and thinker
- Lacks action
- Pure types are not good with business and money

A person with Philosophic hand is always a knowledge seeker. They are more mental than physical. They think a lot and often good at analyzing things. However, due to the over analytical nature, they are not very fast in taking actions. Thus people with such hands are better at mind related work and the creative field. This type of hand is more commonly found in the ladies than in men.



**Philosophic Hand**

## **Conic hand**

This hand is represented by the below few points:

- Long fingers
- Tapered at the tips
- Very demure and soft looking

The most prominent feature of a conic hand is its slenderness. The hand would naturally look very much like a lady's hand (even on male subjects) and the finger tips has to be pointed like the picture below. It is one of the most beautiful hands, however, its tendencies are not one of the best.

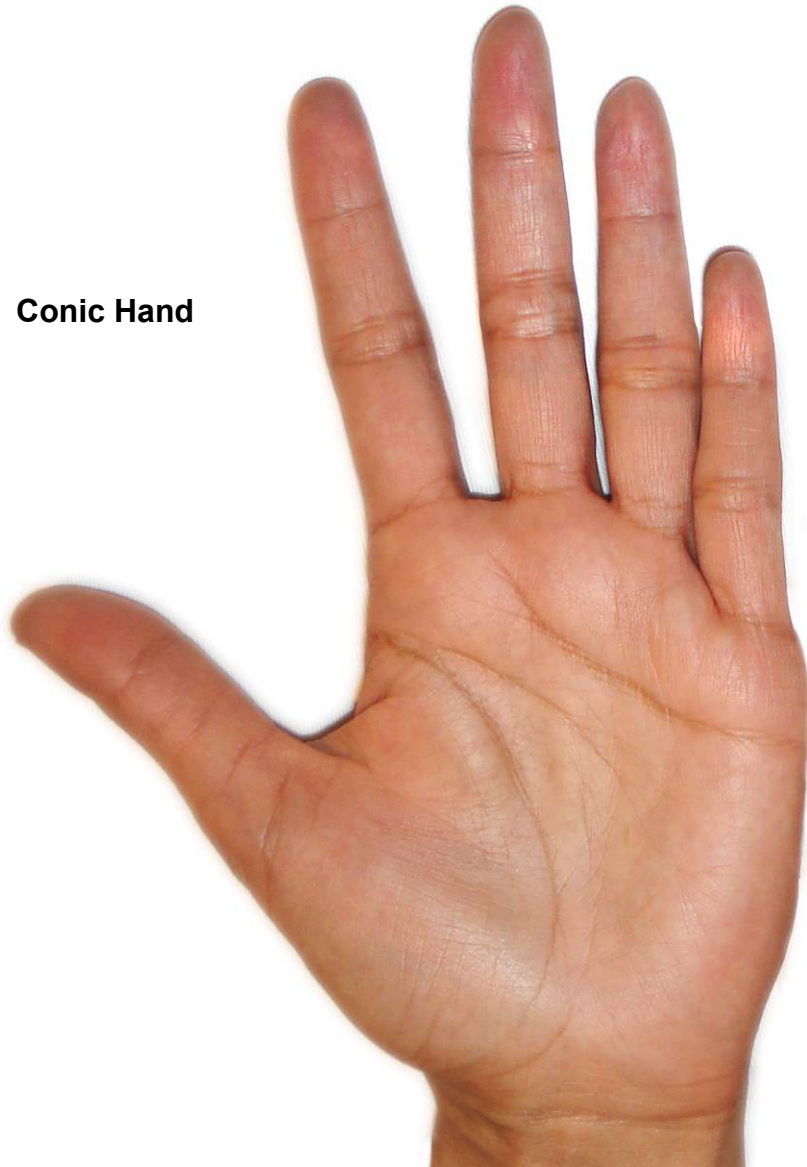
## **Conic hand tendencies**

Some of the common tendencies associated with a Spatulate hand are:

- Mental personalities
- Artistic inclination
- Loves luxury and enjoyment of life
- Good conversationalist
- Often superficial in knowledge
- Tends to judge by impulses

The owner of a Conic hand will be artistically inclined and also have a very good taste for beauty. They are like the owners of the Philosophic hands, very mental in their personality but they are better in the sense that they are more willing to take actions as compared to the Philosophic hands. The owner of a Conic hand will be good at talking to others but they often lack depth in their knowledge. Unless they are really an expert or have many years of experience in that topic, do not believe in them too easily.

### **Conic Hand**



### **The Mixed Hand**

In most cases, pure types of hands are not easy to find. Most of the time, you will only see a hand with a mixture of the different shapes. Thus do not think that you must fit a particular hand shapes in every hand that you see. The way to approach this problem is to first determine what type of shapes does this hand have, then try to see what is the dominant shapes features that you can see from the palm. Then based on the description of the personality traits, you can slowly adjust the intensity of each personality by using the supporting factors to deduce. Take a look at the next diagram and see if you can classify it into any particular hand shapes before you read the description below?



**The Mixed Hand**

This is a typical mixed type of hand. The palm area is slightly rectangular, more on the longer side than wider (which is the feature of a Philosophic hand). The last and index fingers are more pointed (which is the feature of a Conic hand), and the ring finger is slightly spatulated (which is the feature of a Spatulate hand). However, the most dominant feature of the hand is the mix between the Philosophic and Square palm. Even though it is slightly on the narrow side, it is not too narrow like the typical Philosophic hand. Thus there is a cross between the Philosophic hand and a Square hand.

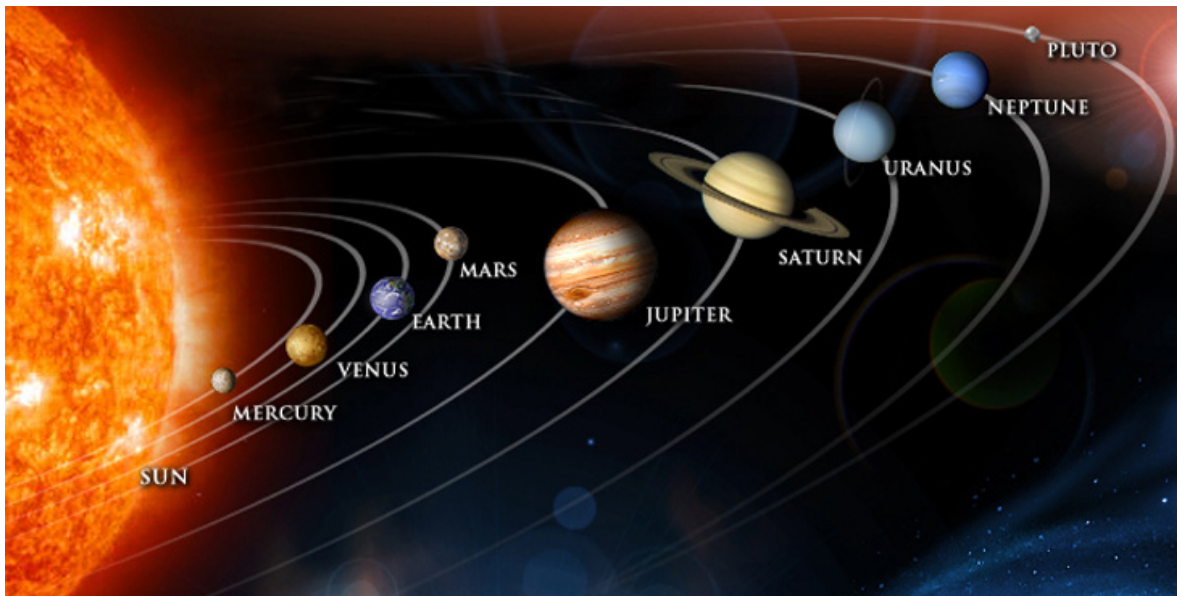
Temperament wise, this person would be more engineering like (Square hand tendencies), rather tactful and has a good taste for things that are beautiful (Conic hand tendencies) and able to accept theories and concepts that will intrigue his mind (Philosophic hand tendencies). You can also see the independence (Spatulate hand tendencies) in his nature.



# The Mounts in the hand

## *Planets in the palm*

<b>Jupiter</b>	- The index finger and the mount below it
<b>Saturn</b>	- The middle finger and the mount below it
<b>Apollo (Sun)</b>	- The ring finger and the mount below it
<b>Mercury</b>	- The little finger and the mount below it
<b>Mars</b>	- The upper mount inside the life line
<b>Venus</b>	- The lower mount inside the life line
<b>Moon</b>	- The mount on the outer edge of the hand



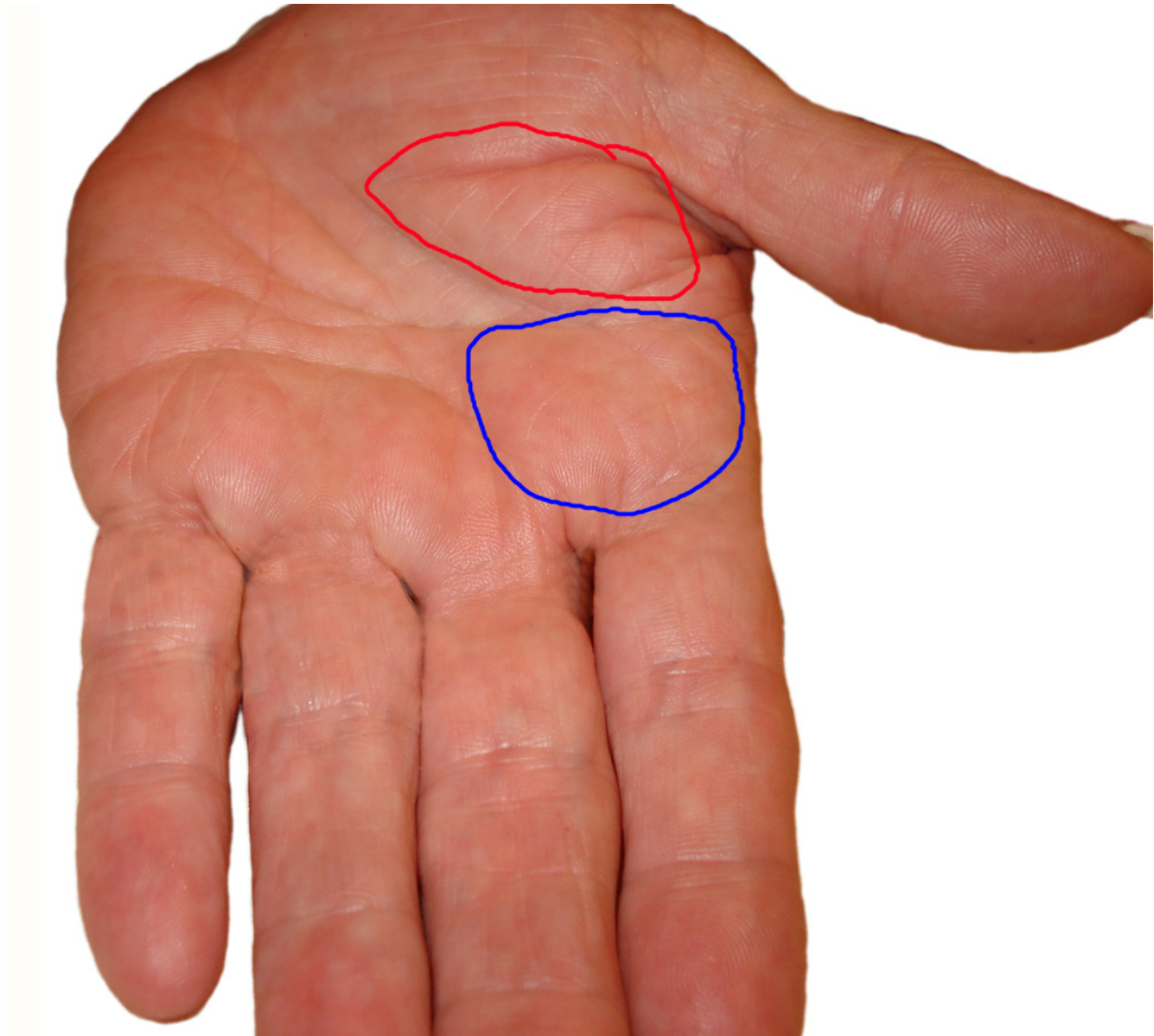
The mounts of the hand refers to the fleshy-ness of the hand. When you put your hand side ways, you can see that some hands are more lean (less fleshy) than others. At the same time, when you look at a “fat” hand, (not necessarily from a fat person), you will see that many areas of the mount is very fleshy and meaty. See below for a more detailed explanation of a mount.



On the left is a hand with most of the mounts being very flat. You can see that the palm itself is not too fleshy below the fingers. Most of the places are rather flat. However, not many of them are very “hollow”, meaning a bit sunken in the mounts area.



On the left is a hand with most of the mounts being very fleshy. Most of the areas below the fingers are a bit protruding and you can see them very clearly. These are what we call mounts that are full or prominent.



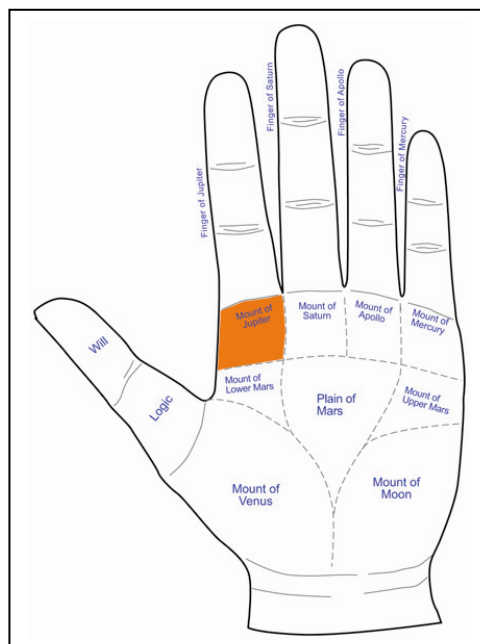
When you place a hand at this angle, you can see the mounts more easily. Mounts are one of the most difficult things to understand in palmistry. This is because most books are not very clear in their explanations on it. At the same time, most books do not have very clear graphics to really show the mounts on the hand.

Looking at the hand above, you can see that the mount below the index finger is very clearly shown and it is very prominent. Compare that to the mount below the middle finger, you can see that the mount below the middle finger is less protruding and is more flat (not fleshy). The mount that is being circled in red is also very prominent. This is the mount of the Lower Mars. We will discuss its meaning in the next part.

### **Jupiter - The index finger and the mount below it**

Jupiter is the largest planet in our solar system and at the same time, the Roman name for the Ruler of the Sky. Its Greek name is known as Zeus. As the ruler of the Olympian gods, Zeus wielded enormous power and almost absolute authority. This planet is associated with

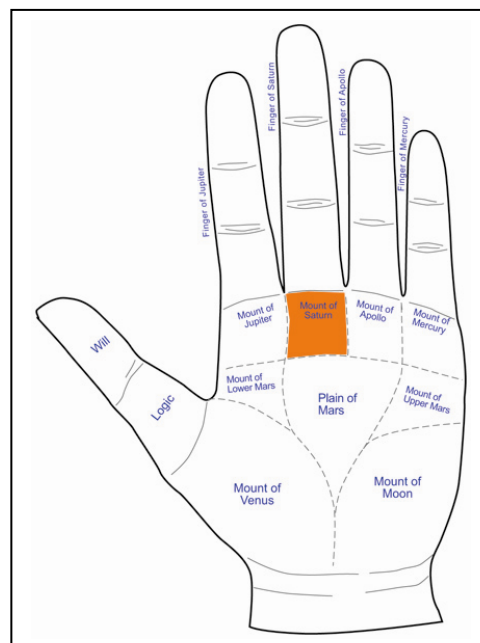
- Power
- Love of rule
- Ambition
- Authority
- Pride
- Social status (This can be in terms of fame, or respect from others)
- Leadership



### **Saturn - The middle finger and the mount below it**

The Romans God of Agriculture, Saturn is known for its earthliness and stability in nature. Saturn is always associated with

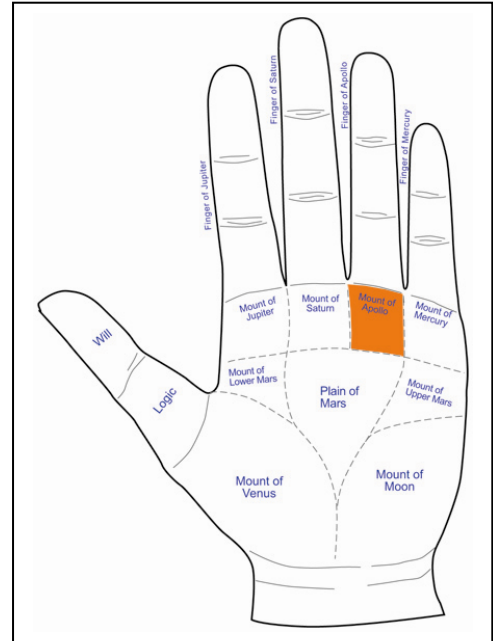
- Stability
- Balanced emotions
- Fitness
- Calculative studies
- Prudence
- Caution
- Solitude



### **Apollo (Sun) - The ring finger and the mount below it**

Apollo was the God of the Arts, commonly used interchangeably with the Sun finger, mount, line, etc. Apollo is associated with

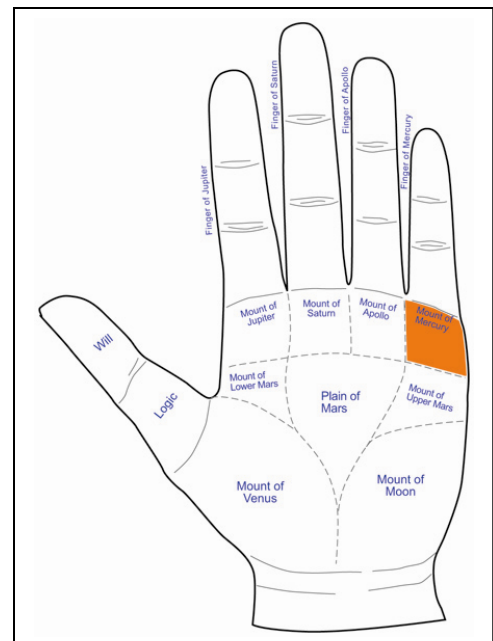
- Arts
- Creativity
- Appreciation
- Education & scholarship
- Love of the beautiful
- Success in undertakings



### **Mercury - The little finger and the mount below it**

Mercury was named by the Romans after the fleet-footed messenger of the gods because it seemed to move more quickly than any other planet. Mercury is associated with

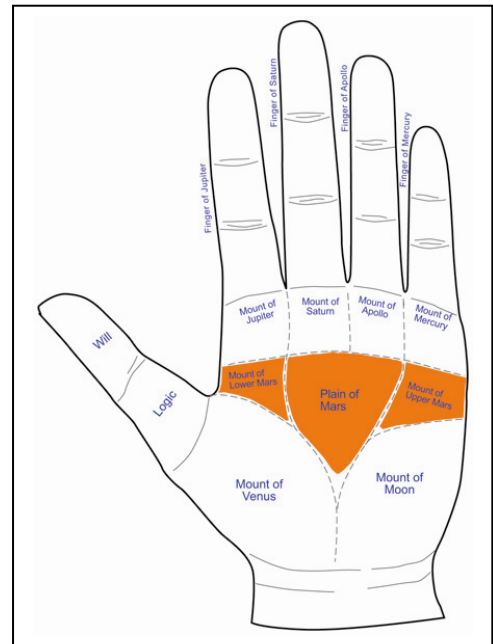
- Dexterity
- Communications
- Self expression
- Cheerfulness & hope
- Commercial aptitude
- Invention & creation
- Exact science like mathematics & physics



### Mars - The upper mount inside the life line

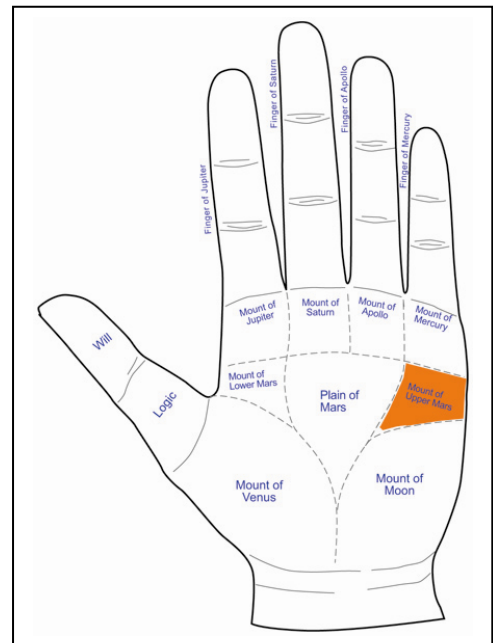
It was given its name by the Romans in honor of their God of War. The mount of Mars has been separated into three portions:

- *Upper Mars (below the Mount of Mercury)*
- *Lower Mars (below the Mount of Jupiter)*
- *Plain of Mars (centre of the palm)*



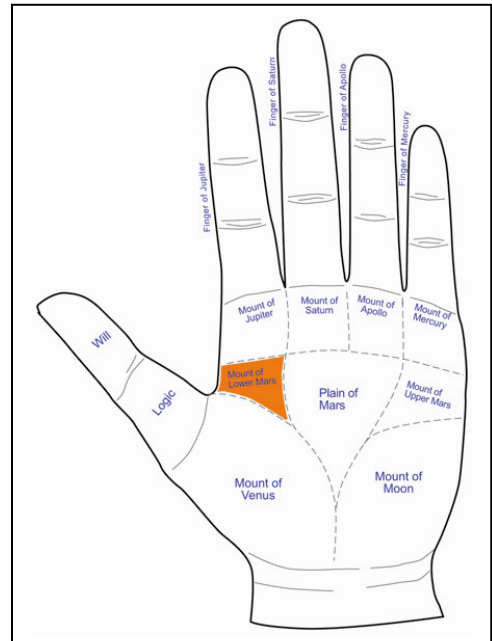
### Upper Mars is associated with

- Passive courage
- Strength of resistance against wrong
- Self control



### Lower Mars is associated with

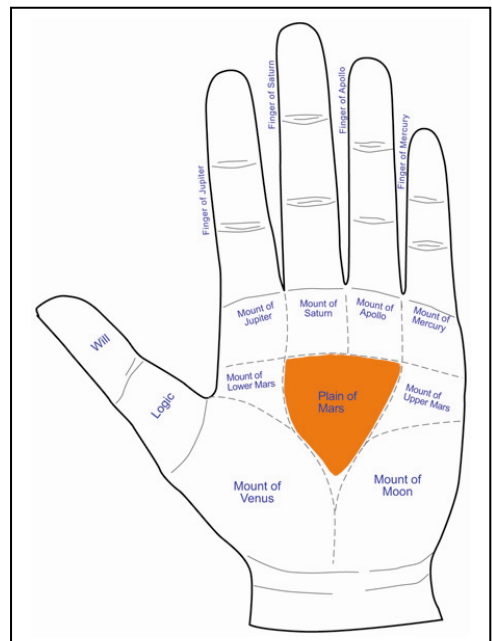
- Martial spirit (Like the form in knowing what is right or wrong or law enforcement, or rules enforcement)
- Active Courage
- Endurance
- Firm determination despite opposition
- When large, shows fighting disposition (this does not mean fighting physically)



### Plain of Mars

Combination of the Upper and Lower Mars

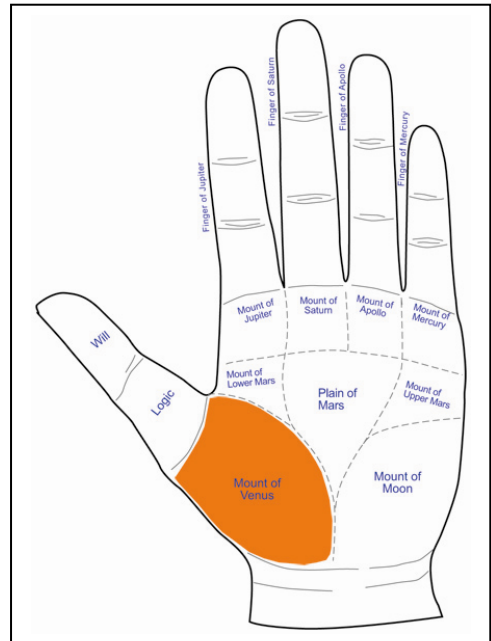
Note: a “hollow” Plain of Mars denotes lack in vitality either through their own perception or through giving away much of their vitality to other’s welfare which causes a “drained out” situation.



### Venus - The lower mount inside the life line

Venus, which is named after the Roman Goddess of Love and beauty, is one of the largest mount in the hand. Venus is associated with

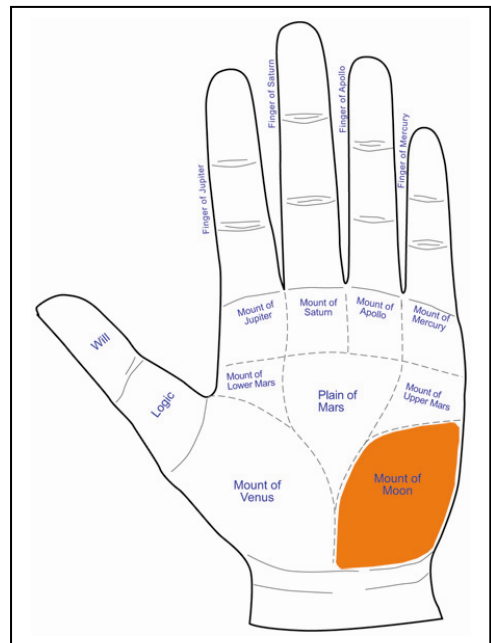
- Love from mother to child
- Love from husband to wife
- Family attitude
- Generosity
- Sympathy
- Strong animal forces
- “Enjoyment of life” (food, activities, travel)



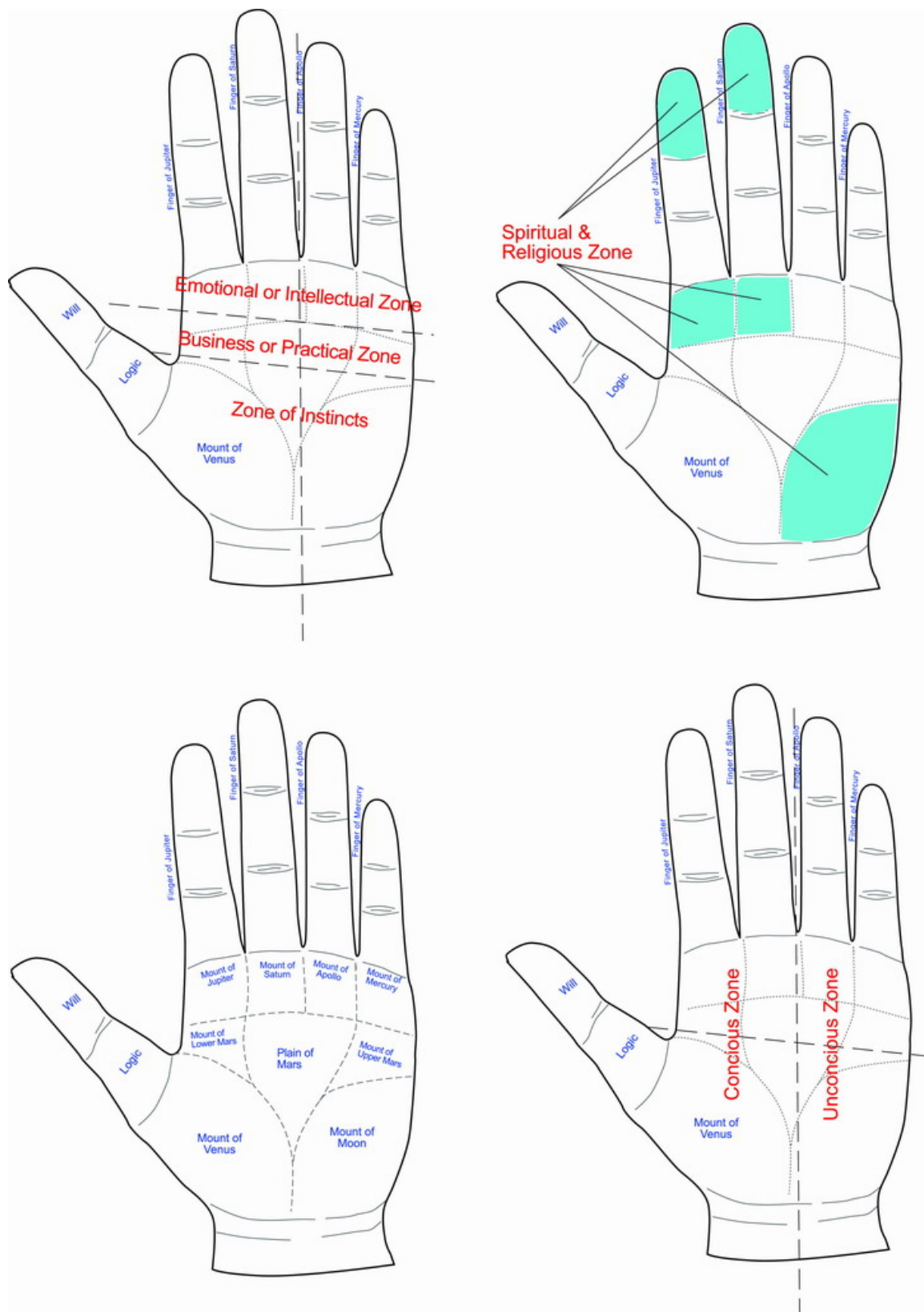
### Moon - The mount on the outer edge of the hand

In Greek mythology, Selene is known to the Romans as Luna, the Goddess of Moon. Moon is associated with

- Imagination
- Originality
- Creativity







The different zones refer to the inclinations of a person towards those areas. The way to determine the strength of each inclination is to see how big and protruding the mount is. The bigger and more fleshy the mount, the stronger the inclination. For example, when a person has a very strong Mount of Venus and Mount of Moon as compared to the other mounts, then we can say that the person is more inclined to instinctive behaviours as his Zone of Instincts are very well developed.

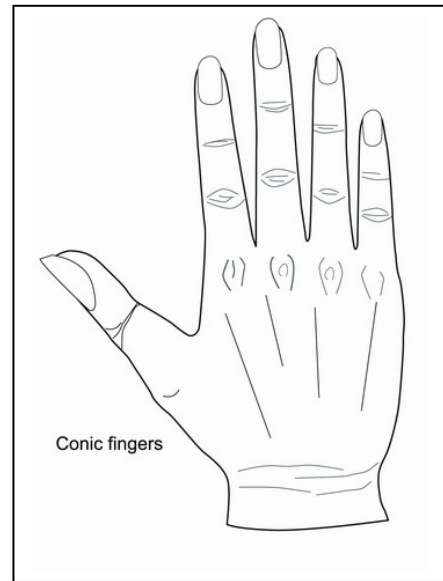
# The Fingers

Generally there are four main types of fingers

1. **Conic**
2. **Spatulate**
3. **Knotty**
4. **Mixed**

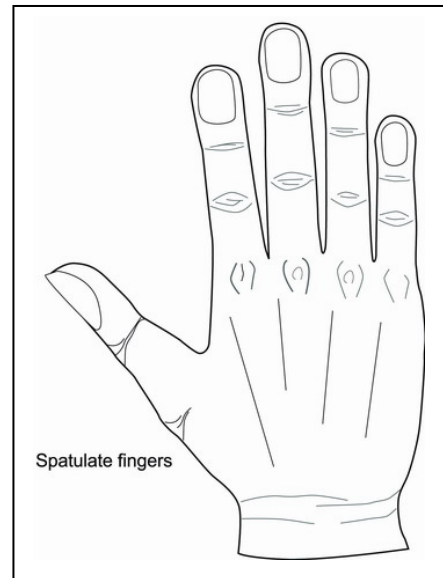
## **Conic Fingers**

- Even temperament
- Pleasure seeking
- Love of beauty
- Sometimes indulgence of self
- Mentally active
- Good sense of smartness



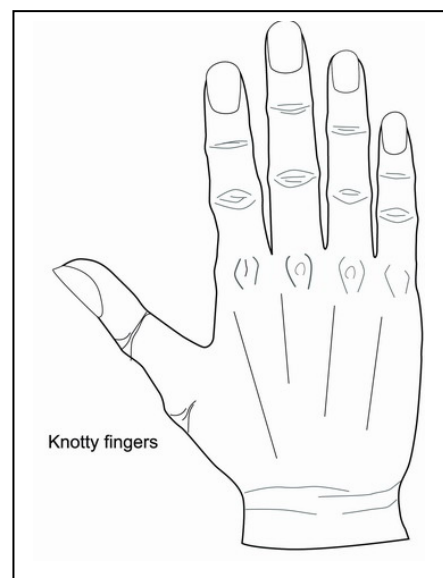
## **Spatulate Fingers**

- Love of action
- Independent spirit
- Solitude
- Sensitive



## **Knotty**

- Thinker
- Theoretical
- Looks into details
- Sometimes a day dreamer
- Always busy with thoughts

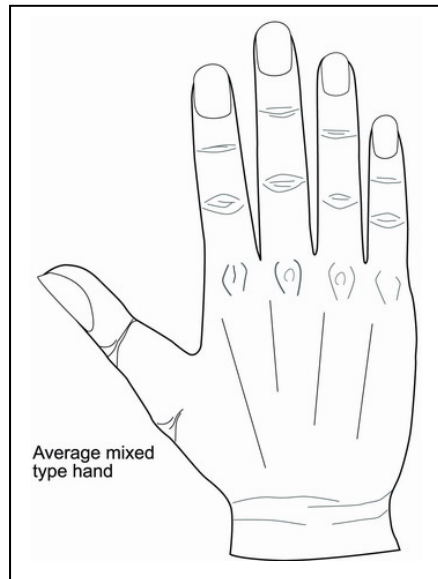


### **Mixed**

Depending on how it is being combined, the traits from the different finger shapes can show up in different ways.

#### **Note:**

It is usually difficult to find a pure type of hand or fingers. Very often, there are combinations of both different fingers and different hand shapes. Use the shapes and fingers as a spread of mask to determine the basic tendencies. Then check for character traits within the lines to see if there are any supporting or conflicting points. By weighing the different points, then you will be able to judge if that trait is showing very clearly or being neutralised at the end.



#### **Example:**

Square hand with conic fingers, clear and strong head line with very nice slope to the mount of moon. Mount of moon well developed and no bad markings.

Imaginative person with very active mind. Thinking of new ideas most of the time and love beauty and luxury. However, still retain a touch of practicality so as not to lose himself in indulgence. A very creative person.



# The Fingernails

The fingernails are a good place to see the natural health dispositions of a person. Every one of us is born with certain part of our body not as strong as the others. If given the right condition for the weak portion to thrive, we would run into health problems of that sort easily.

For example, we know that smoking causes cancer. However, not all smokers will develop cancer throughout their life time. We can say that smoking only increases their risk for cancer and heart disease. With the same logic, when we have certain part of our body being weaker, it only puts us in higher risk for such problems. As long as we take good care of ourselves in certain area, we are already reducing our risk and thus may avoid the possible problem entirely.

## ***Types of nails:***

### **Long**

- Less physical strength
- Tendencies towards chest and lungs problems
- Especially when very curved upwards
- Fluted and ribbed denotes throat trouble
- Problems towards upper half of the body

### **Short**

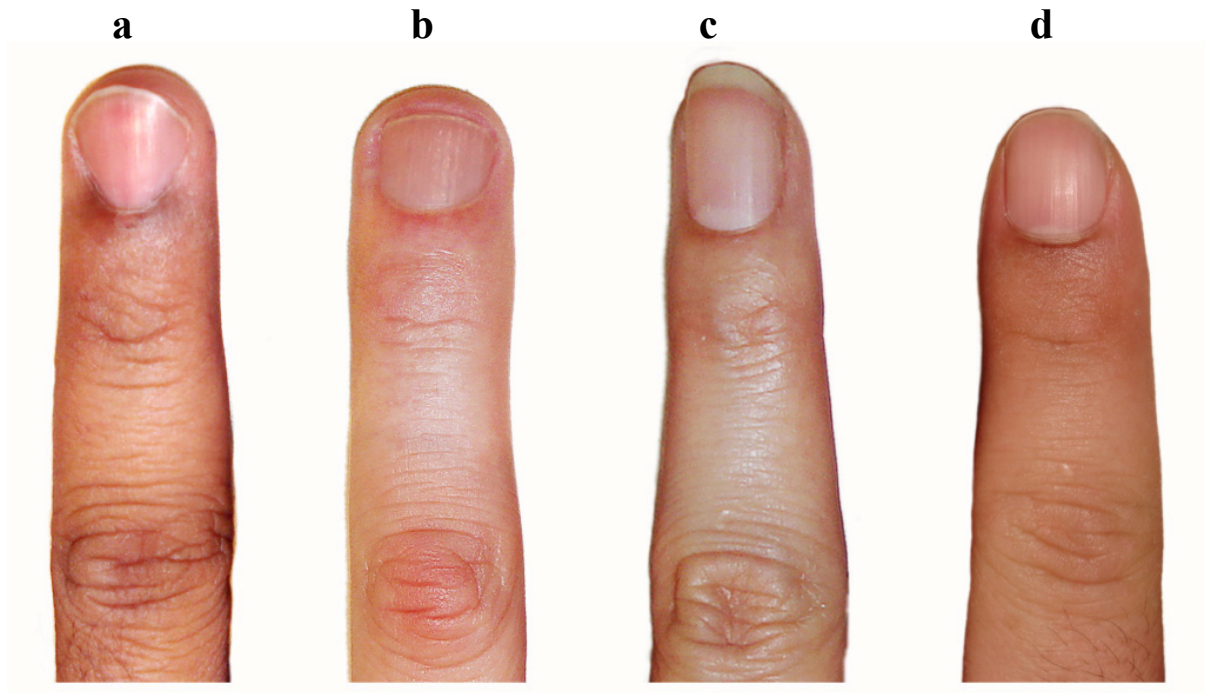
- Tendencies towards heart problems,
- More pronounced when no moons at the base
- Large moons shows good heart activity
- Sunken to the nail bed signifies nerve disorders
- Problems towards lower half of the body

### **Broad**

- Together with long nails signifies throat related problems
- With short nails enhances heart and circulatory problems
- "V" like shape at the base, signifies joints problems
- Very broad and rounded at the base, signifies blood related problems

### **Narrow**

- Nervousness in system
- Highly sensitive mentally
- Tendencies to think too much
- With long nails, asthmatic tendencies



**a** – Broad finger with “V” shaped bottom  
Joints and limbs problem  
With other serious signs, can mean paralysis

**b** – Broad and short with square-ish bottom  
Athletic person  
Tendencies for heart related problems

**c** – Narrow and long  
Lungs related problems  
Nervous in nature, tends to think too much  
Generally weaker physical strength  
Weaker upper body

**d** – Narrow and short  
Throat related problems  
Weaker upper body

When we look at nails, we will need to be able to classify them as broad or narrow or long or short. The way to determine that is to literally compare the width of the nail with the length of the nails.

Broad nails tend to have higher tendencies towards heart related problems.

Narrow nails tend to have higher tendencies towards respiratory problems.

Short nails tend to have blood circulatory joints related problems.

Long nails tend to have weaker upper body and lungs.

There are some important points about the nails that we have to bear in mind when we look at them.

Firstly, there are very few pure nails shape out there. Most of the time, the nails that we see in a hand is a mixture of a few shapes. This means that some can be long and broad at the same time or narrow and short at the same time. It is with the reading of many palms that allow us to have a clear baseline of what is broad, short, narrow or long. In most cases, we will need to combine the tendencies together in order to come to a conclusion.

Secondly, we will have to know that not all fingers would have the same shape for the nails in the same hand. Some fingers may have tendencies of lung problem while some fingers may indicate heart problems. The way to read these signs is to see which is the most prominent and distinctive feature in the hand. The more fingers share the same sign, the higher the chances of that problem may occur.

Thirdly, which is the most important point of all, all health tendencies are only a tendency towards a certain problem. However, it does not mean that the person will definitely have that health problem. In most cases, it is like sowing a seed for certain plant, as long as you do not put it in the soil and water it, it will not grow. This is like saying that smoking causes heart disease, but not all smokers will have heart disease. However, we do know that a very high percentage of the people who smoke will have heart disease.

Applying the same logic, when we look at a person with high tendencies for heart disease, we can only say that they have a high percentage of having heart disease. As long as they know how to take care of themselves with all the heart disease prevention method, then they should be in the safe zone and can still lead a very normal and healthy life. Thus when you give advise about health, you must be very careful with your words. You must always tell them that this is only a tendency and it need not develop as long as they know how to take precaution.

## Map of the mounts and fingers phalange traits



## Map of the Mounts

When using this chart, you will need to check on the surface area of the mount as compared to the other areas within the same hand. Those that are more prominent will carry more weight. At the same time, when there is no prominent mount, it does not mean that the personality trait is missing. It simply means that the personality trait is not as prominent.

## The Thumb (Will vs. Logic)

- The opposite acting “finger” of the hand
- It is able to touch all other finger tips easily, signifies connection to all the other traits
- A form of opposition to our will and animal instincts
- Most children who are born mentally challenged, tend to have badly shaped thumbs or atrophied thumbs
- Lowly set thumb refers to lower intellect or intelligence
- Well set thumb should reach the 3<sup>rd</sup> phalange of the Jupiter finger when the hand is closed
- The first phalange with the nail is ruling the will power of a person
- The second phalange of the thumb is ruling the logic of a person
- Comparing the two phalange together, the longer phalange (or the one with the bigger surface area) will have stronger influence

When we look at the thumb, it has to be nicely shaped and well “set” in the palm. The moment we find that it is a little out of shape or the proportion is not quite right, we know that the personality of that person will also be affected in the similar way. After many years of studying the palm, I realized that the thumb is a very important factor to look at if you want to find out if a person has that personality to achieve much in his life. A good thumb should be long and well shaped. It should also be proportionate to the other parts of the finger. When it is too small, it denotes a weaker character, and at times, it refers to poor intellect. A very lowly set thumb will also denote poor intellect.

Like the above points, a good thumb should extend around the middle portion of the Jupiter Finger’s (Index finger) first phalange. A lowly set thumb or a short thumb will usually reach below this mark or at the extreme cases, only reaches the starting point of the phalange. A person with such thumbs will usually find it hard to succeed in life and would usually have poorer form of mental capability. Such lowly set thumbs are usually found in the hands of the mentally challenged.

I have also observed that for those more successful people (upper management staff); they will tend to have a strong will power. This personality allows them to start and finish something easily and they will always follow through with their work. They will fulfill their promises and because of all these, they can achieve more in their career. However, having this personality does not mean a very happy life as sometimes, they can still have other problems in their life even though they are very successful in their career. Thus when we look at a hand, we will need to consider all the different aspect of the personality and also weigh the good and the bad of the different signs and markings.

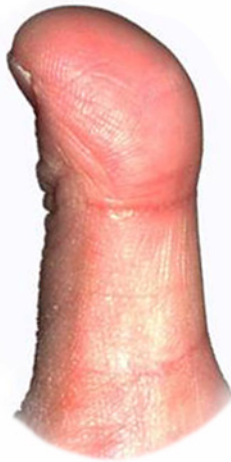


### ***The different types of thumbs***

**a**



**b**



- a** – Thin and sharp
- Refined
  - Sharpness
  - Needs confirmation
  - Weaker self esteem

- b** – Clubbed and over rounded tip
- Never say die spirit
  - Obstinacy
  - Lack understanding of resources
  - In a bad hand, denotes a crook

**c**



**d**



- c** – Slightly fleshy and round
- Gentle
  - Lack of drive

- d** – Moderately rounded and full
- Full of drive and will
  - Ability to finish what he started

### **Flexible thumb (Able to bend backwards easily)**

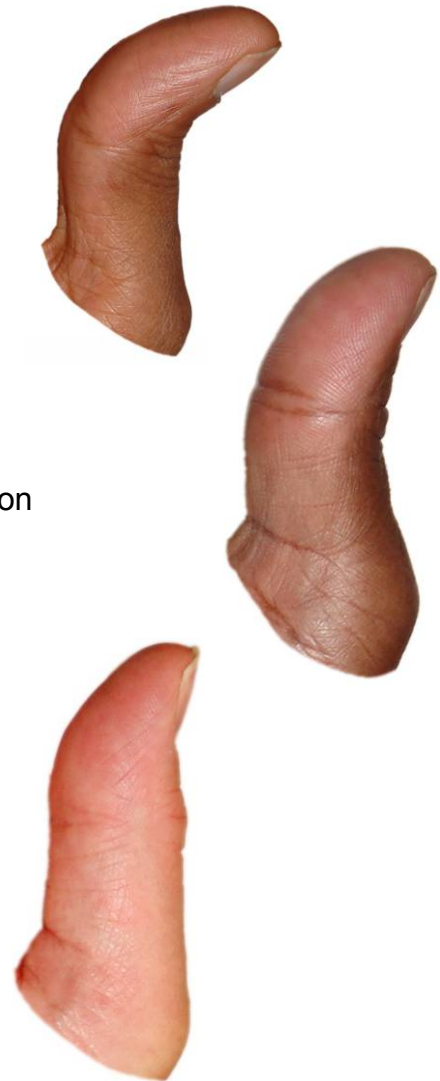
- Flexible in temperament
- Adaptable to environment
- Listens to others opinion
- Easily make friends with others
- Easily follow the instructions of others

### **Moderately flexible thumb (Able to bend backwards slightly)**

- Moderately stubborn
- Listens to others but will still stick to their own decision
- Not so adaptable to new environment
- Negotiable

### **Very inflexible thumb (Unable to bend backwards at all)**

- Very stubborn
- Strong opinionated
- Stick to own decision even if proven to be wrong
- Will not change decision once the mind is set



One other thing to note when reading the thumbs is to make sure that you have to get the subject to relax their thumb. You do not only just get them to raise the thumb and let you see the flexibility. It is also important that you physically touch that thumb and try to bend it backwards with a little pressure. This will allow you to have a better gauge of the actual flexibility of the thumb. However, do not exert too much pressure such that it can hurt the subject. Moderate pressure will be sufficient. Only by having touched the thumb will you be able to tell the true flexibility of the thumb.

## **The feel of the hand**

The touch of the hand is very important as it tells you how soft or hard the hand is. This is something where a palm print can not show. When we feel the hand of a person, we will need to know how it is related to the baseline that we have established. The way to establish a baseline is to touch as many hands as you can from today onwards and start to take note of how each hand feel like. There will be some hands that you will come across that are very hard and some that is very soft. Once you take note of the hands, you can start to observe their behaviours

according to the list of personality below. When you have done this homework many times, you will start to understand what does it means by firm, soft and hard. Generally below are some points to the touch and feel of the hand.

### ***Firm Hand***

Unless there are other extreme signs  
Most qualities are moderately strong  
Most qualities are consistent and easily discernible

### ***Hard Hand***

Very serious about things around him  
Rigid personality  
Very harsh in his punishment  
Tend to over-criticised himself  
“Life is not easy” attitude

### ***Soft Hand***

Very soft in nature  
Easily persuaded  
Opinions can be easily over-ruled  
Most qualities are very weak and inconsistent  
Qualities are not distinct

One of the most commonly argued topic in palmistry is the feel of the hand. Many people would claim that anyone who uses their hand very much (or engage in actual physical work) would have a harder hand. At the same time, those who are doing clerical work would have a softer hand. The truth is that when we try to feel the hands of those who are doing more clerical work, we can still find many hard hands in these people. There is no arguing that the type of vocation a person holds does affect the hardness of the hand, however, this influence is not very high. In many situations, you can still find some soft hands in these people who engaged in more physical work.

The other factor is that when a person has a hard hand, they will have a more rigid personality and will tend to see life from a tougher perspective. When you try to interview these people who engaged in physical labour, most of them would naturally think in this way too. This is because they know that in order to survive, they will need to work hard physically and put in their effort in exchange for their money. This perspective is also in line with the analysis of a hard hand.

One thing to note is that whenever you come across a hard hand, it does not mean that the person is definitely engaged in physical labour. From my own experience, I have seen many upper management personnel having such feature in their hands. The only way to explain this phenomenon is that the hardness of the hand is a reflection of their perspective of life and not the actual physical hardship of their life. The same opposite is also applicable to a soft hand. Not everyone who has soft hands is engaged in clerical or non physical work.

## ***Exercise 2 – What do you see on the hands***

Now that you have learned about the hand shapes and mounts and the fingers, it is time for you to practice. The objective of this exercise is to allow you to learn the difference in the palm you see in real life versus the palms that you see in a book. When you start to see more palms, you will realise that real palms are so much more dynamic than what most books claim. The key is to focus on what you are looking for. Do not be distracted by the things that you do not know or have not learned.

### **Estimated time of exercise: 15 mins**

Find a partner and take note of the mounts and shapes of the hand. Try to categorise them according to what you have learned. Take note if the mounts are full or flat, the fingers' shapes and sizes. What types do they belong to? Was the thumb stiff or supple?

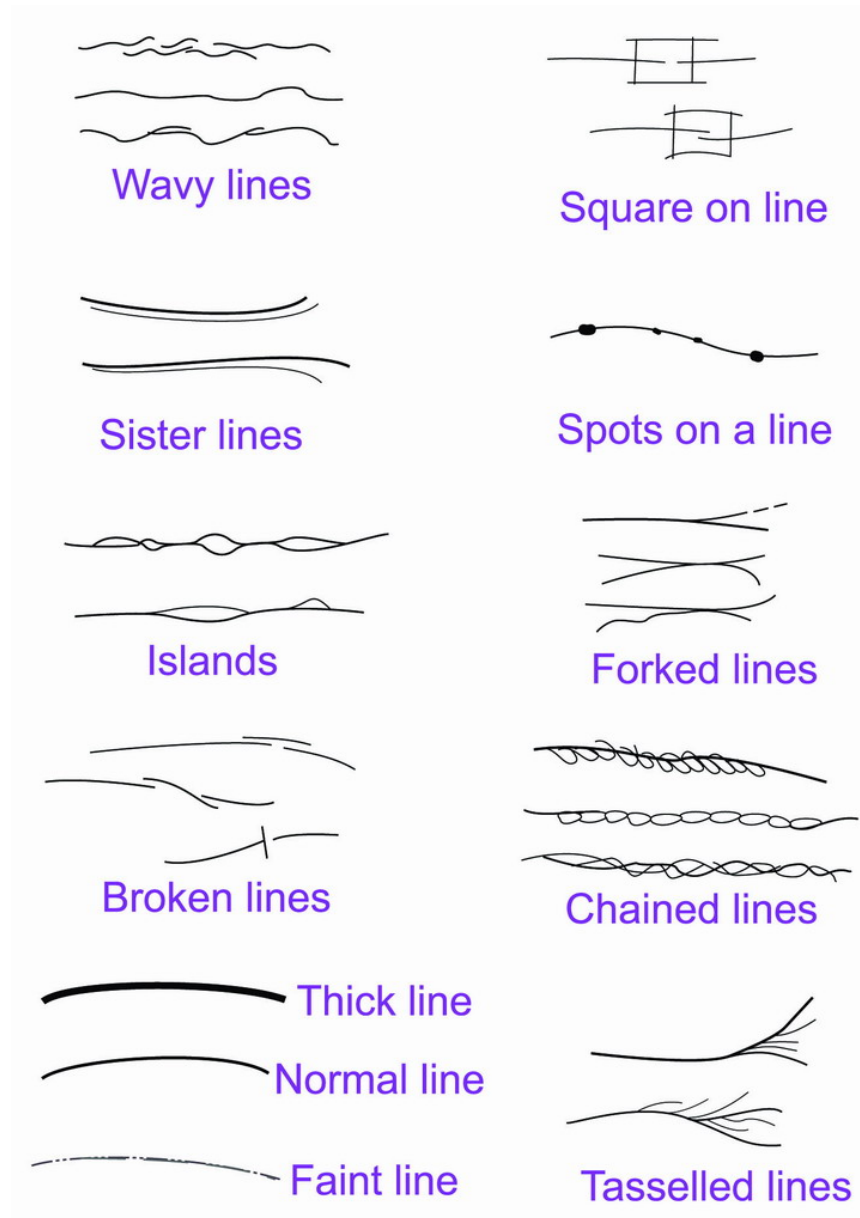
- The different shapes of hands
- The mounts in the hand
  - **Jupiter** - The index finger and the mount below it
  - **Saturn** - The middle finger and the mount below it
  - **Apollo (Sun)** - The ring finger and the mount below it
  - **Mercury** - The little finger and the mount below it
  - **Mars** - The upper mount inside the life line
  - **Venus** - The lower mount inside the life line
  - **Moon** - The mount on the outer edge of the hand
- The Fingers
- The Fingernails
- The thumb (Will vs. Logic)
- The feel of the hand
  - Firm
  - Hard
  - Soft

# Study of the lines in the palm – Cheiromancy (Chiromancy)

## Introduction of lines

### *Types of lines and their variation*

- Thick, normal, faint lines
- Wavy lines
- Sister lines
- Islands
- Broken lines
- Square on line
- Spots on line
- Forked lines
- Chained lines
- Tasseled lines



When we look at the lines in the hand, we can classify them into different types of lines. Each classification will have some general meanings associated to it. Thus it will be good if you can spend some time to really go through the next portion and memorise what each type of line actually mean. This will help you in determining how strong or weak each personality trait exists in a palm. It is with this weighing of the strength of the lines which actually determine how accurate you are in your palmistry skills.

You can print out the sample of the type of lines as a separate piece of paper and bring it with you when you start to do your palm reading with your first few subjects (commonly known as guinea pigs). This will make it easier for you to have a quick reference of what do the different type of lines mean.

### **Thick, normal, faint lines**

- **Thick lines**
  - Strong qualities
  - Sometimes refer to extremities
  - Concentration towards that area /quality
  - Qualities only present 80%-95% of the time
- **Normal lines**
  - Moderately strong characteristics
  - Well balanced
  - Flexibility in qualities, will change for good reason
  - Qualities only present 75%-85% of the time
- **Faint lines**
  - Weak characteristics
  - Unfocused strength
  - Confusion with other traits
  - Qualities only present 50%-60% of the time

When looking for the **thickness** of the line, take note that it is different from the **depth** of the line. The **depth** refers to how deeply and clearly marked is the line. Some lines may be thick on the outlook but shallowly marked. The deeper the line, the stronger the energy, the more shallow the line, the weaker the energy.

For example, a Normal line which is very deeply marked may actually carry similar weight as a Thick line that is shallowly marked. By looking at more palms, you will have a better grasp of this idea. All these weighing of the qualities will slowly become part of your instincts as you do more and more readings for others. It may seem daunting at first, however, it is like driving a car, after driving a few more times, you will not be conscious about how you are balancing the clutch, shifting the gears, steering the wheels, looking out for blind spot, turning your head, watching the rear view mirrors, checking the side mirrors, slowing down the speed, etc... It all becomes so natural after driving for a while. Similarly, you may feel that it is hard to gauge the strength of a personality trait at first, but after you read more than 10 palms, it will get easier and easier.

### **Wavy lines**

- Weakness in qualities
- Negation of the good qualities
- Negative qualities tend to be present majority of the time
- Disturbances to its qualities

### **Sister lines**

- Supporting lines to the original lines
- Usually an enhancement to the principal lines
- Qualities of the principal lines will be more prominent

### **Islands**

- Refers to a period of hindrance or difficulty
- It is a negative sign to have in the palm
- Not usually a bad sign to have in the fingers or thumb

### **Broken lines**

- Lost of energy from the line's qualities (the personality trait may be weakened at the same time depending on the location)
- Period of uncertainty in characteristics
- Negation of the good qualities in a line
- Creates fluctuation in the character traits

### **Square on line**

- Protection of the line (usually associated with a break)
- Can be a period of entrapment (Feeling that you are stuck or being trapped in a situation or place, some older text claim that it refers to imprisonment. However, after so many years of verification, I have not been able to see any match for such description. Thus I feel that as long as the mind feels that it is being imprisoned, then the line will appear. It need not mean physical imprisonment.)

### **Spots on line**

- A red spot usually refers to negative energies building up
- A black spot means concentration of unhealthy energies (This is also considered as a negative energy, however, it is not necessarily bad but has more impact on health related readings.)

### **Forked lines**

- Enhancement of the qualities in the line (Strengthening or increase of the quality)
- A diversion of the qualities to other areas
- Usually denotes dual nature in the line
- If too many forks, concentration is reduced (*See Tasseled lines*)

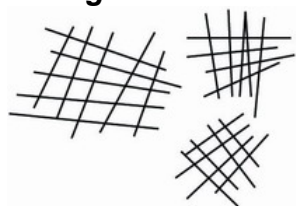
### **Chained lines**

- Denotes waves and waves of effort for concentration
- Usually denotes problems and/or series of problems
- Enhancement to the negative qualities of a line
- Great fluctuations in characteristics
- Essentially it is like a series of Islands

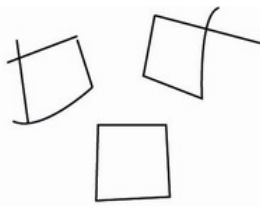
### **Tasseled lines**

- It resemble a line with many fork to it, it look more like a "brush" instead
- Weakening of a line's qualities
- Lack of concentration in the qualities
- If very messy, the negative qualities will be prominent

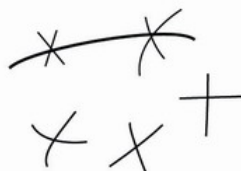
• **Signs and markings**



The Grille



The Square



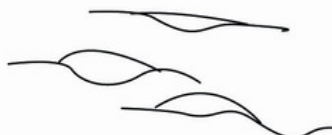
The Cross



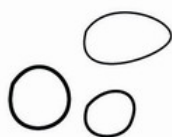
The Star



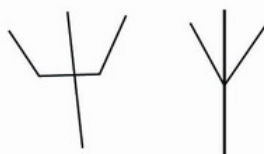
The Triangle



The Island



The Circle



The Trident



The Spot

Signs and markings are different from the different types of lines as they are usually independent signs or markings that appear on different mounts. Sometimes, they also appear on the main or secondary lines of the hands. The trick to identify these signs and markings is to first be very familiar with the main and secondary lines of the hands. This is because most signs and markings have to be formed by independent lines of their own. Except for a specific few, it should not be formed by the main or secondary lines. Thus by being very familiar with the natural positions of the main and secondary lines, you will automatically know how to eliminate a wrong identification of a sign or marking.



## Signs and markings

- **The Grille**
  - Trouble welling up
  - A focus of negative energies
  - Weakening of the good qualities
  - Usually associated with health or relationship
- **The Cross**
  - A negative sign
  - Problem will surface where the mounts it appears
  - Problem will surface where the line it appears
  - Exception will be the Mystic Cross (more on this topic in the later section on secondary lines)
- **The Triangle**
  - Enhancement of talent of the mount it is found
  - Must be formed by smaller lines
  - Sometimes looks like a flag
- **The Circle**
  - A very rare sign
  - Good qualities enhancement like the Triangle
- **The Spot**
  - Red- negative concentration of energies
  - Black or blue- nerves related problems (not necessarily serious)
- **The square**
  - Protection
  - Possible entrapment, depending on location
  - A good sign with giving nature of the mount it is present
- **The Star**
  - Usually associated with good qualities of the location
  - Associated with “suddenness” in nature
  - Sometimes refers to health problem (especially on the Line of Health)
  - On the Mount of Apollo, brilliant position and wealth
- **The Island**
  - A period of problem
  - Usually last for a period of time
  - A negative sign to have
- **The Trident**
  - Jupiter – Success in ambitious pursuits
  - Apollo – Power through wealth or celebrity, public life

In this ebook, all you need to remember is the general rule of thumb for reading signs and markings and what they would mean in general terms. Do not be too concerned with the exact meanings of the markings in each of the mount. In my next ebook more on the exact position of each signs and markings will be covered.

The reason is that signs and markings are only supporting factor of a reading and you should not be focusing on the signs and markings to give a reading. This is not the right approach for an accurate palm reading. The basis for all readings is to look at the hands and shapes and analysis of the main and secondary lines in a palm. I have seen too many professional palmists getting overly concerned with the signs and markings which caused the in-accuracy of their readings.

## ***Exercise 3 – Finding Signs and Markings***

This next exercise is to help you in understanding how the signs will actually look like in the palm. Reading from a book, it is easy to see those illustrations. However, when it comes to a real palm, the signs and markings can be very illusive at times. So you will have to be patient in finding them. However, do not try too hard. If you do not find any right now, it is alright. You will get to differentiate them after you read more and more palms.

### **Estimated time for this exercise: 15mins**

Look at the general lines in the palm and try and find as many signs as you can from those that you have just learned. Circle those that you've managed to find.

- **Types of lines and their variation**

- Thick, normal, faint lines
- Wavy lines
- Sister lines
- Islands
- Broken lines
- Square on line
- Spots on line
- Forked lines
- Chained lines
- Tasselled lines

- **Signs and markings**

- The Grille
- The Cross
- The Triangle
- The Circle
- The Spot
- The square
- The Star
- The Island
- The Trident

After finding the signs, tell the subject about their personality traits according to what you have learned. Verify with them if your readings are correct. If it is not, try to look into the hand again and see where you could have gone wrong.

# About the main lines

## *Life Line*

A general Life Line starts from the space between the thumb and the Jupiter finger (index finger), usually near the middle of this area, and extends toward the middle of the wrist by engulfing the Mount of Venus (the fleshy ball of below the thumb). The Life Line is able to tell us about the following information:

- **Vitality**

The deeper or thicker the line, the stronger the vitality of a person

- **Health signs**

Some health signs, like a series of sickness or digestive problems can appear in the Life Line in forms of an Island or a series of Islands.

- **Life crisis**

A break in the Life Line or a perpendicular line cutting across the Life Line can signify life crisis during that particular year. However, you will still need to determine how the line that cuts across starts and end. Not all such signs are referring to life crisis

- **Quality of life**

The deeper and thicker the line, the more the person focuses on the quality of their life. This line will need to be compared to the other lines in the palm in order to be accurate.

- **Inclination towards ones lifestyle**

This refers to how much emphasis do you place towards your life as compared to things like your career, knowledge and emotional life. The stronger the Life Line as compared to the rest of the lines, the more one places emphasis on their lifestyle

- **Important life changes**

Any breakages or kink of the line would signify important life changes

When combined with other lines, this line can show many things. When looking at the Life Line, never take it as a stand alone line. Because our lives are very closely linked with the different parts of ourselves like our mentality, our emotions and our career or work; thus it is only a guide to our nature but it can be easily influenced by the other lines.

### **Special notes:**

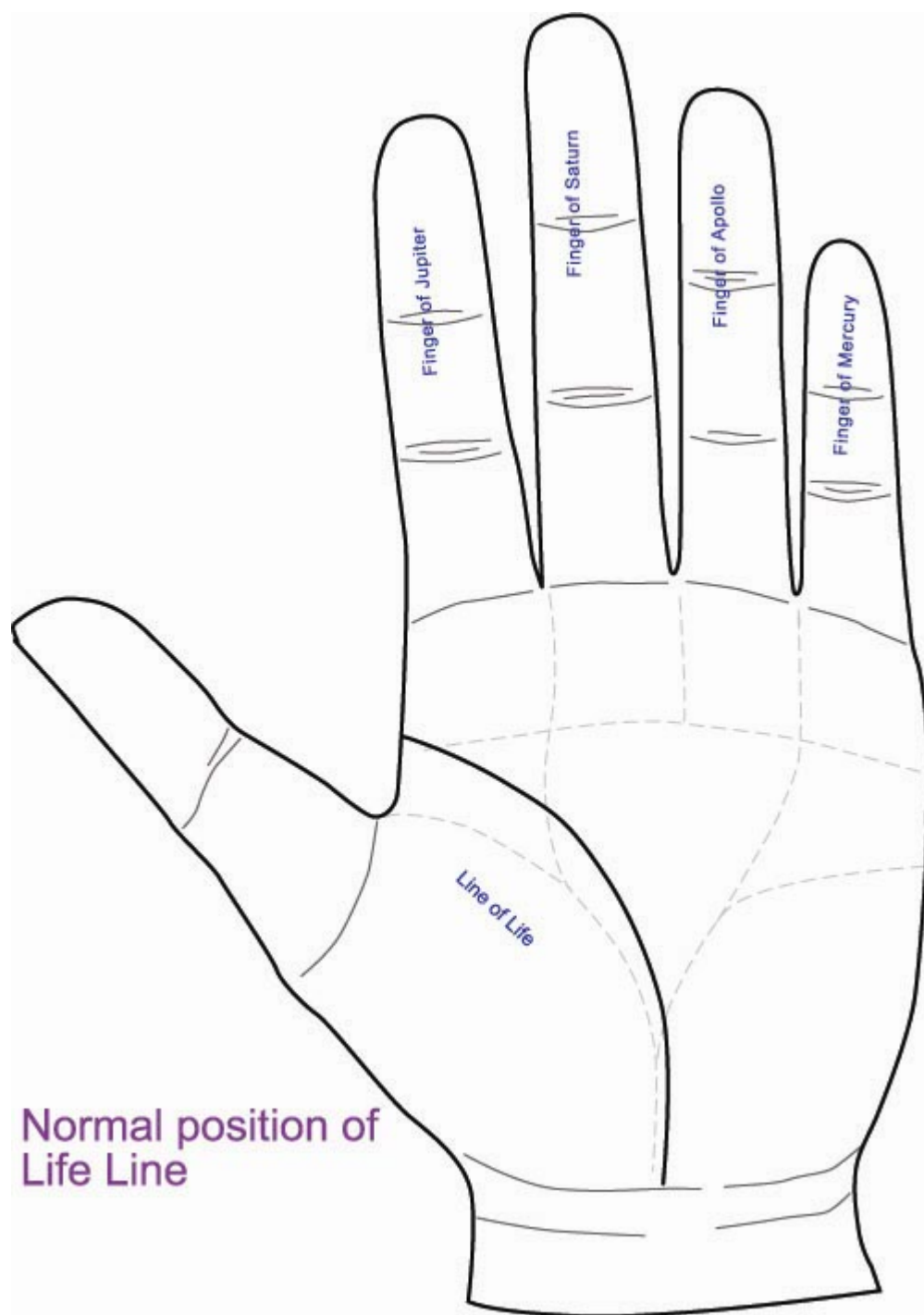
#### **A short life line does not equate to short life**

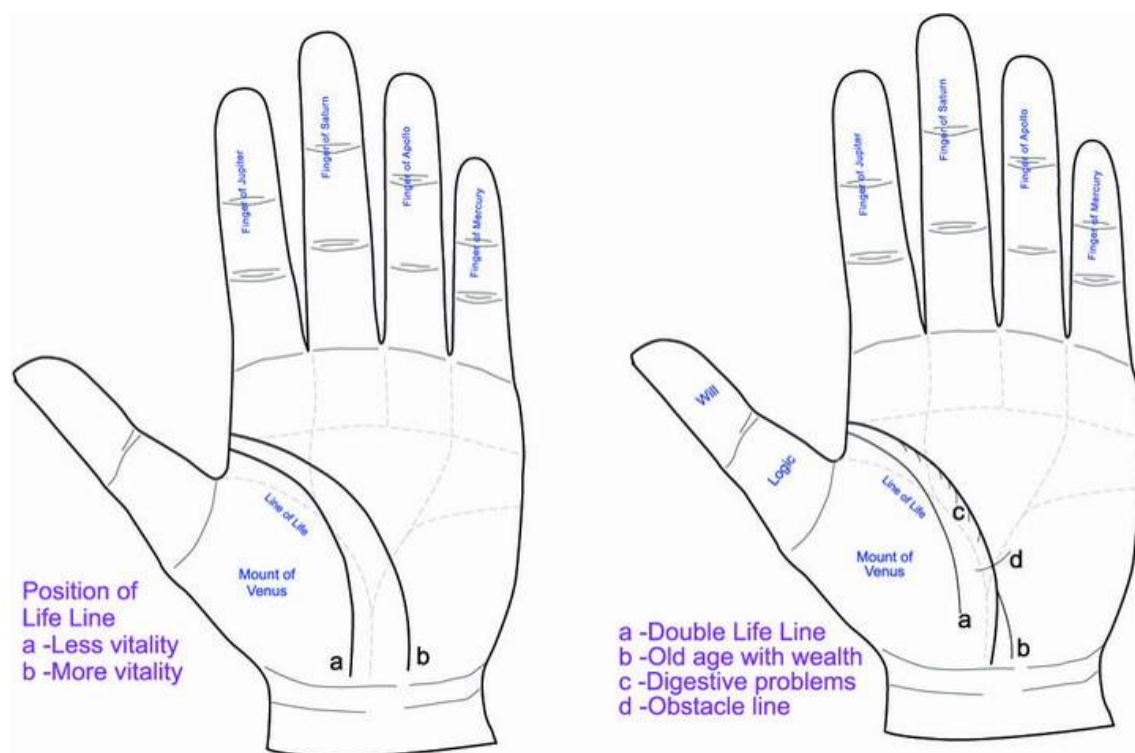
- Health is more important
  - How healthy we are is only a factor of how well we look after ourselves. Our health is a factor of three main ideas:
    - How much maintenance do we do? (How much do we exercise?)
    - What do we eat and how well do we eat?

- How well do we rest?
- For more details on all these three ideas, refer to the article in my website for more details:  
[http://www.chuanonline.com/art\\_health.htm](http://www.chuanonline.com/art_health.htm)
- Lines in a palm can change, when you live on with your life, the lines in your hand will change according to how well you take care of yourself. At the same time, many people tend to mis-judge the length of their Life Line such that they think that it is short when in actual fact, they are rather long. So before you label your Life Line is short, try checking it with a credible Palmist.

#### **A break does not necessarily means accident or crisis**

- A break in the Life Line can mean change of life style or the way you live your life. However, this change has to be very significant to your life in order to really reflect in your palms.
- A break in the Life Line can mean change of environment. This change of environment can be in the form of migration or staying at a different location for a long period of time (from months to years). The most important fact is also that this change has to really have a very significant meaning to your life. Only when it is so signification that it affects your perspective of life altogether, then such changes would be reflected in your palms.
- By looking at a simple break, it is not enough to give a conclusion of a huge problem. There should be careful studies of other supporting signs in order to give a proper conclusion. If there are no supporting lines or supporting factors for such a break, then the meaning may not carry enough weight.
- Similar to the above point, besides supporting factors, there may be protective factors like a Sister Line or a Square or Protection towards the break in the Life Line. With all these factors, the break may be negated.





The line for “a” shows a Life line that is engulfing the Mount of Venus but closer to the thumb itself. Such person would have less vitality and are usually less outgoing too.

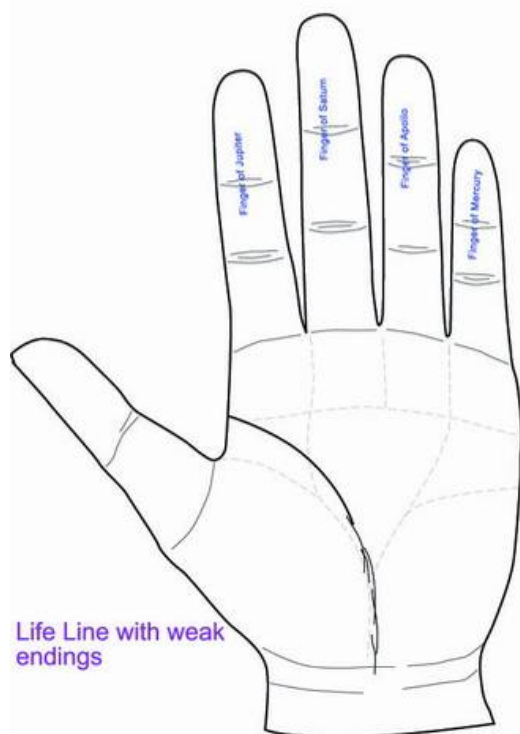
The line for “b” shows a life line that is engulfing the Mount of Venus but much further away from the thumb. This makes the person to be more outgoing and with a bigger Mount of Venus present, he will also have more love and affection towards others. At the same time, such a line also signifies better vitality.

When there is already a normal Life Line in the palm, and there is an additional line appearing like “a”, then this will mean that the person have Double Life Line. A Double Life Line is similar to having a Sister Life Line. Basically this line is a supporting line which helps to protect the subject from major crisis or health problems. As long as the line overlaps the period where the crisis of health problem occurs, the person will be able to survive that ordeal.

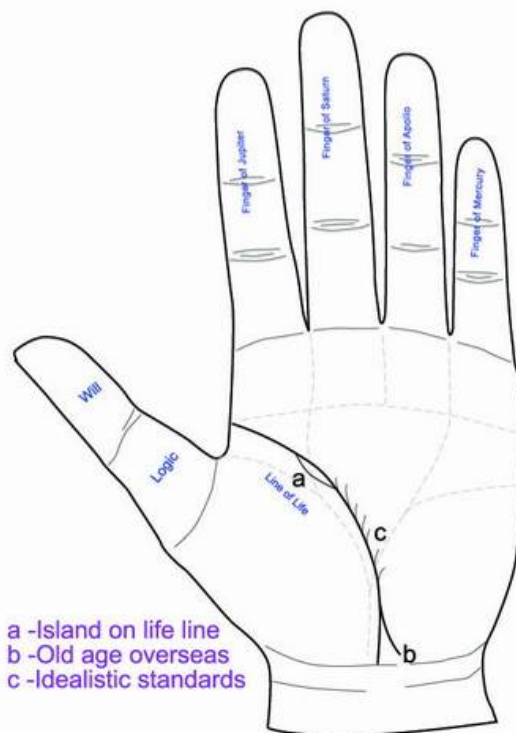
The sign in “b” refers to something like a small line branching out and curving back to the Life Line. This is a sign of old age with wealth and happiness.

When there are short small lines drooping downwards from the beginning section of the Life Line (typically below the Jupiter and Saturn fingers) like “c”, it signifies poor digestive system.

When there is a short stray line cutting the Life Line (like in “d”), it is an obstacle line signifying obstacles at that year. It should be almost perpendicular to the Life Line.



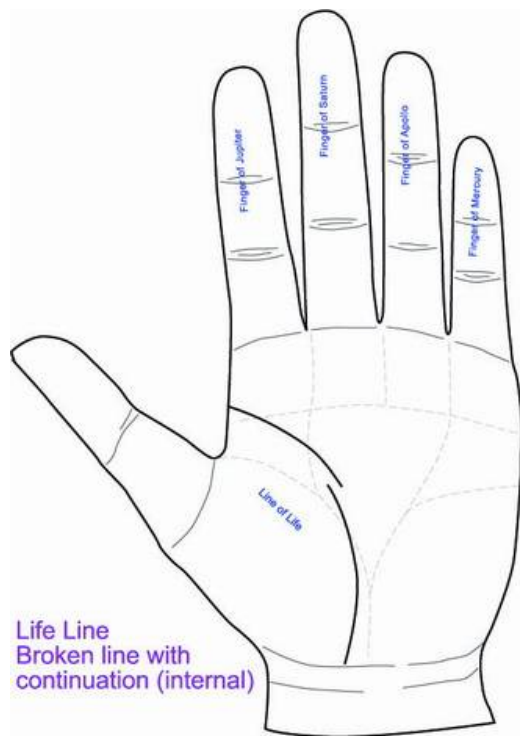
This hand shows a Life Line with tassels and irregular breakages, this signifies that health and vitality of the subject will deteriorate in the later part of his life. This is normally not a favourable sign to have. In order to counter that, one will need to put in a lot of effort to really strengthen his body and health.



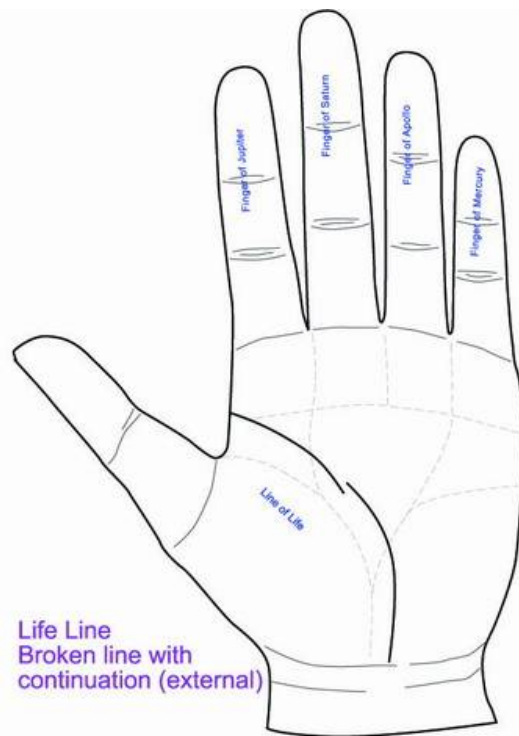
When there is an Island appearing in the Life Line like “a”, then we can say that for that period of a few years, the person will have poor health. The other interpretation could be that the subject may face serious life obstacles in that period of time.

The sign in “b” refers to something like a small line branching out and curving outward to the Mount of Moon. This is a sign of spending your old age in a foreign country. This is also often seen as a sign of migration.

When there are short small lines moving upward from the Life Line (typically below the Saturn finger) like “c”, it signifies a person with very idealistic standards. The subject will not be very generous with praises and no matter how well someone has performed a task, to him, it is still not the best. They are perfectionist, everything is never good unless it is perfect. Thus a child who scores 98% for his test is still not good enough for a mother with such signs in her palm.

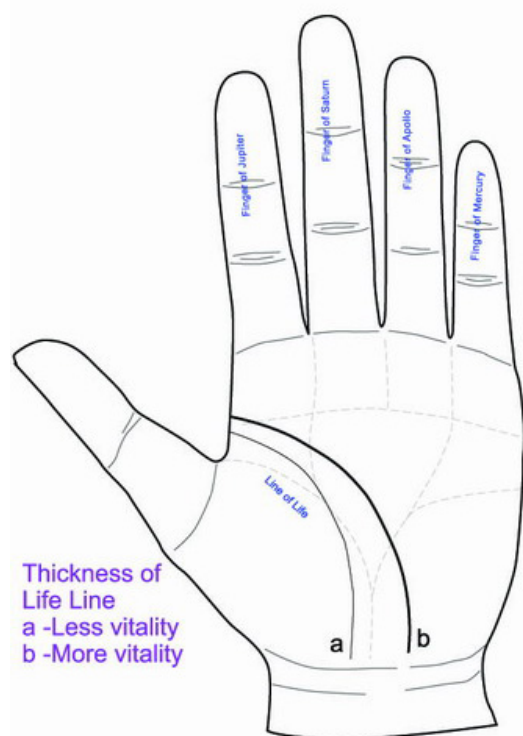


This palm shows a break in the Life Line, but take note that the break has a continuation from the **internal** part of the Life Line. This signifies that after that break, the person become less warm and loving, because the Mount of Venus has diminished in size. The vitality of this person is also greatly reduced.



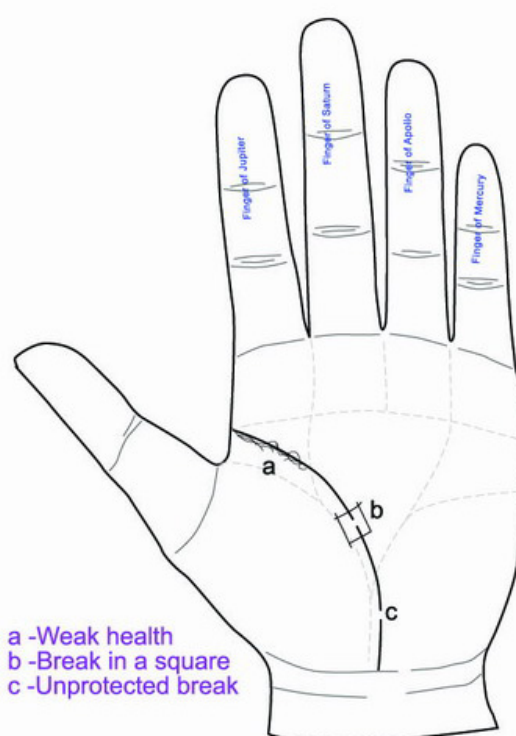
This palm shows a break in the Life Line, but take note that the break has a continuation from the **external** part of the Life Line. This signifies that after that break, the person become much warmer and loving, because the Mount of Venus has increased in size. The vitality of this person is also greatly increased.





The line for “a” shows a Life line that is very faint and weak. You can hardly see the line clearly. Even if the position is at “b”, the lack of vitality is still present.

The line for “b” shows a life line that is thick and strong. Thicker lines would signify higher strength for that trait. Thus a thicker Life Line would refer to more vitality and better health for this person. Even if the position of the line is at “a”, it would still signify higher vitality as the line is really thick and strong.



When we see a series of Islands or a short portion of Chain on a Life Line like “a”, we can say that the subject has a weak health, especially in his early years. This also signifies some weaknesses in the digestive system, however, this sign is not as strong as the one earlier described in Figure XX.

The sign in “b” refers to square encompassing the Life Line. Take note that the square has to be completely closed in order to carry weight. This signifies a period of entrapment (at least mentally) or survival of a major Life Crisis in the year where the breakage is.

When the subject has an unprotected break like “c”, it signifies possibility of a major life crisis. Take note that this break has to be non-continuous. It means that the beginning of the line after the break should not overlap the ending of the first line. Only this type of break is more critical as there is no continuation of the line for a period of time. Other from of breakages are not as bad as this form.

## **Head Line**

The Head Line starts at the point between the base of the thumb and Jupiter finger (Index Finger) and extends towards the percussion (the edge of the palm). It may end directly towards the percussion or on the Mount of Moon itself. The Head Line is able to tell us about the following information:

- **Types of mentality**

The Head Line will tell you about type of mentality a person has. It tells if a person is more mental or physical; a thinker or an action packed person.

- **Imaginative or practical**

The ending position of the Head Line will tell you about the mentality of the person. It can either be practically minded or imaginative.

- **Concentration powers**

The clearer the Head Line in the palm, the better the concentration power of the person. The more focused his thoughts and decisions.

- **Decisiveness**

A clear Head Line denotes a more decisive nature and a Head Line that is not clear or has many stray lines going along it signifies indecisiveness.

- **Fickle mindedness**

A Head Line with chains or tassels on it signifies fickle mindedness.

- **Activeness in thought process**

The longer the line, the more a person thinks before he acts. However, this can be compensated by other lines and signs too.

- **Thoroughness in thinking**

The longer the Head Line, the more thorough a person thinks. This trait only appears in hands with very long Head Line.

- **Creativity**

A good curve of the Head Line (not too straight and not too curved) signifies a very creative mind. This means that the person is capable of turning his imagination into practical solutions.

- **Confidence level & Sensitivity**

A Head Line that is starting together with the Life Line (both line looks as if they are joined together at the beginning) denotes a very sensitive nature. When the two lines start separately, it denotes a more confident nature.

- **Money sense**

A Head Line that curves upward towards the Mercury Finger (The last finger) denotes a person with good money sense.

When combined with other lines, the Head Line can provide more insights to a person's psyche. Comparatively, you can tell more of a person's personality when

you read about this line. When you know what type of personality the subject has, then you can craft your readings accordingly so that you will not say things that the subject does not want to hear.

For example, when you know that the subject is a very practically minded person, do not try to elaborate his personality too much. Instead, you should focus on how he can improve himself after briefly mentioning that he is a practical person. However, for a more imaginative person, you may want to elaborate more on the subject's imaginative tendencies by saying things like, "You like to let your mind flow very easily and enter the imaginative world. You tend to provide many solutions to a problem but majority of the time people may say that these solutions are not practical enough..."

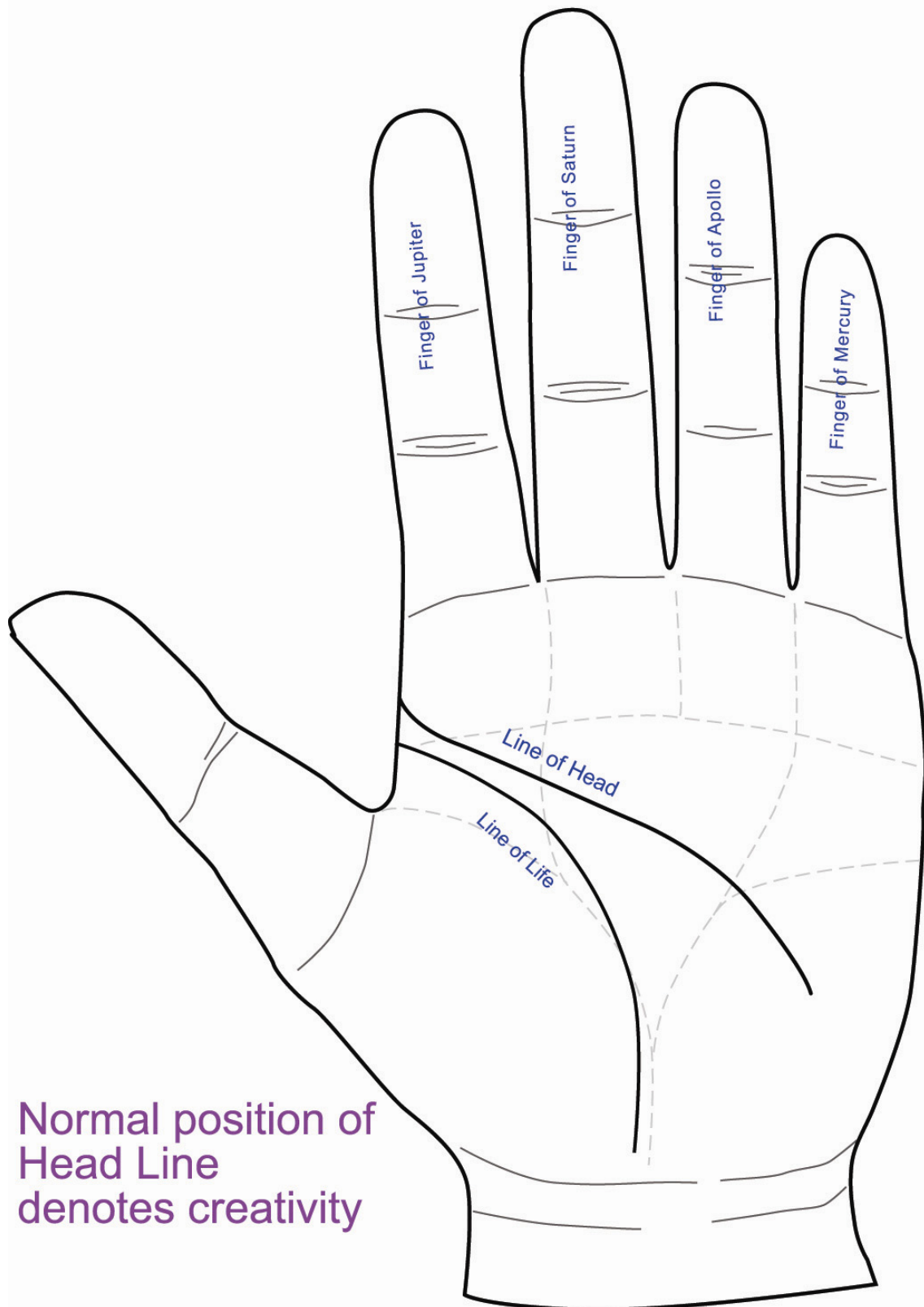
**Special notes:**

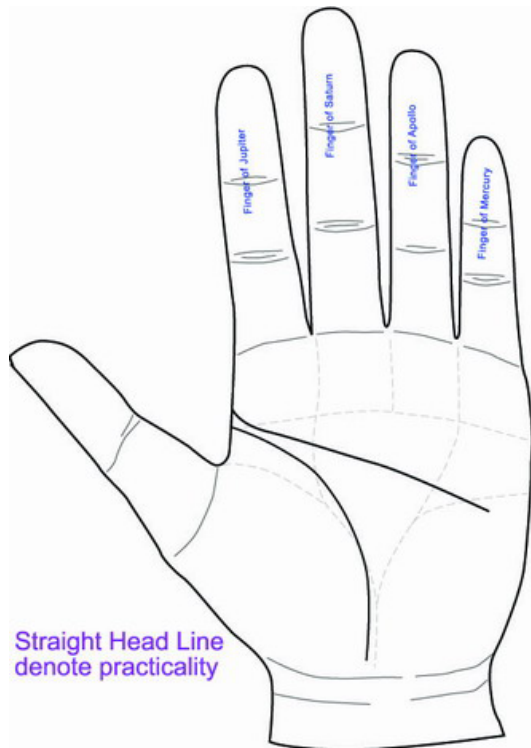
**A short Head Line does not equate to stupidity**

- A short Head Line means less depth in the thinking process. This person may not think too deeply about things and tend to be less thorough in their planning and analysis. Such person may also rely on their instincts for decision making and they prefer to see actions than just discussing about things.

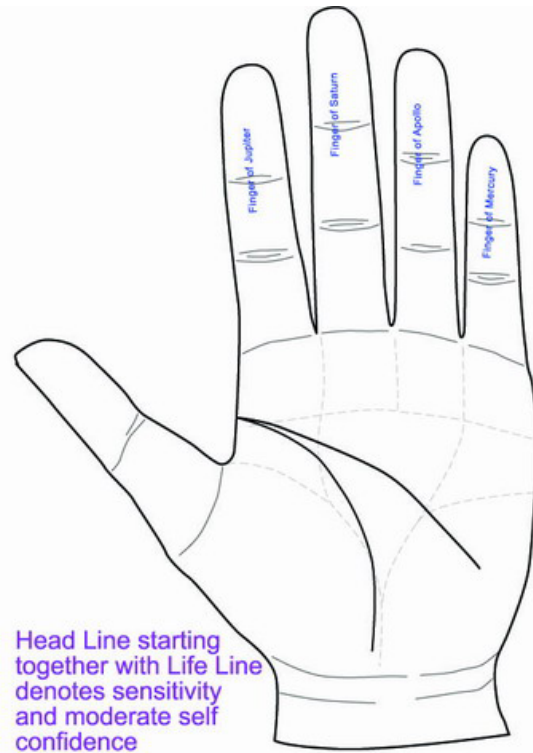
**A break does not necessarily means accident to the head**

- A break in the Head Line denotes a change in the mentality of the person.



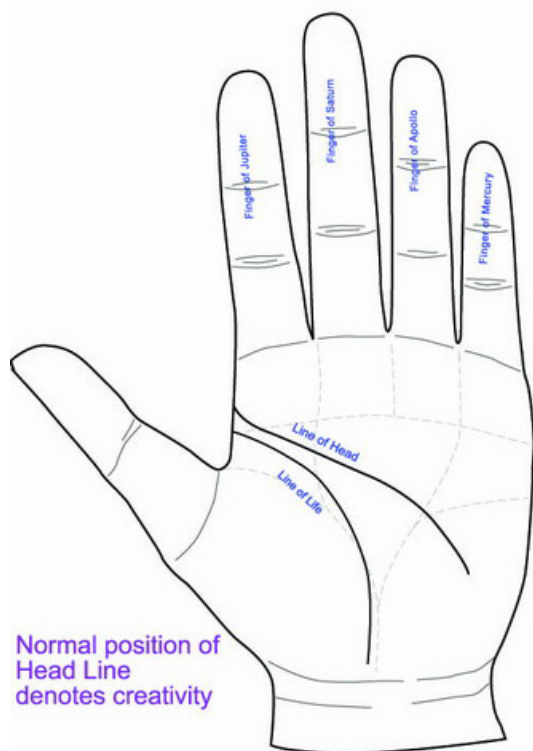


A straight and clear Head Line denotes a practicality mentality. This person will prefer to see actions than listening to theories and reasoning. He will be more conventional in his ways and tend to do the things that others have proven to work.

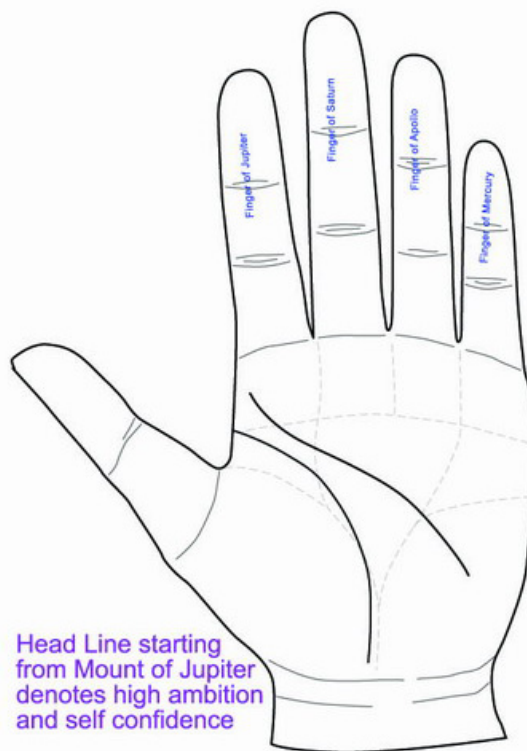


When the Head Line and Life Line start at the same point, the subject will be more sensitive in nature. He will not trust others so easily and will often check on others even if he has already assigned the task to that person.

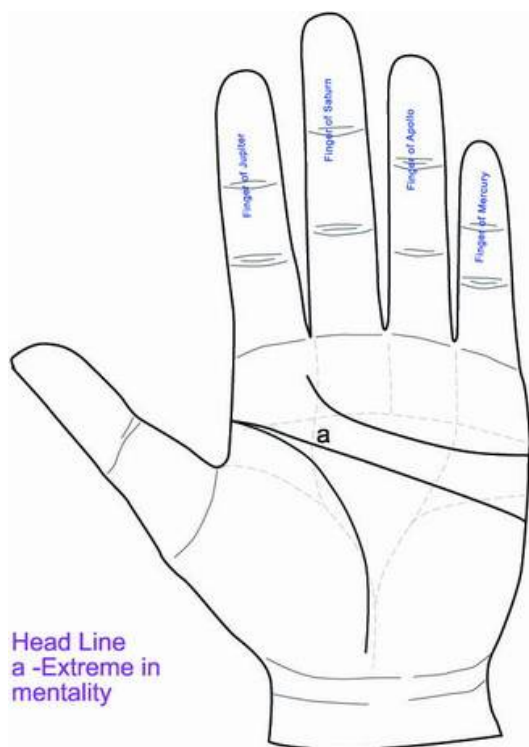
The further the joining of the two lines extends, the more sensitive the person. If the joining of the two lines separates as far out as below the Saturn Finger (the middle finger), this person will be highly sensitive and will spend too much time testing and checking on others. They will often find it difficult to delegate their work to their subordinates.



When the Head Line has a nice curve in it and does not end too low at the Mount of Moon, it denotes a very creative nature. Take note that the Head Line still has some straightness to it and has a slight curve in the middle area. This person will be able to make use of his imagination in a very practical way. He will be able to see things from different perspective and enjoy solving problems for others. Such people are very suitable to be consultants of the field that they specialise in.



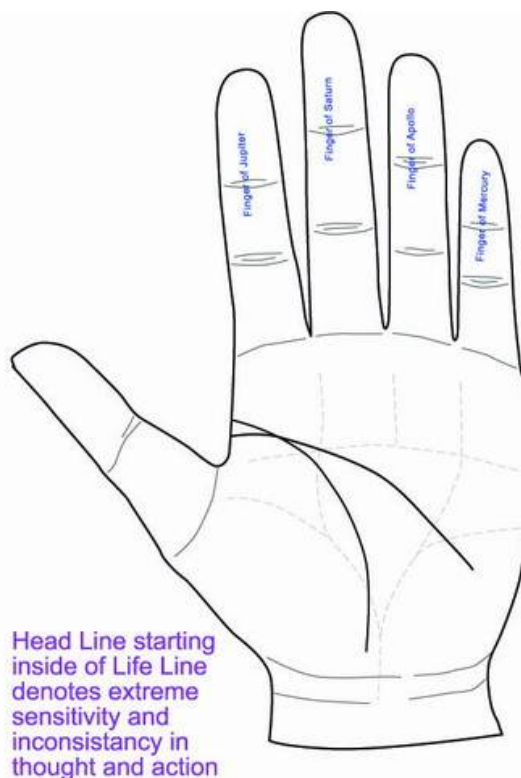
When we see the Head Line and the Life Line are starting from a separate point, we can say that the subject is a very confident person. People with such nature tend to be mistaken as a very “stuck up” person. However, they need not be proud or stuck up in actual case. They are merely behaving in a very confident manner such that they look rather unfriendly during the first meeting with others. All they need to do is to learn to initiate a conversation with others more often and such “air” will be cleared.



Head Line  
a -Extreme in  
mentality

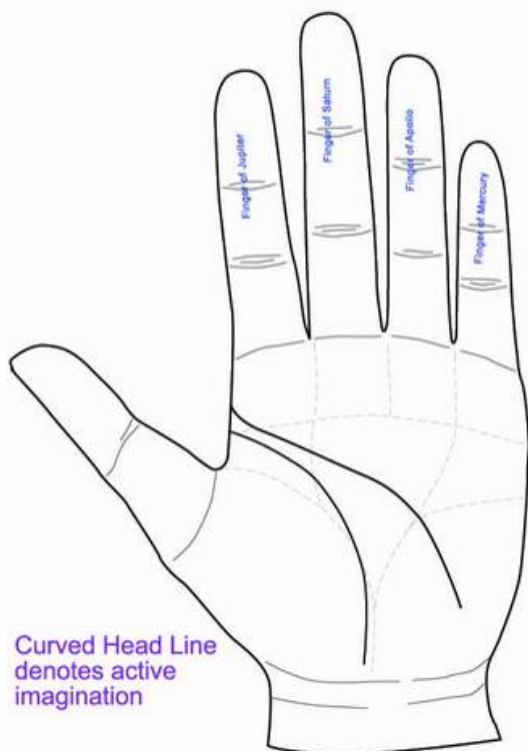
When the Head Line runs across the palm from one end to the other end like “a”, the subject will have an extremely practical mentality. He is also very extreme in his thinking, it is either he put in full effort to think about something or he would totally not bother with it at all.

Take note that in this case, a normal Heart Line is still present (The line above the Head Line is a Heart Line.) When the Heart Line is present, then we can define the subject in this way. If a Heart Line is not present, then the interpretation can be very different. (See the next portion for more information on Heart Line.)



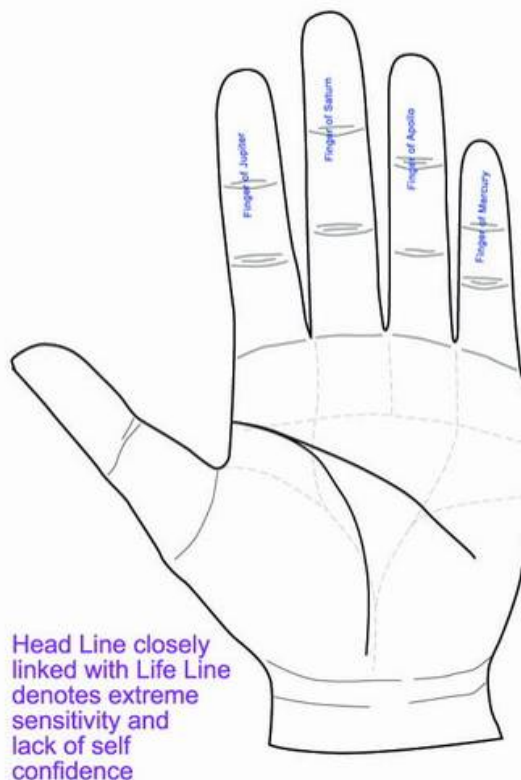
Head Line starting  
inside of Life Line  
denotes extreme  
sensitivity and  
inconsistency in  
thought and action

When the Head Line starts from the inner part of the Life Line, it denotes a highly sensitive personality. The subject is also very inconsistent in his thought and action. Thus this is not a very good sign to have. Such person will find it hard to succeed in life as they lack the consistency in their life in order to follow through with things in their life.



When the Head Line has a curve in it and end low at the Mount of Moon, it denotes a very active imagination. Take note that the Head Line barely has any straightness to it and is curved, like drooping down towards the wrist area of the Mount of Moon. This person will tend to day dream often and their ideas are not practical enough.

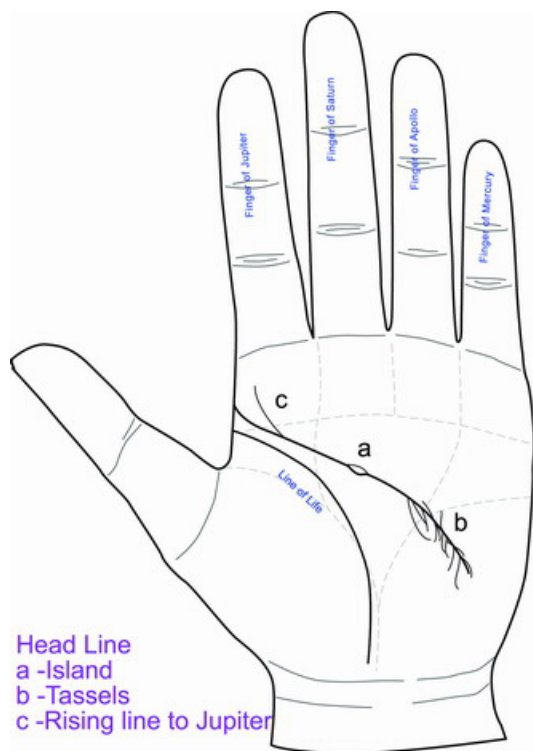
Even though they can come up with very creative ideas that others can never think of, they are not strong in putting these ideas across in a practical manner. Thus their ideas are usually not usable until someone helps them to fine tune it to be more practical. People with such line can become very creative journalists and artists. However, they will still need to learn to be more practical in order to really survive in this world.



When the Head Line and the Life Line are starting from the same point and this link in both lines extends very far out in the palm, as far as after the base of the Jupiter Finger (Index finger), it denotes extreme sensitivity and lack of self confidence. This person will be always checking on others even if the others have proven to be reliable time after time.

The reason for such personality is that the subjects actually have very little confidence in themselves. Since they are not able to trust themselves, they will also find it hard to trust anyone else. In a way, this is also rather similar to a form inferiority complex. However, it is not exactly the same as an inferiority complex. We will discuss on this personality in the later portion.



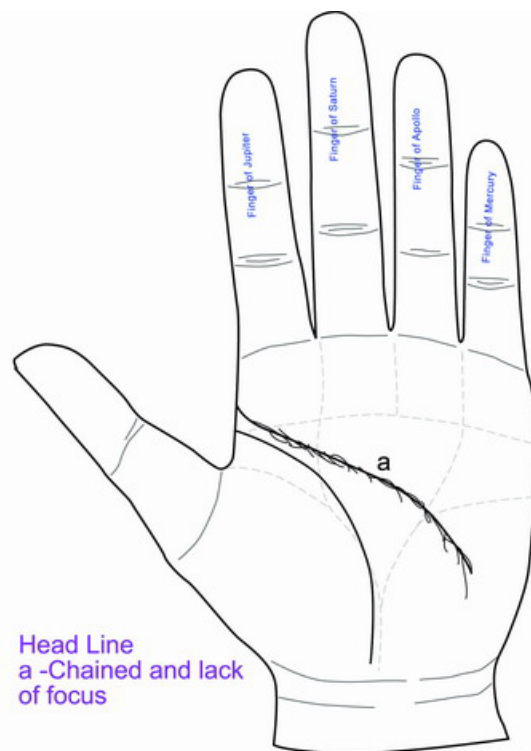


When there is an Island in the Head Line at the position of “a”, the subject would tend to have too much mental strain, this means that the subject is using a lot of his mental capacity. This sign is often accompanied with headaches or dizzy spells occasionally. However, not all subject with the island will have such symptoms, all we can be sure about is the level of mental strain. The larger the island, the more serious the mental strain.

When the Head Line has many small irregular lines (tassels) going through the ending like “b”, it denotes a mentality that is not very decisive and this person tend to be very fickle minded as long as he is still not decided on what he wants.

People with this tendency can still be stubborn (if they have a stubborn thumb). The difference is that before they decide on something, they will move from one idea to the other, but once they have decided on something, then they will stick to it no matter how.

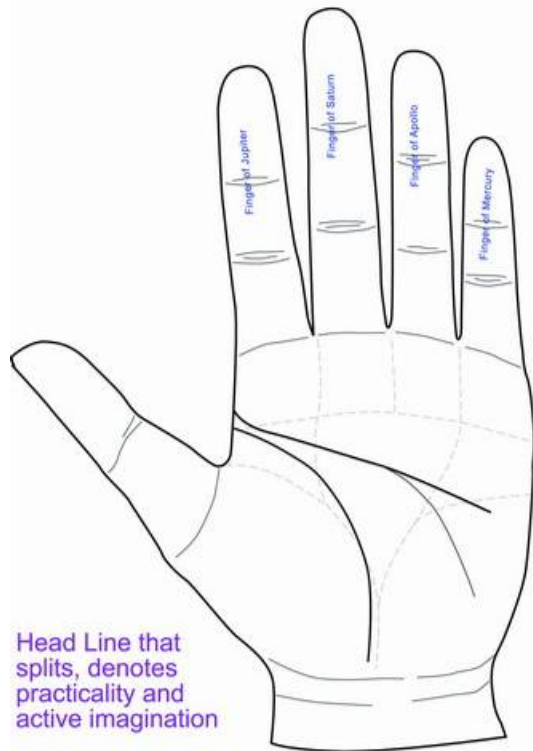
When there is a line on the Head Line rising to the Mount of Jupiter like “c”, it denotes good leadership and success in career.



When we see a series of small lines going across the Head Line at all points such that the Head Line looks very vague and unclear like “a”, we can say that the subject often have problem in concentrating in what they do or they like to do many things at one time. The subject will tend to think of many things at one time and their mind is often overactive and out of focus.

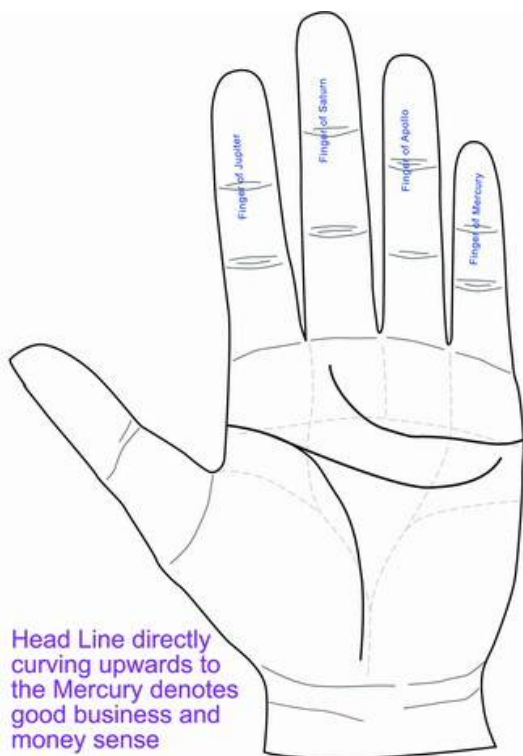
A good antidote for such personality will be deep relaxation exercise and meditation. These exercises will help to calm the mind down and allow the mind to learn to think of one thing at a time.

Very often, such a head line will be accompanied with a hand with many stray lines in it. These stray lines in the palm also signify the lack of focus in thoughts. The subject is always in a very stressed state and will find it difficult to relax. Their hands are also cold to touch most of the time. Such coldness is not due to the room temperature, they are simply a symptom that the subject is under so much stress that there is not enough good blood circulation in their body.



When the Head Line extends in its normal path (in this case towards the bottom of the Upper Mars) and there is another line splitting from the main line and ending on a different mount (in this case the Mount of Moon), this is what we call a “split” in the Head Line. The nature of both positions will be present for this subject. In this illustration, the subject will be practically minded and at the same time imaginative. If you take a closer look, the line that denotes practicality is actually thicker than the line that ends at the Mount of Moon. Thus we can say that the subject would be more practical majority of the time. By weighing on the strength for this case, the split will be about 65% practical and 35% imaginative.

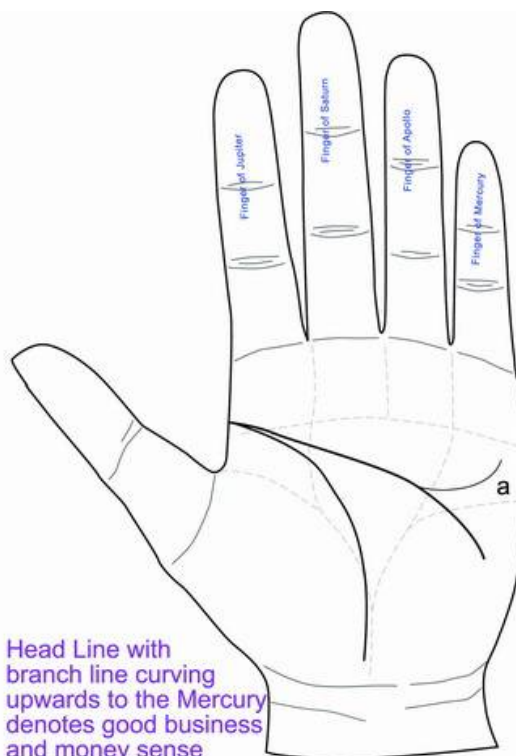
Take note that which ever the strength of the line is stronger will be the more dominant personality.



Head Line directly curving upwards to the Mercury denotes good business and money sense

When the Head Line extends towards the percussion of the palm and suddenly curved upward to the Mount of Upper Mars signifies a person with good business sense and control over money. Such a person will be able to manage businesses well and succeed in the business world.

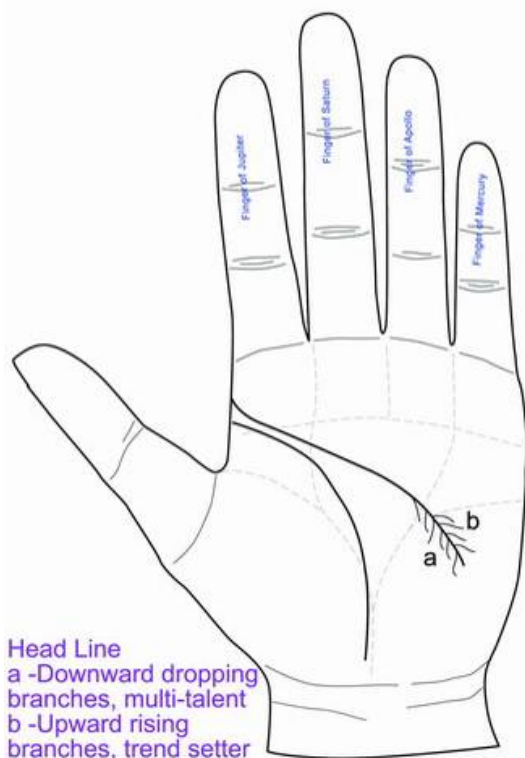
Take note that this sign has to be accompanied with other good signs and lines in the hand.



Head Line with branch line curving upwards to the Mercury denotes good business and money sense

In the above illustration, the subject has a normal Head Line sloping downward to the Mount of Moon and at the same time, there is a split of the line that branches upward to the Mount of Upper Mars like "a". This signifies that the subject is not only a very creative person but also does very well in the business and money area.

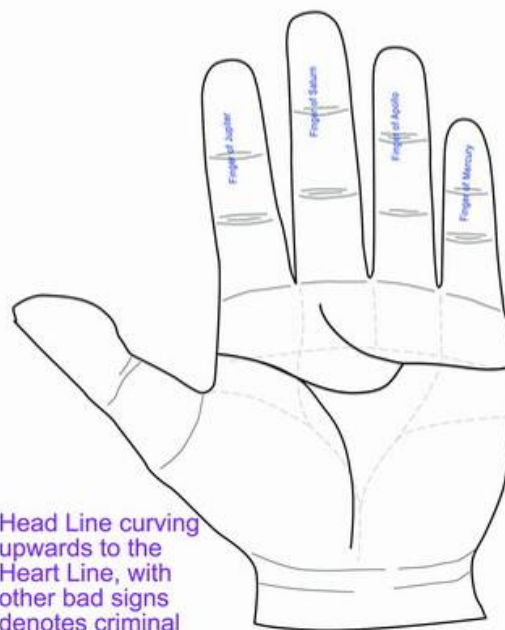
Take note that this sign has to be accompanied with other lines and signs that are positive. For example, the fingers and thumb should be well formed and the Head Line has to be clear and clean. In a badly formed hand, most of these good qualities would have been neutralised.



Head Line  
a -Downward dropping  
branches, multi-talent  
b -Upward rising  
branches, trend setter

When the Head Line is clear and strong and there are some small lines drooping downwards like in “a” (take note that these are not the same as stray and unorganised lines), it denotes a multi-talented personality. This person can master several areas of knowledge very well. This sign is commonly accompanied with a well developed first phalange of the Mercury Finger (the last finger).

When there are similar branches that branches upward like in “b”, then this person is a trend setter. He will be more prone to have ideas that are different from others and able to set it as a standard for others to follow. This is not only true in terms of fashion and design, this person may also be a trend setter in other areas of life like research and business world.



Head Line curving  
upwards to the  
Heart Line, with  
other bad signs  
denotes criminal  
tendencies

When the Head Line is curving upward at the ending point and touches the Heart Line, it denotes criminal tendencies. Such a subject is not capable of controlling his thoughts well and tends to be too emotional in his thoughts. Thus he will act without proper consideration of the consequences. However, this is only a sign for a criminal that tend to act on impulse. The other accompany conditions will be a hand with poorly grown thumb and short fingers and coarse looking palm.

If the subject is able to learn to manage their temper and emotions, they can avoid such criminal activities totally. Take note that this is not the only sign for a criminal, in our modern world, there are many white color crimes that requires intricate planning and execution. For such criminals, their hands may just look like you and me. The only difference is that they employed their capabilities in criminal act.

## **Heart Line**

The Heart line starts at the percussion of the palm (outer edge), usually around the Mount of Upper Mars and extend inwards towards the base of the Jupiter Finger (index finger) or the Saturn Finger (middle finger), or the space between the two fingers. The Heart Line is able to tell us about the following information:

- **Attitude towards affections**

A very clear Heart Line signifies a person with very straight forward feeling towards affections. Such a person will tend to be less romantic and will not shower his loved ones with lots of affections and gifts. On the other hand, a Heart Line that is rather chained and has several small lines forming it denotes a person who is more affectionate and more generous with his affections and gifts towards his loved ones.

- **An idea of the ideal partner**

Depending on where the Heart Line ends, it tells us how idealistic a subject is when it comes to his partner.

- **Mentality towards emotions**

Depending on where the Heart Line ends, it also tells us if the subject is a more mental person or physical person when it comes to love. Mental refers to a person who needs more mental assurance and physical refers to a person who needs more physical assurance.

- **Attention seeking or not**

When there are many small lines drooping down from the Heart Line directly below the Jupiter and Saturn finger, it denotes a subject who likes attention from the opposite sex.

- **Mental, physical or faithful in love**

Depending on where the Heart Line ends, it tells us about how the subject handles the matter love.

The heart line is the place that depicts the feelings of a person. How the subject treats others emotionally is clearly shown. Contrary to how we would read the other lines, the Heart Line is good if it contains a little bit of fray or chains in it. However, these chains have to be nicely formed and not in a mess.

When it comes to emotions, a clean and firm line will denote a person with very little fluctuations in his emotions and thus a rather dull person in love. There are no ups and downs but only a flat line of constant feeling. Love is a strange thing; it is the ups and downs and minor fluctuations that make love interesting and romantic. Thus, a hand with nicely formed chains and tassels in the Heart Line belongs to a person who's more romantic and loving. The love life of this person will be more interesting.

### **Special notes:**

#### **A short Heart Line does not equate to lack of emotions**

- **It means less affections from this person**

Some people may have a very short Heart Line and they usually mean lack of affections but not a person who is without emotions. This is very different from a “heartless” person. The short line is a factor of how poorly a person expresses his affections. They may still have very strong emotions about things but they may not be able to express their affections to others easily.

- **Depending on where it ends, it can mean physical love**

When the Heart Line ends directly below the Saturn Finger (middle finger), usually on the Mount of Saturn itself, it denotes a person who is more physical when it comes to love. The subject prefers some physical touch as a form of assurance.

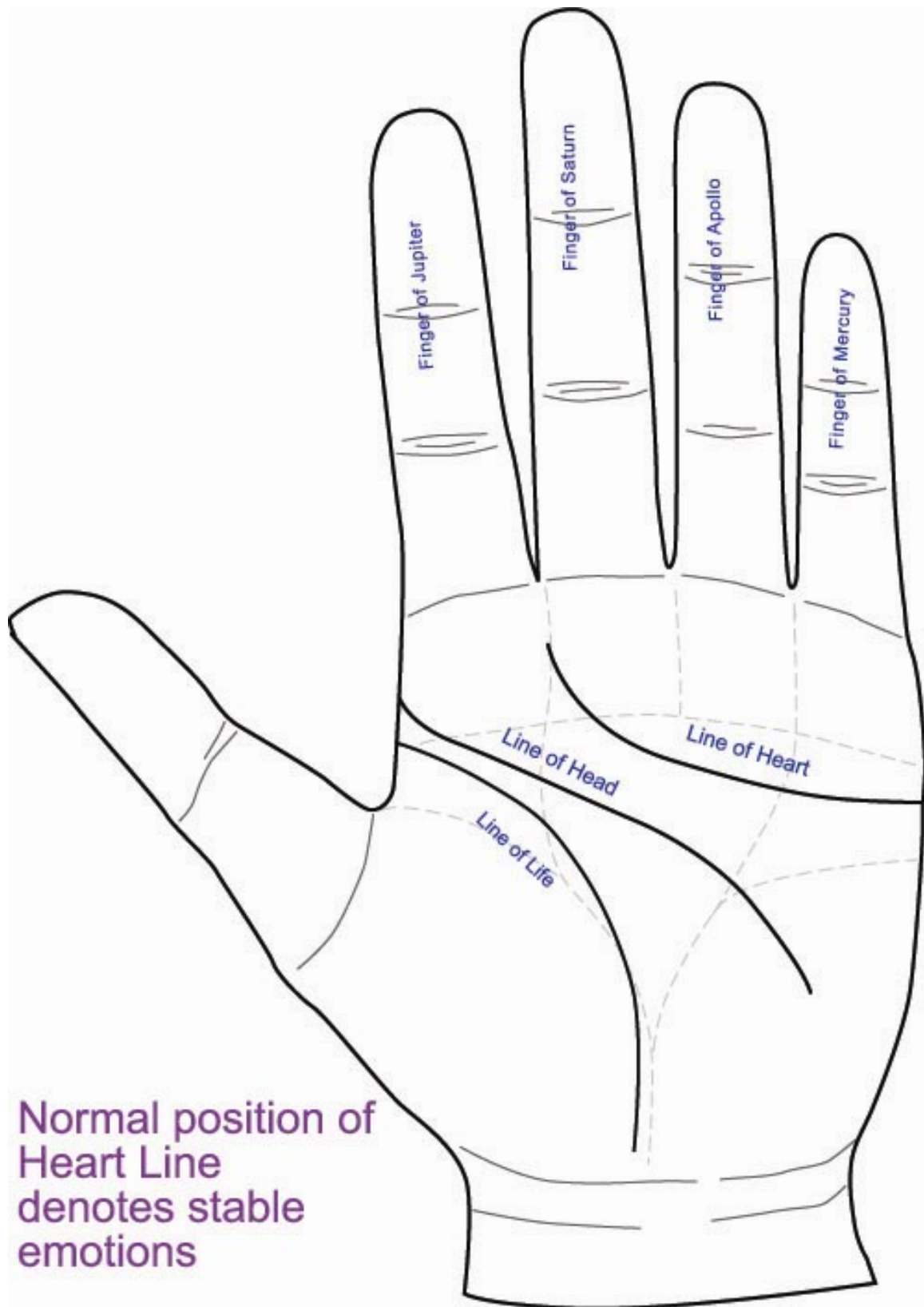
**A break does not necessarily means divorce or broken marriage**

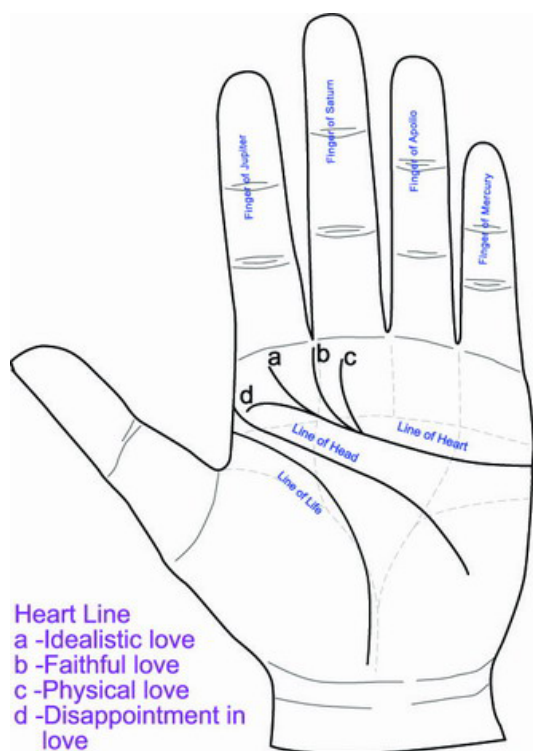
- **It usually means a change in mentality towards love or affections**

A break in the Heart Line can be interpreted as a very huge change in the perspective towards love or affections. This change can be brought about by many different factors. One of them would be a change in environment.

- **It can sometimes mean heart related problem (need supporting signs)**

When there are supporting factors (like shape of the finger nails, shorter fingers, poor finger nails colour, etc.) this break of the line can refer to heart related problem.



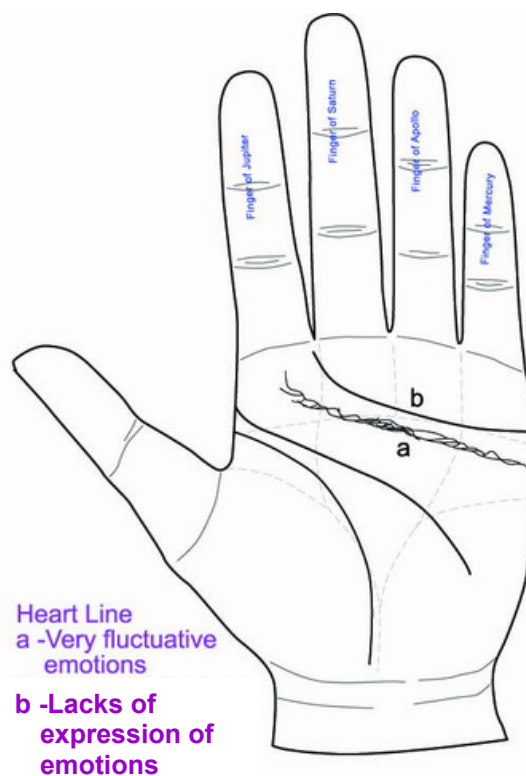


When the Heart Line ends in the Mount of Jupiter and directly below the base of the Jupiter finger like in “a”, it denotes a very idealistic perspective about love. The subject will have very high criteria about their ideal partner and will find it hard to find someone who can match the criteria.

When the Heart Line ends at the space between the Jupiter and Saturn Finger like in “b”, it denotes a very faithful partner. The subject will be able to take responsibility of the relationship and will not let go of a relationship so easily. Such person will find it very hard to walk out of an existing relationship.

When the Heart line ends at the Mount of Saturn and below the base of the Saturn finger like in “c”, it denotes a person who wants to have more physical assurance for love. The subject will like to be cuddled and physical touch is necessary in order to comfort them.

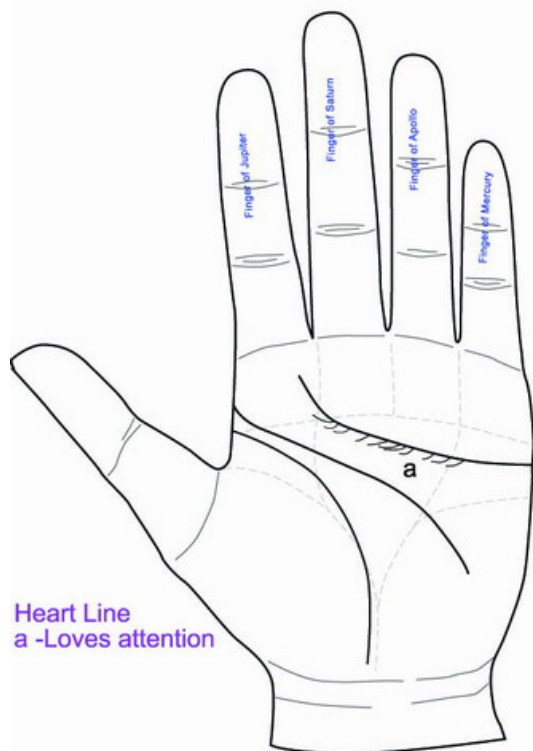
When the Heart Line ends in the Mount of Jupiter and has a drooping ending like in “d”, it signifies disappointment in love. This is usually caused by the high expectation of the relationship that the subject is in.



When the Heart Line is very irregular and the line is chained in a very unpredictable pattern like in “a”, it denotes a person with very fluctuative emotions. The subject can be inconsistent with the way he treats others and this often lead to misunderstandings in his relationship.

When the Heart Line is clean and clear like in “b”, it denotes a person with a very plain type of expression for emotions. The subject will not be very expressive when it comes to how they feel. The most common complain they will hear from their partner is that they can be very cold when it comes to their emotions. However, they may not be a really cold person on the inside. The line basically shows that they are very capable of controlling their emotions such that they will not be easily affected by emotional matters.

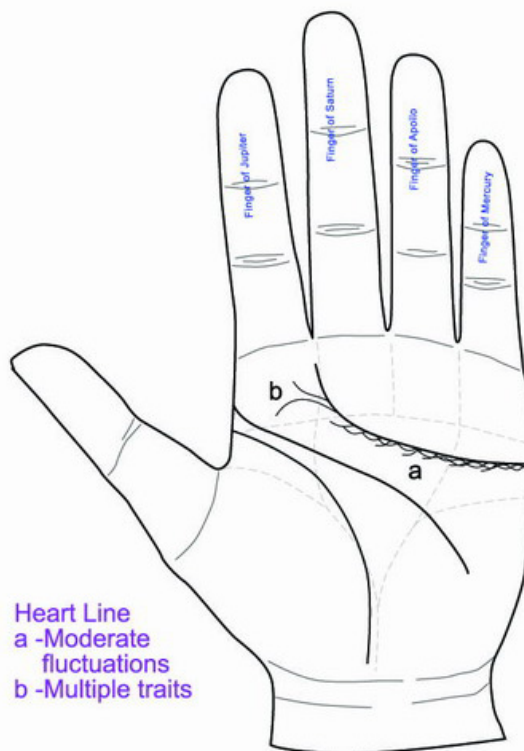




Heart Line  
a -Loves attention

When there are many small downward lines attached to the Heart Line like in “a”, it denotes a person who likes to the attention of the opposite sex. Some palmists claim that this is a sign of a flirtatious person. However, after many years of observation, I feel that this is more of a sign of attention seeking than being flirtatious.

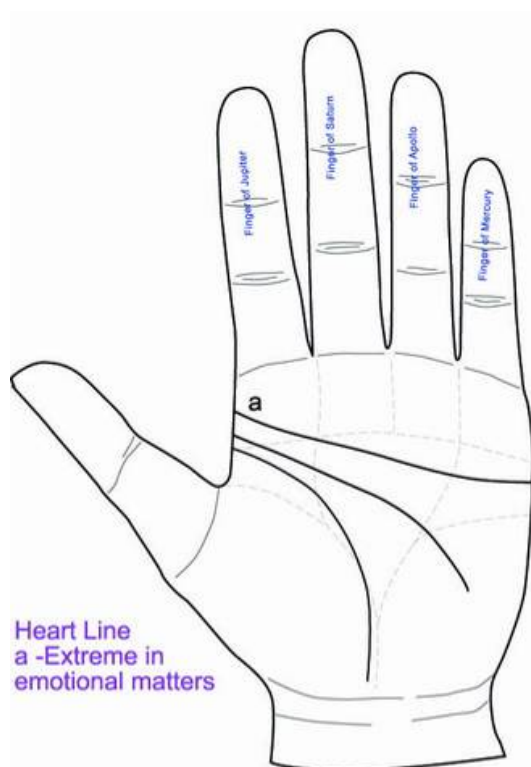
When we use the word “flirtatious” we will tend to mistake that as a person who will move from one relationship to another or always try to lead the opposite sex on to something sexual. With my observations, I find that a subject with this sign is only enjoying attention from the opposite sex and he will tend to do things to get their attention and as long as he gets the attention, the relationship need not go on to anything physical or even sexual.



Heart Line  
a -Moderate  
fluctuations  
b -Multiple traits

When the Heart Line is chained in a more predictable pattern like in “a”, it denotes a person with moderate fluctuative emotions. The subject is slightly inconsistent with the way he treats others and this type of person will be able to make his love life interesting and romantic. Take note that this line formation does not equate to a romantic personality but it does bring out some of the “romantic-ness” in a person.

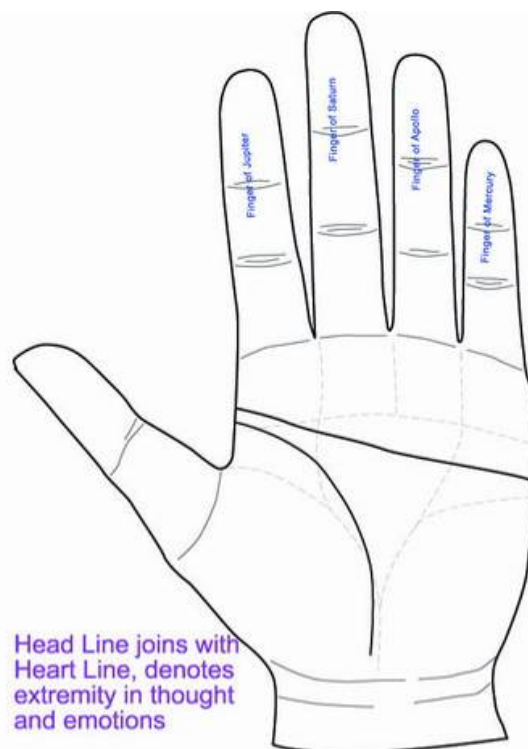
When the Heart Line is has a few other lines ending at different location in the palm, it denotes that the subject has multiple characteristics of those formations that we have mentioned earlier. In the example above (“b”), the subject will have an idealistic perspective about love and also had some disappointment about love before. At the same time, the strongest line shows that the subject is a faithful partner.



When the Heart Line runs directly across from the percussion of the palm to the other end of the palm (even passing the Mount of Jupiter like in “a”), it denotes a person who has a very extreme perspective about love. For this person, it is either Love or Hate, there is no in between. When he loves someone, he will love them whole heartedly. When he hates someone, he will hate with all his might. Thus he often gives too much and expect too much from his partner.

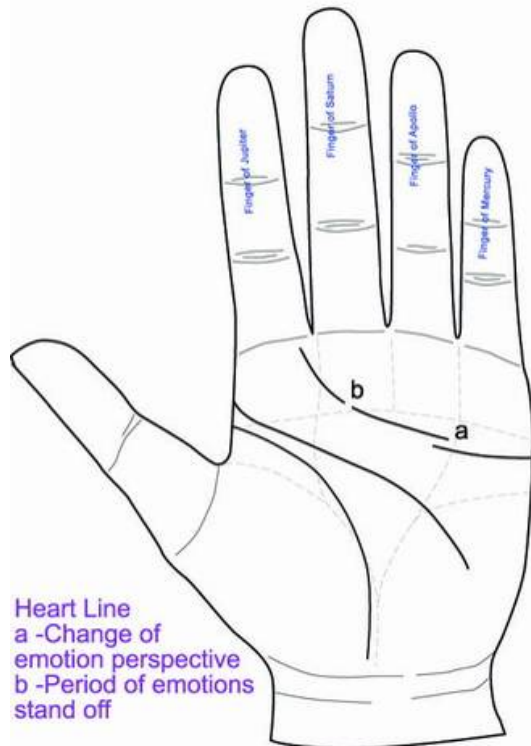
What needs to be shown to such a person is the path of moderation. He will need to learn that not everyone will love in the way he does and give 110% when it comes to love. You will also be able to advise him that he will need to learn to judge others based on others’ capability and not based on his own capability as he is a more extreme person when it comes to love.

Take note that in the above example, the subject still has a very normal Head Line in the palm. The reading will be rather different if the Head Line is not present at the same time. (See the next illustration)



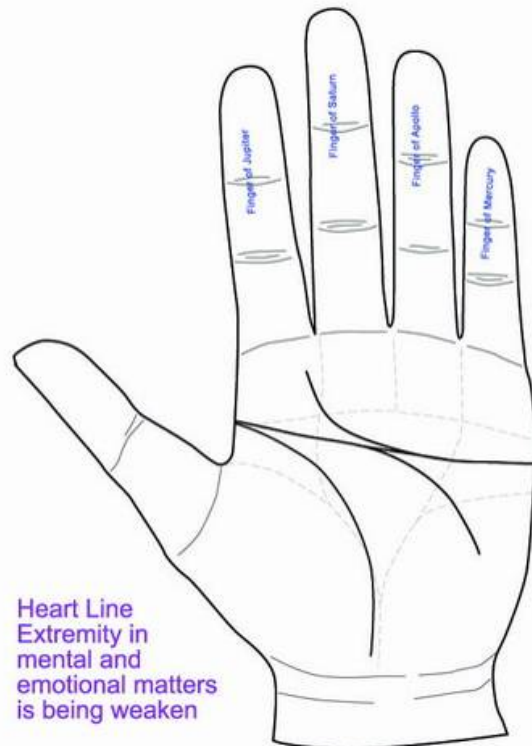
When the Heart Line and the Head Line are both fused together forming a line cutting across the whole palm, dividing the palm into two distinct halves, it denotes an extreme mentality towards thinking and emotions. The subject will be extreme in his feeling for others (love or hate, and give 110% towards his loved ones) and extreme in his thinking. He will not stop for anything until he achieved what he ambioned. He will put in 110% to his work and also expect others to do the same. Thus it can be very tiring to work under such a person.

Basically, this person has both extreme nature towards emotions and mentality. So you can also apply the same advise of moderation towards such a subject.



When there is a break in the Heart Line, you will have to see how the break is occurring. A break can be continued with another line before the actual break (like in “a”), this denotes a change in emotional perspective. The subject would have a change in the way he deals with love at some point of his life.

When the break is like “b”, then this denote a period of emotions stand off. This usually means a point where relationship can be broken, to verify this point, you may want to check on the Marriage Line to see if there are any signs of a quarrelsome relationship. The break can sometimes also mean heart related problems. However, the reading of health problems has to be accompanied with other health signs like the nails shape and colours.



When the Heart Line has a normal path (ending at the Mount of Jupiter or the Mount of Saturn) and at the same time, joins with the Head Line, (the Head Line is also present with a normal path), it denotes a person with extreme mentality and emotional perspective. However, when compared with a person without the normal path of the Head and Heart Line, this subject is not as extreme. You can still see some tinge of extremity in them but only very little of them are detectable.

## ***Career Line (Line of Fate)***

The normal Career Line (also commonly known as the Line of Fate) starts near the base of the palm, nearer to the wrist and extends upward to the Mount of Saturn. Take note that all Career Line has to be moving towards the Mount of Saturn, even though some lines do not end there, the trajectory of the line should lead to that mount. Otherwise it cannot be considered as a Career Line. The Career Line is able to tell us about the following information:

- **Career**

The Career Line, as the name states, tells us about the career of a person. Depending on the starting location of the line, it can tell what type of career is more suitable for the subject.

- **Side lines (moon lighting)**

With more than one Career Line present for the same period of time, it can refer to multiple job profile or side lines.

- **Financial position**

As the Career Line is closely linked to our income capability, it also tells about the financial position of a person.

- **Inclination towards work**

A thick and strong Career Line denotes a person who puts more emphasis towards his work and career while a faint and thin line denotes a person who does not emphasize on his career as much.

- **Directions towards career (future)**

With a clear Career Line extending all the way to the Mount of Saturn denotes a person who has a very clear direction towards where he wants to go in his career. If the Career Line is faint or not clear or tasseled, it denotes a person who is not clear about where he wants to go in his career path.

- **How hardworking are you?**

The thicker and stronger the line, the more hardworking you are towards work. However, when the Career Line is not very clearly set does not denote the opposite. It only denotes a person who does not put career as the first thing in life. There may be other matters which are more important to the subject.

- **Change of job scope**

When there is a break or a kink in the Career Line, it denotes change of job or sometimes a change of job scope.

- **Influences from others (sometimes marriage)**

If there are supporting lines that comes in to join or touch the Career Line by the side, it denotes influences from very significant person and this can sometimes be interpreted as marriages in a person's life.

The Line of Fate is a line that has a few things blended into one. It was initially thought to be a sign to tell your career or fate. However, after many changes

in our life style and work environment, it has evolved to encompass a few other things in its meaning. It can now include signs of marriage, directions towards the future, financial positions and a few other meanings.

When reading this line, you have to bear in mind not to take it wholesale and only talk about work or career. In some cases, you will need to change the context to fit the picture. This is the part where some questioning of the subject would be helpful in giving you a better context to explain.

**Special notes:**

**A short Line of Fate does not equate to lost of job**

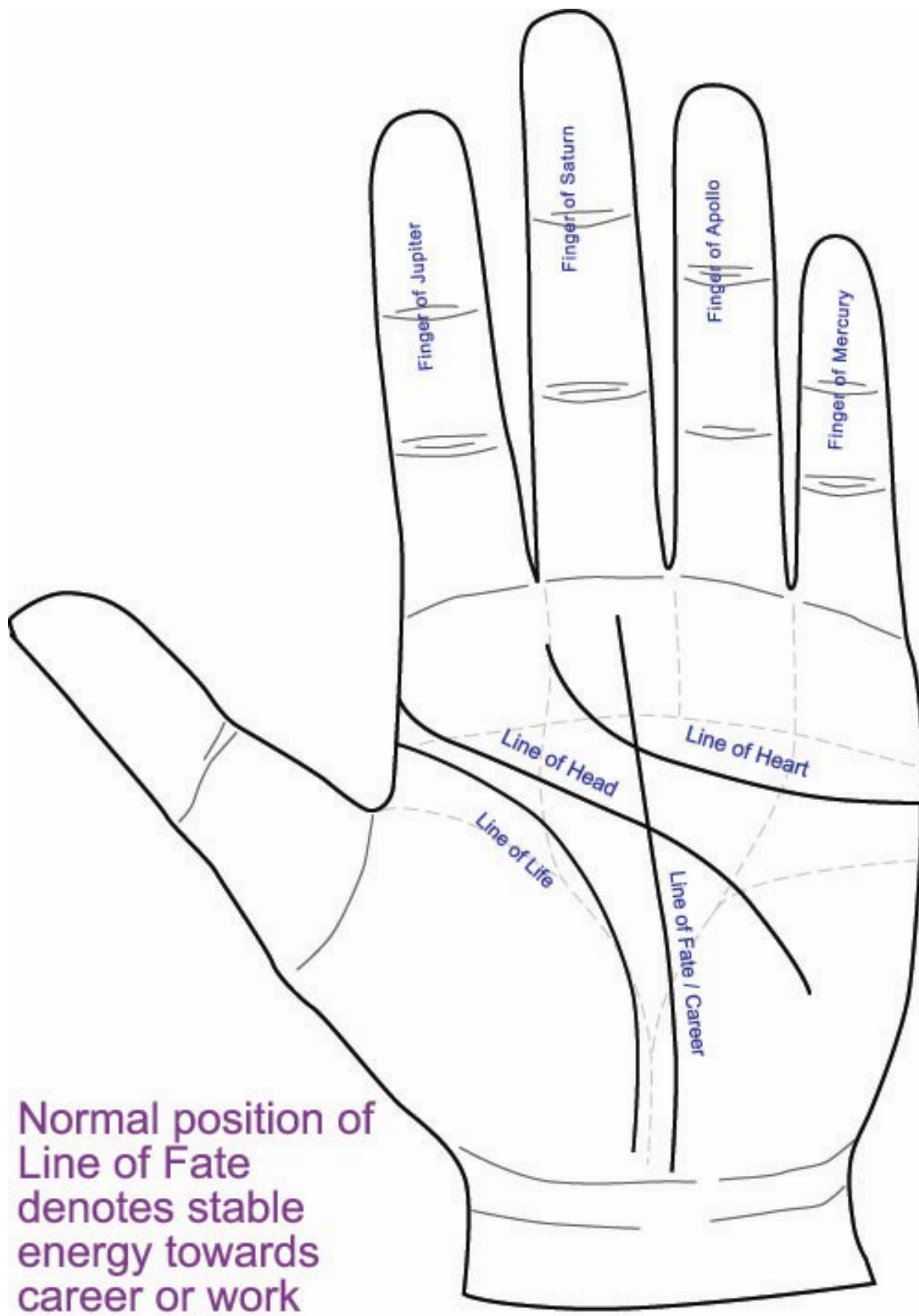
- **It means lost of energy towards career (lost of drive)**

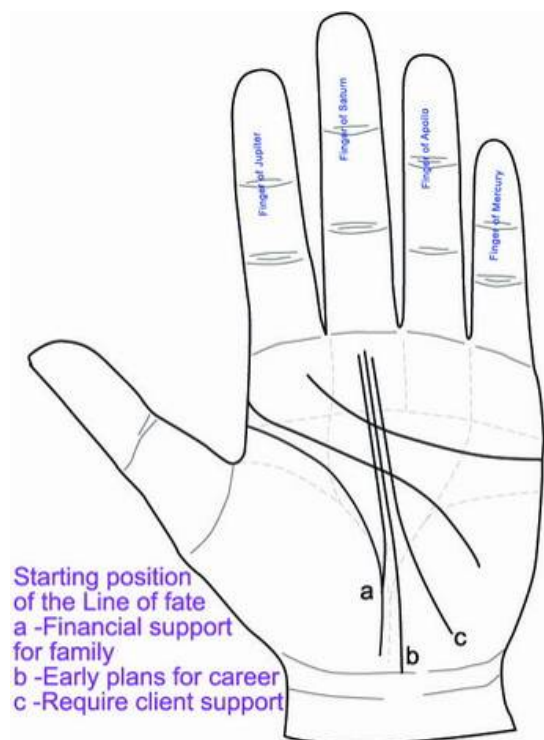
When you see a Career Line present in a palm and the line is very short or does not extend far into the Mount of Saturn, it denotes a lost of drive towards career at that period. It can also refer to a lost of direction for career for that period.

**A hand with no Line of Fate does not mean no career**

- **In a good hand, it usually means a successful person (Working is a hobby)**

In a good hand, when there is no Career Line present in the palm, it denotes that the subject has reached a state of mind where working is no longer a form of work for him. In his mind, working is something like a hobby. Even though he may be working very hard all the time, the most important fact is that he is enjoying his work so much that he does not see that as a form of work. I have seen many such hands and they all have this common perspective towards their career. Many of these people are actually the CEO, president or the main boss of a company.

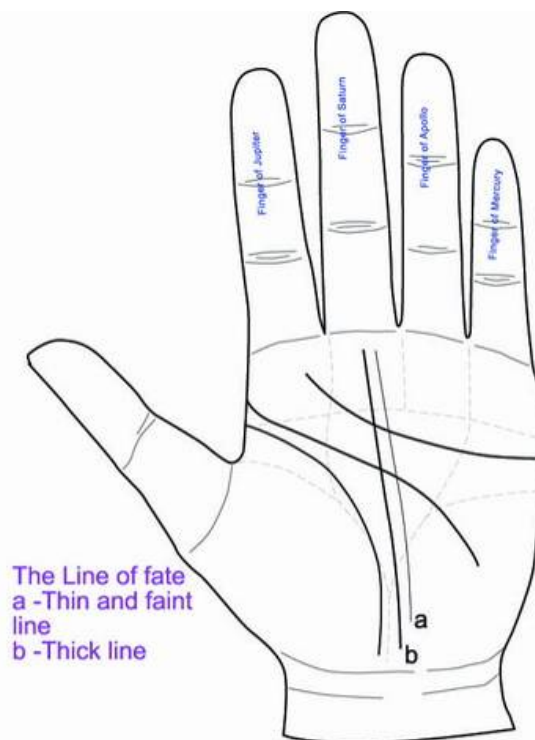




When the Career Line starts at position “a”, joining to the Life Line, it denotes starting of the career due to some form of family obligations. This means that the subject did not enter the working world willingly or readily. He was obliged to start working due to some family reason (like financial problem or other circumstantial reasons).

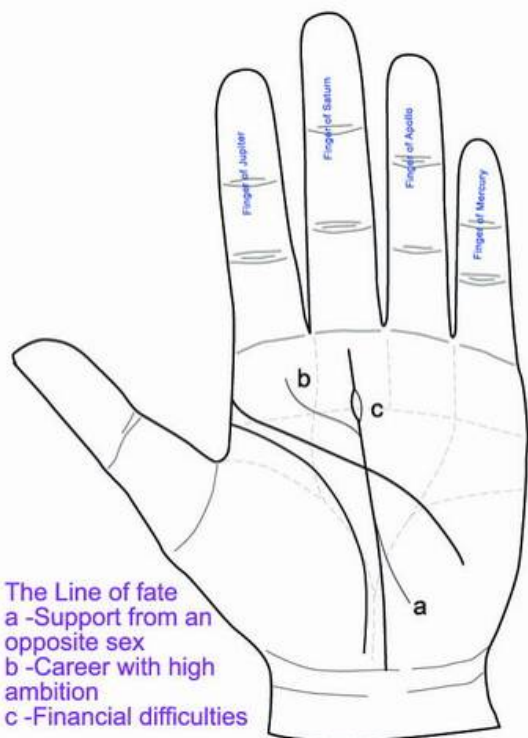
When the Career Line starts at position “b”, it denotes the subject already had a very clear plan and direction of how his career is going to be like even in an early age.

When the Career Line starts at position “c”, it denotes a career path that will require client support. Common occupations for such career are insurance agent, sales agent, entertainer, movie stars, etc.



When the Career Line is thin and faint like in “a”, it denotes a person who does not put as much focus to his work as compared to the other parts of his life (that is if the other main lines are thicker and clearer than the Career Line). When reading this line, you must compare the strength of this line with the other main lines. Which ever main line has the strongest and deepest marking will be the dominant area that the subject will pay more attention to.

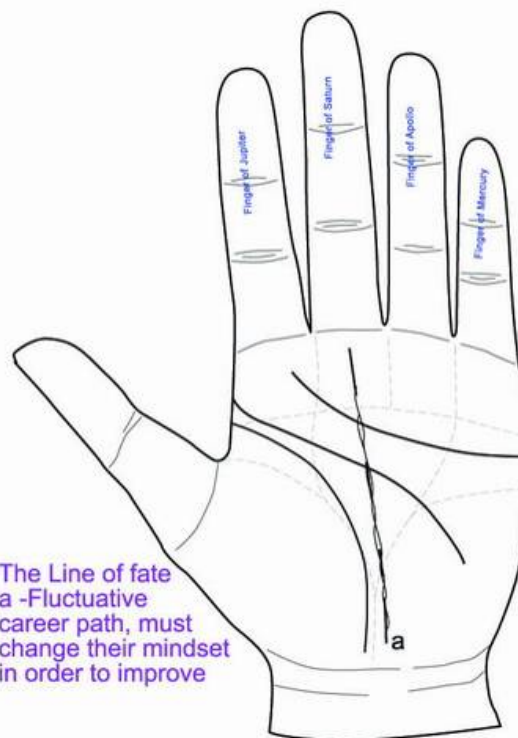
When the Career Line is thick and clear like in “b”, it denotes a very responsible person with a very strong inclination to build a strong career. This also denotes a very smooth and consistent income level.



When there is a small line growing and joining the Career Line by the side, coming from the Mount of Moon like in “a”, it denotes support from an opposite. This line can sometimes be interpreted as a marriage. However, when reading for marriage, this line can only be used as a supporting factor and the main focus of the reading should still be based on the Line of Marriage.

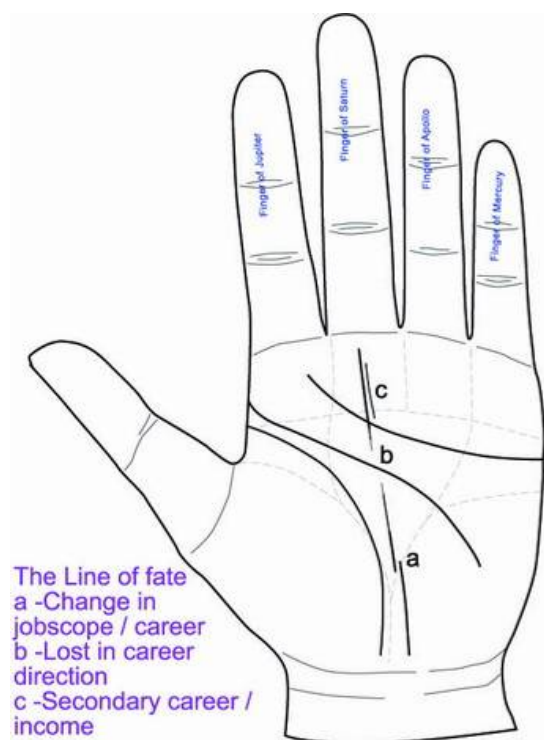
When the Career Line has a branch growing from it towards the Mount of Jupiter like in “b”, it denotes a good career with very high ambition. If there are other good signs of success in the palm, then we can say that the subject will achieve a prominent career in life. However, on a bad hand, we can only say that most of the ambitions are only empty thoughts without proper execution.

When there is an Island on the Career Line (note that the island has to be clearly formed) like in “c”, it denotes a period of financial difficulties. The period will last from the beginning to the end of the island. Warnings of wrong investment or unnecessary spending should be given to such subjects.



When the Career Line is not clean and clear but is disturbed with many small lines or series of islands on it like in “a”, it denotes a person with very unstable career path. This is usually due to the lack of focus towards work. The subject will have to change his mindset and attitude towards work before he can see improvement in his career and financial status.





When there is a break in the Career Line and there is a line continuing just before the break like in “a”, it denotes a major change in job scope of in career. When it comes to change of job, take note that not all job changes will be reflected in the Career Line. This is because for some people, even though they have changed their job, but the job scope and job nature may still be exactly the same. Such changes will not appear in the palm as the change does not lead to any major effect to the personality of mindset of the person.

The other trend that I often see is that some subject will tell you that they did not have a job change in those years specified. However, after some probing, you will notice that in those years, there were actually some changes in his job itself. He may not have change his job or moved to another company, he may have been transferred to another department or take up a totally different job scope. Such changes can also be interpreted as changes in job.

When the Career Line seems to faint off and then restart in a faint manner and getting stronger and stronger after that like in “b”, it denotes a period with lost of career direction. Take note that this is referring to lost of career direction, it is not the same as lost of jobs. What may happen at this point is that the subject may have reached a point where he does not know what to do with his career or does not know where to go. Thus the Career Line can just fade off. If there is a continuation like in “b”, then at least we know that he will find a direction some time later. However, if there is no continuation of the line after that point, then we will need to advise the subject to start to look into how to find a direction in his career.

When there is a main Career Line and there is some other small sister lines along it like “c”, it denotes a possibility of a secondary income. Take note that this can also mean a person with a single job but with multiple profile to manage.

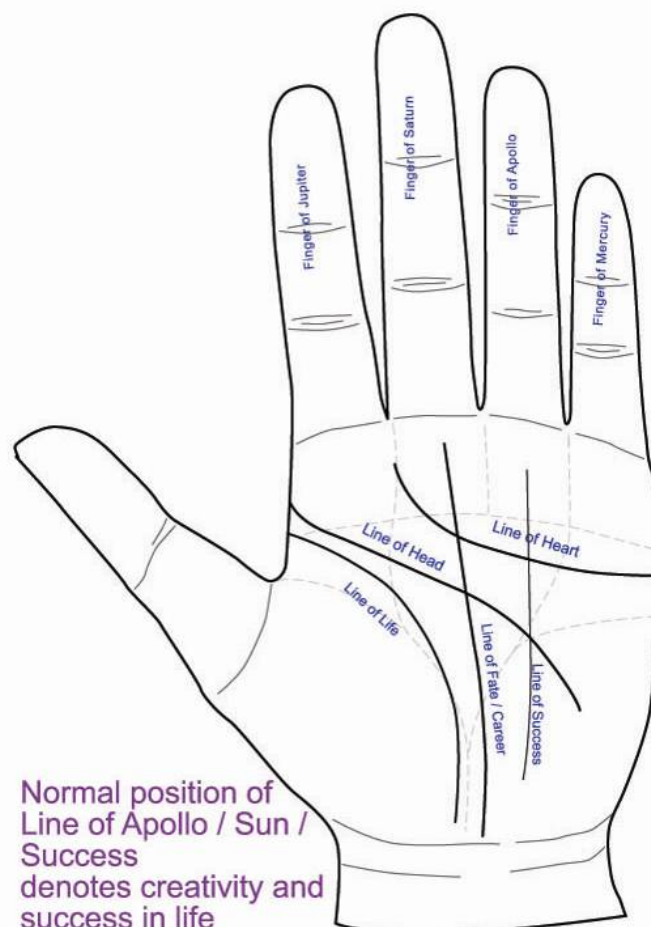
## About the secondary lines

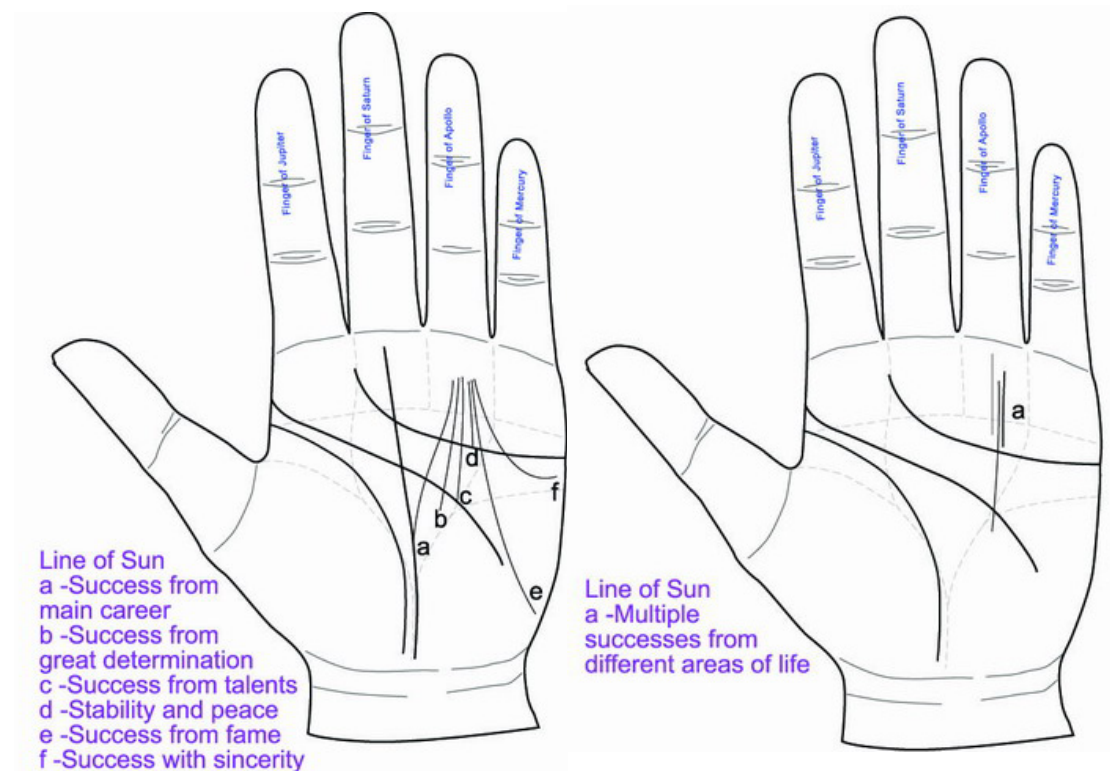
- Line of Apollo (Success or Sun)
- Health Line
- Marriage Line
- Girdle of Venus

### *Line of Apollo (Success or Sun)*

The Line of Apollo, also known as the Sun Line, or Line of Success, can start from many different points. However, only when it ends on the Mount of Apollo (below the Ring Finger), then it can be considered as the Line of Apollo. The Line of Apollo is one of the few lines that always signifying good things. As long as it appears, there is something good in the subject's life. The clearer the line is, the better the sign it signifies. The Line of Apollo can tell us of the following information:

- Success in life
- Success in using talents
- Artistic talents
- Ability to appreciate art





When the line starts from the Career Line itself like in “a”, it denotes success from career.

When the line starts from the Mount of Moon or Plain of Mars like “b”, it denotes success from great determination. This refers to success from hard work and effort.

When the line starts from the Head Line like “c”, it denotes success from certain form of talent. This has to be related to his mental capacity.

When the line starts from the Heart Line like “d”, it denotes a stable and peaceful form of success. The subject need not go through too much hardship for such success.

When the line starts from the Mount of Moon like “e”, it denotes success from fame. Such lines can be seen in some movie stars or singers or even famous politician or businessman.

When the line starts from the Upper Mars like “f”, it denotes a person with a sincere heart towards what he does and gain success that way.

When there are multiple Career Line rising up to the Mount of Apollo (below the ring finger) like “a”, it denotes successes from different areas of life. Such subject is usually very talented in different areas too. However, the lines have to be clearly formed and not faint and breaking, then the successes will be prominent.

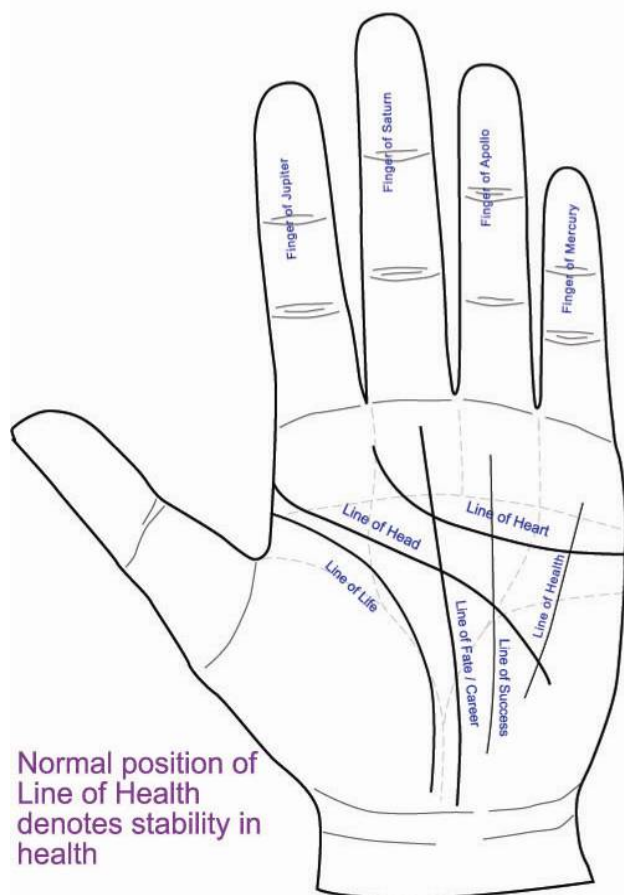
## Health Line

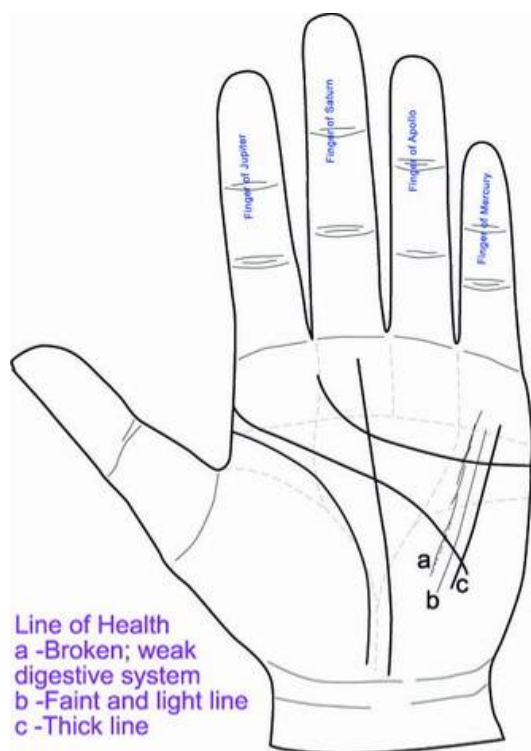
The Health Line may not be present in all hands. For those hands with no Health Lines, it is a sign of good health and that person's general health would be very robust. However, this will have to counter check with other areas in the hand for other possible signs. You may have to look at the mounts or the fingernails for verification. The normal Health Line starts from the Mount of Moon and ends at the Mount of Mercury (the base of the last finger).

An important note to take about health in palmistry is that palmistry is not an absolute medical science. Thus, it does not mean that when the palm does not show any signs, then a person is perfectly healthy. A regular checkup by a doctor is still our best bet on detecting health problems. Personally, I find that health signs are something that will show up when it needs to. There are still many areas of palmistry that has yet to be discovered and recorded. Thus, the signs in the palm may have already been there but we have not been able to discover them yet. An open mind towards health is still the best thing to have; and of course, constant monitoring and taking care of oneself by doing the three most important things towards health is essential:

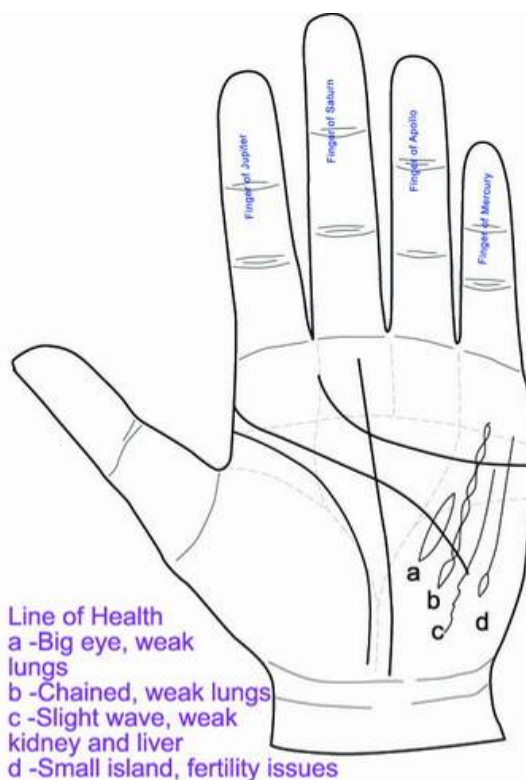
1. **Sleep well**
2. **Exercise adequately**
3. **Eat correctly**

These three things will be able to cover more than 70% of your health. The other 30% will include factors like your genetic makeup, working environment, etc.





Line of Health  
a -Broken; weak digestive system  
b -Faint and light line  
c -Thick line



Line of Health  
a -Big eye, weak lungs  
b -Chained, weak lungs  
c -Slight wave, weak kidney and liver  
d -Small island, fertility issues

When the Line of Health is broken or formed by many broken lines like “a”, it denotes a weak digestive system. If the Life Line also has signs of digestive problems, then we can be very sure that the digestive system of the subject is really in a very poor condition. The digestive system problems can be any of the following: gastric problems, bloated-ness of the stomach, poor absorption of nutrients, and constipation.

When the line is faint and light, it denotes delicate health. However, if the line is still clear and clean like “b”, then the health of the subject is still rather strong.

When the Line of Health is clean and clear and strong like “c”, it denotes a strong and robust health for the subject.

When the Line of Health is like a big island and almost like a big eye like “a”, it denotes weak lungs. This sign is extremely accurate if accompanied with narrow finger nails on a narrow and long palm.

When the Line of Health is formed with a chain like “b”, it also denotes weak lungs. When accompanied with narrow and long palm with narrow finger nails, the weakness of the lungs is also very prominent.

When the portion of the line that is nearer to the wrist is formed with a wavy line and continues with a normal straight line like “c”, it denotes weak kidney and liver functions. If the Mount of Moon is also slightly sunken or not very fleshy, the kidney problem can be rather prominent.

When the line starts or ends with an island like “d”, it denotes fertility issues. Take note that **this does not mean infertility**. It simply denotes possibility for problems with fertility. With correct medical intervention or proper health care, the subject can still have children.

## ***Marriage Line***

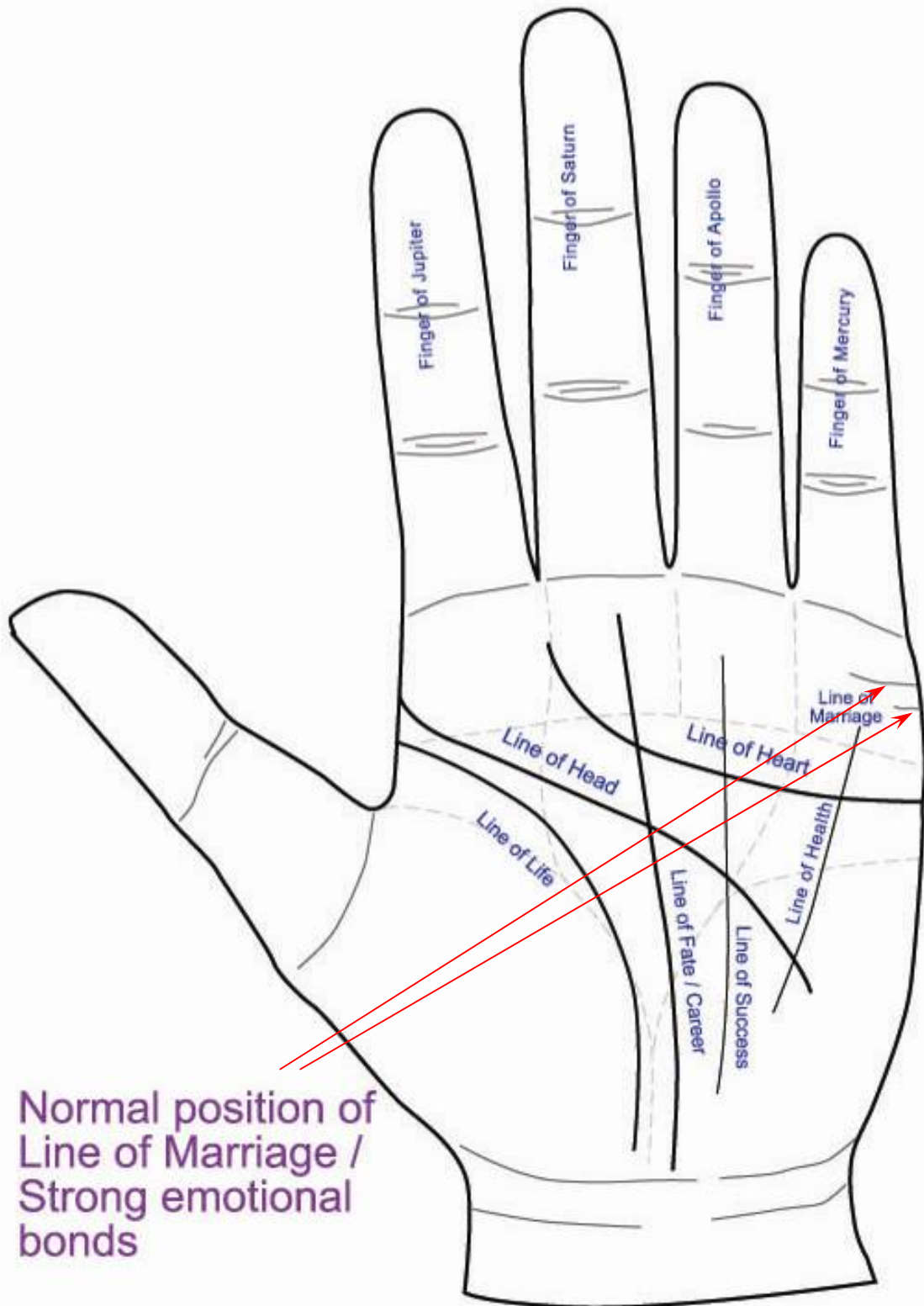
The Marriage Line starts from the percussion of the palm below the Mount of Mercury (base of the last finger) and extends inward to the Mount of Apollo (base of the ring finger). The line may end at any point on the Mount of Mercury (most of the time) or occasionally ends on the Mount of Apollo. This is the only line that we usually find more than one of them at the same time. The more lines you see denotes more strong emotional bonds for the subject. The line will appear at the space between the Heart Line and the base of the Mercury Finger (the last finger).

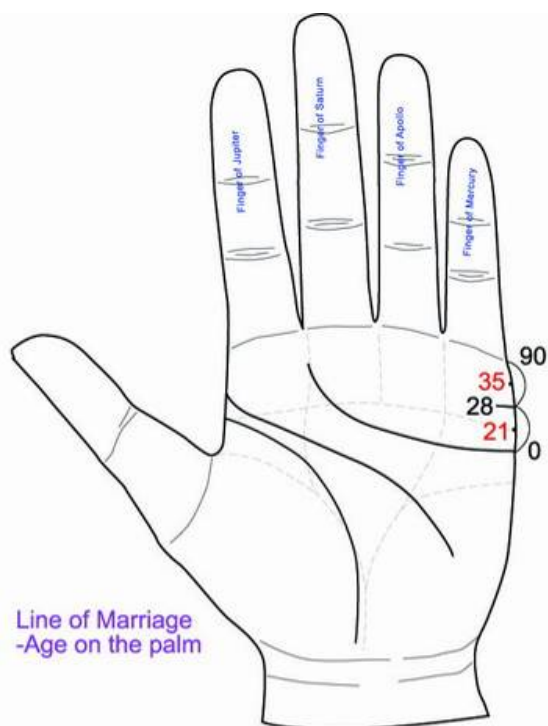
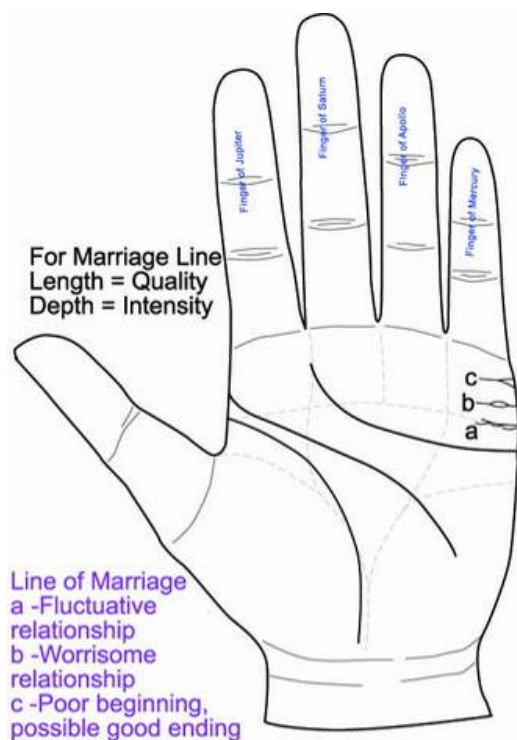
A good marriage is something most of us wished for. However, in reality, it is as difficult to have as striking the lottery. The marriage lines do not really foretell marriage. It only shows the “strong emotional bonds” in a person. The logic is, if you have strong emotional bonds, it is very likely to lead to marriage. In our current society, things have changed very much as compared to the past. There are more and more divorce cases and we can have people switching from one partner to another within a matter of months. At the same time, the concept of co-habitation is getting more and more acceptable. Some of these relationships that do not necessarily lead to marriage are also clearly presented in the palm. The key to the formation of the line is that the subject must have a very strong feeling for that person such that the subject is willing to sacrifice something for that person. Only when the feeling is so strong, then the line will form. At the same time, even though the line can be present, the couple need not be physically together. As long as there are strong feelings, the line will appear. When there are different lines, it denotes different timing of feelings. The feeling is possible to be for the same person in different times (as in love being refreshed) or for a different person (as in new love or even affairs if the subject is already married).

Love is a matter that is very much within our own control. When the opportunity is present, we can make a choice to take advantage of the situation and let it happen or we can also choose not to let it happen by blocking it out consciously. Thus when it comes to possibility for love affairs, it is still depending on the decision of the subject to determine the outcome of the incident. I have seen many marriages saved by the correct choices of the subject when there is a presence of a love affair in their palm.

I have also seen many single older man or woman asking about their love life after their 40s, even though there are no more Marriage Lines after this age in their palm, I will still tell them that it is still possible for them to get married. However, I will also tell them that if they are waiting for a very strong emotional bond like the way they used to have while they were younger, they will never be able to find such strong feelings anymore. All they can expect is feelings that grow with companionship and as long as there is someone who is willing to spend the rest of their life with them, they should not hesitate too much.

As a good palmist, one should try and clear these definitions before providing a reading on marital relationship. Some delicate souls may just treat this as marriage and any dates that are beyond their expected date of marriage would lead them to great sadness. Love is a delicate thing, what can be easily accepted by one person may be a life and death matter to another. Be very careful of what you say in regards to love.





When the Marriage Line is formed by a few smaller lines which makes it “not clean” and not clear like “a”, it denotes a relationship that is not very stable and conflict between the partners are very common.

When the Marriage Line has an island in it like “b”, it denotes a worrisome relationship. This is also not a very happy relationship.

When the Marriage Line starts with two small lines and join together as they move towards the Mount of Mercury like “c”, it denotes a relationship that is not so stable at the beginning but slowly improved to be a much better one.

When we look at the timing for the relationship, we will have to divide the space between the Heart Line and the base of the Mercury finger into 4 equal parts (4 quarters). Then we will attribute 21 to the first quarter counting from the Heart Line. The middle half will be the number 28 and the third quarter will be 35.

The logic is that majority of the people will get married within this range of age. Thus these years are being distributed in the palm. Note that the numbers are actually multiples of 7. Thus we can divide the years within these quarters into the years it represents.

From the Heart Line to the first quarter, it represents 0-21 year, if the Marriage Line falls within this section, then we can say that the strong emotional bonds occur before 21, to find the exact years, you will need to subdivide the first quarter into 21 parts and see when is the year it occur.

From the first quarter to the middle mark, it represents the age of 21-28 year. Just divide this part equally and you will be able to locate the other years.

The same can be applied to the other two quarters. You can use this method to determine the exact years, however, as this is an estimation of the years, sometimes you will need to add or minus one year from your readings to compensate for any errors.





When we look at the Marriage Line, it is said that the longer the line, the better the quality of the relationship. The deeper the line, the stronger the intensity of the relationship, in other words, when the line is very deep, it denotes a very deep feelings for the partner. When the line is very shallow or faint the feeling is not as strong.

Based on the above theory, we will know the difference for the following:

“a” refers to a short and faint line, this relationship is not too intense and also not very happy.

“b” refers to a long and faint line, this relationship is not too intense but rather happy.

“c” refers to a long and thick line, this relationship is very intense and also very happy.

When the Marriage Line ends with a split like “d”, it denotes a quarrelsome relationship and usually such relationship is not able to last if both parties refused to put in the effort to change and compromise with each other.



When the Marriage Line starts lower and ends at a higher point (slanting upward) like “a”, it denotes a relationship that started without a very stable foundation. The couple usually gets together at the beginning stage of the relationship not for the reason of love. The initial union is commonly due to companionship or convenience but not due to love. Feelings of love will usually develop as the relationship grows.

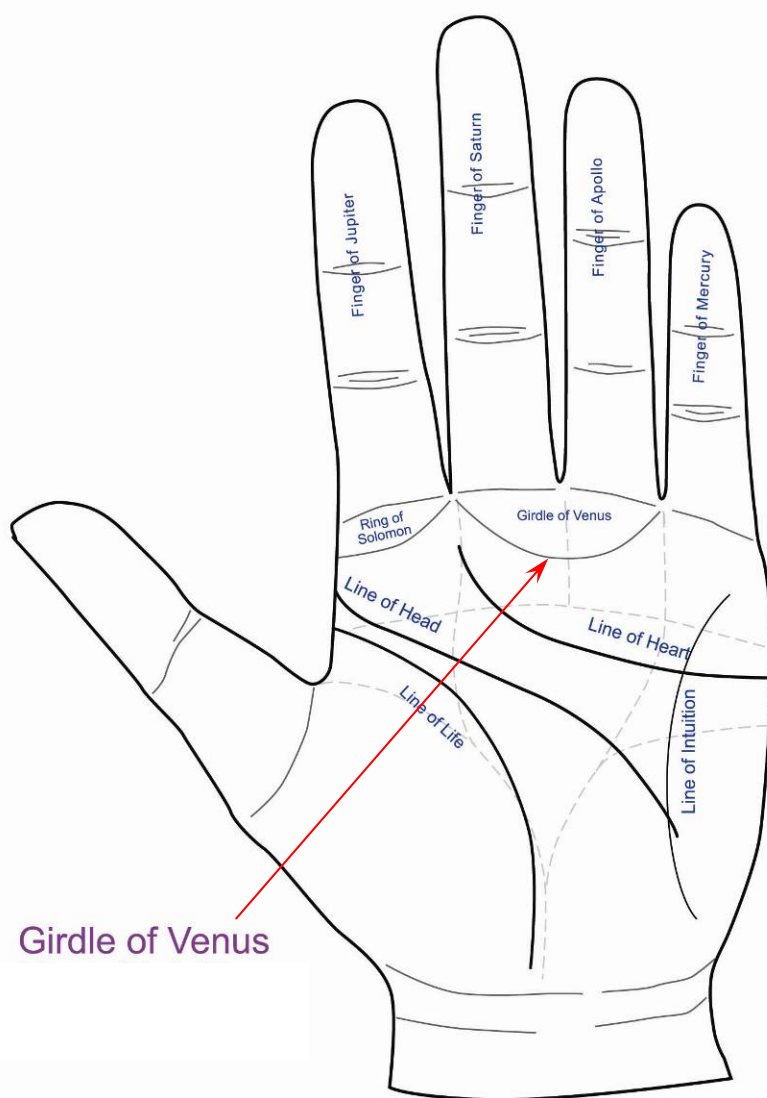
When the Marriage Line ends with a drop like “b”, it denotes a relationship that ends with a mental gap between the couple. There is a feeling of a distance between the two persons. If this drop touches the Heart Line, then it denotes poor health of the partner and usually, the partner will tend to pass away earlier than the subject.

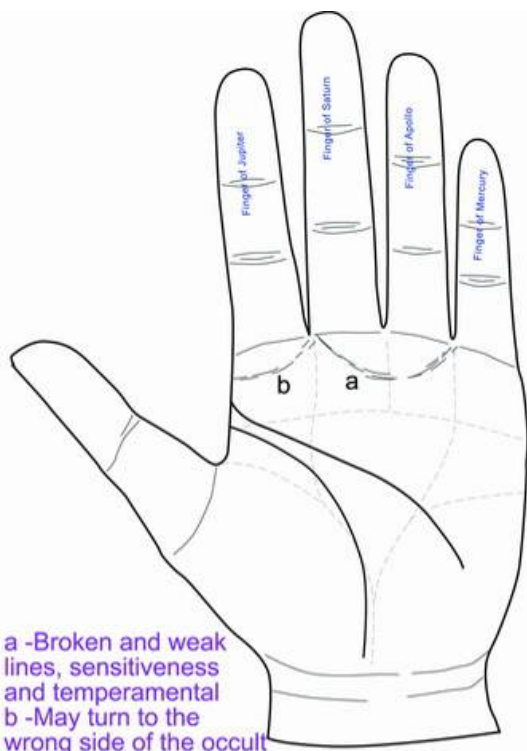
When the Marriage Line ends with a rise, it denotes a happy relationship.

## Girdle of Venus

The Girdle of Venus is a curving line that is formed engulfing the Saturn and Apollo Fingers. One of the ends is between the Mercury and Apollo Fingers and the other end is between the Saturn and Jupiter Fingers.

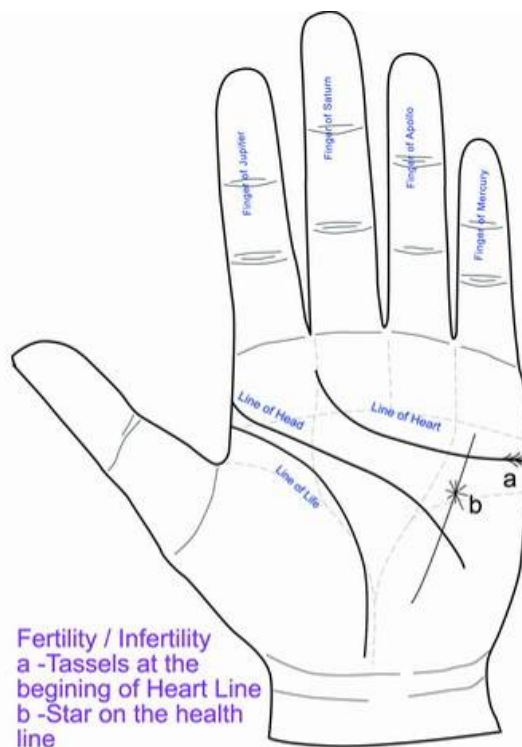
The Girdle of Venus is like the opposite of the Line of Apollo. Most of the negative signs in regards to emotional temperament are present when this line is present. The clearer the formation, the more severe the negative energies. It is a sign that intensifies the negativity of the emotions. These individuals who have such signs should be guided to reflect more on their emotions and try to learn to use more logic and objective reason in decision making or when treating people. When the line is very clear, the subject will be very temperamental and hard to predict. When accompanied with a very sloping Head Line, this person will be overly sensitive and hard to tame. Commonly, a Girdle of Venus is found in hands with slightly negative signs like many stray lines all over the palm, or frayed or tasseled Head Line, or a very soft or very hard hand, etc. On a hand with many good signs, this negative energy of the line can some times be neutralised.





When the Girdle of Venus is broken and formed by many smaller lines like “a”, it denotes a temperamental nature. However, this temperament is still manageable if the subject is willing to always use logic to question his unhappiness towards others. The more extreme form of temperament is observed when the Girdle of Venus is well formed in a palm with less good signs in it.

When the Ring of Solomon is formed with many smaller lines like a broken ring like “b”, it denotes the subject is possible to turn to the wrong side of the occult. This will be true if there are other bad signs in the hand.



When the starting point of the Heart Line has several small lines growing upward or downward like small splits in the beginning of the Heart Line like “a”, it denotes fertility. The subject will be able to have children easily.

When there is a Star on the Health Line like “b”, it denotes fertility issues and the subject may have difficulties conceiving. This sign has to be reconfirmed with other signs of fertility issues.

## ***Exercise 4 – What do you see from the lines***

After reading so much of the book, it is time to really put your knowledge about the lines to the test. The objective of this exercise is to allow you to start seeing the meaning of each lines and start telling others about what their personality is like. (You can take a look in the next section on how to actually do a proper reading, but for now, experiment with your own methods first.)

### **Estimated time for the exercise: 20mins**

Look at the various lines of the palm and determine the starting and ending points of the lines. Take note of the formation of the line, see if there are any chains, islands, tassels, fork or other signs on it.

- **The main lines**
- Life Line
  
- Head Line
  
- Heart Line
  
- Career Line (Line of Fate)
  
- **The secondary lines**
  - Line of Apollo (Success or Sun)
  
  - Health Line
  
  - Marriage Line
  
  - Girdle of Venus

After finding the lines in the palm, tell the subject about their personality traits according to what you have learned. Verify with them if your readings is correct. If it is not, try to look into the hand again and see where you could have gone wrong.

## ***Ring of Solomon***

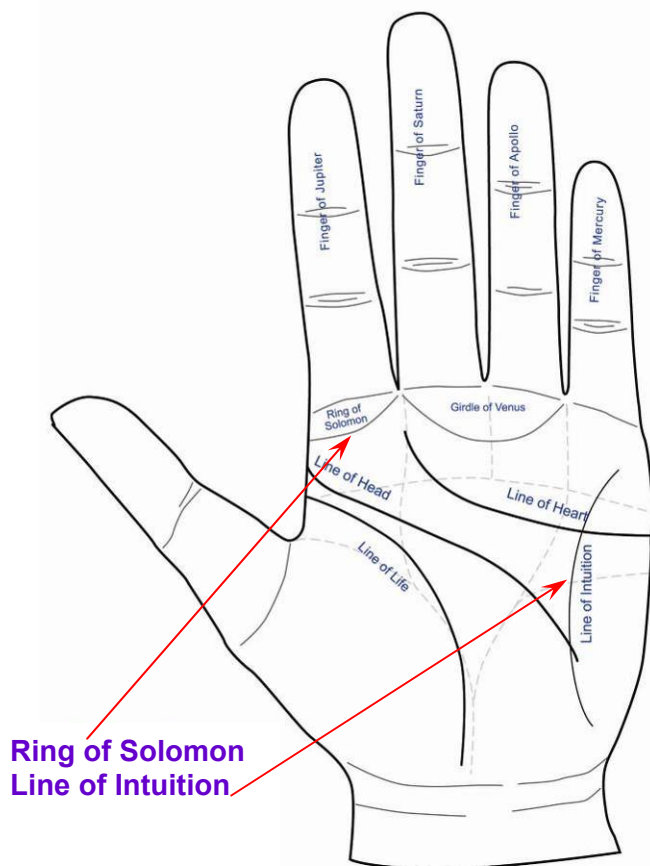
The Ring of Solomon is a line that looks like a ring below the Jupiter Finger (on the Mount of Jupiter). This line usually runs in a diagonal fashion across the Mount of Jupiter with a slight curve in it.

This is a sign which denotes a tendency to seek extreme religious practice. It could also mean doing things for the general good of the human kind. These people will have a very strong will to self sacrifice and they tend to want to do things for the betterment of the rest of the people. In a more extreme case, he or she may choose to renounce the world and seek refuge in isolation while doing whatever he can spiritually for the rest of mankind.

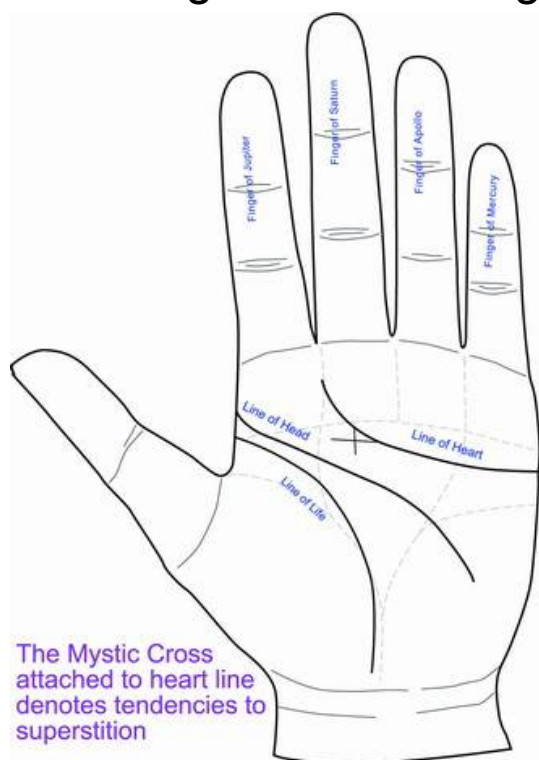
## ***Line of Intuition***

The Line of Intuition usually starts at the Mount of Moon and extends upward to the Mount of Mercury, however, there is a curve in the middle section towards the Plain of Mars.

The subject of this line would have heightened sensitivity towards spiritual knowledge and intuitive faculties. This does not mean that they would automatically be psychic. This is because when someone has a potential, one may choose not to develop this faculty and thus will not be able to use this faculty effectively. However, when correctly trained, a person with this Line of Intuition can make use of the intuitive faculties to help others or to harm others. Always guide these people to make use of their conscience to regulate their actions.



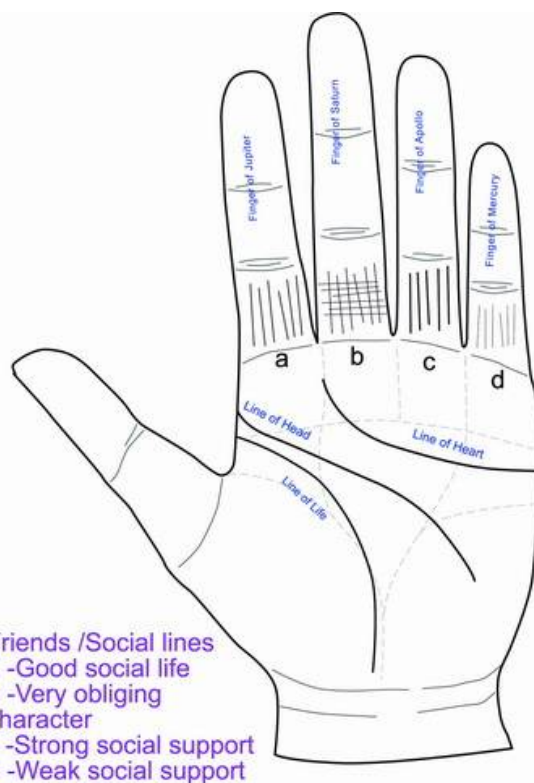
## Other Signs and Markings



The Mystic Cross often appears in the Plain of Mars near the middle of the palm. It can be a cross that is formed on its own or sometimes formed by crossing over the Career Line.

The Mystic Cross if often seen as the sign for people who have keen interest towards the Occult. Occult science actually includes a very broad spectrum of topics. The subject with this sign will like to explore mystical knowledge or powers or even be very good at a few topics of fortune telling. Thus whenever you see someone with this sign, do not take it lightly, this person may actually be a master in palmistry! Do be very careful when you give readings to such people.

The illustration above shows a Mystic Cross that is attached to the Heart Line, it denotes a love for occult sciences but the subject can be prone to superstition. The attachment of the cross to the Heart Line tells us that the subject will use more of his emotions to judge such knowledge instead of using his logical power to judge them.



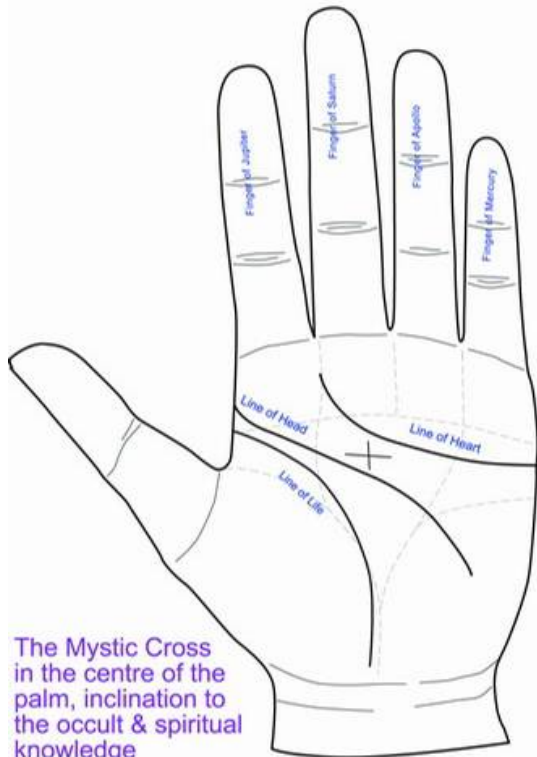
When you see some small straight lines on the first phalange of the fingers (any fingers), these are lines that tell about the social life that you have with your friends.

“a” are clear Social Lines that at not too strongly marked, it denotes good social life.

“b” are clear Social Lines with many horizontal lines cutting across, it denotes a very obliging personality. Such person will always find it hard to reject others when there is a request to help them. Though they may not want to help, but they just cannot bring themselves to reject others.

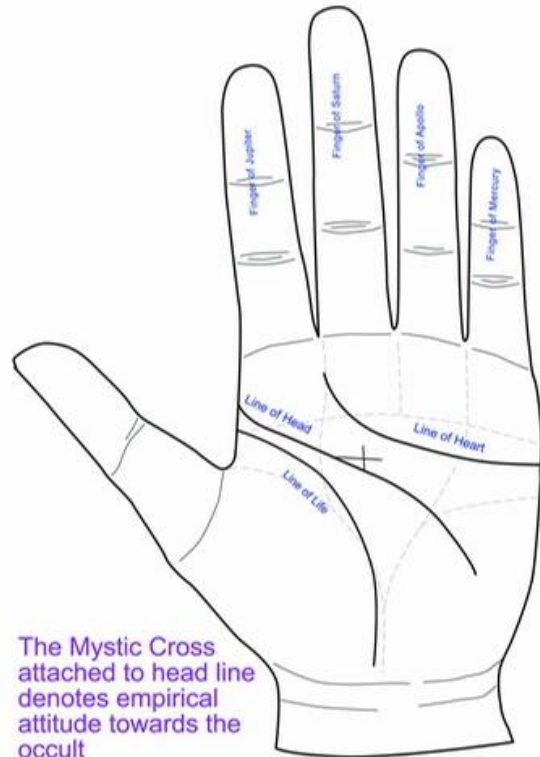
“c” are very clear and strong Social Lines, it denotes very strong social support

“d” are very fine and faint Social Lines, it denotes a person with rather weak social support.



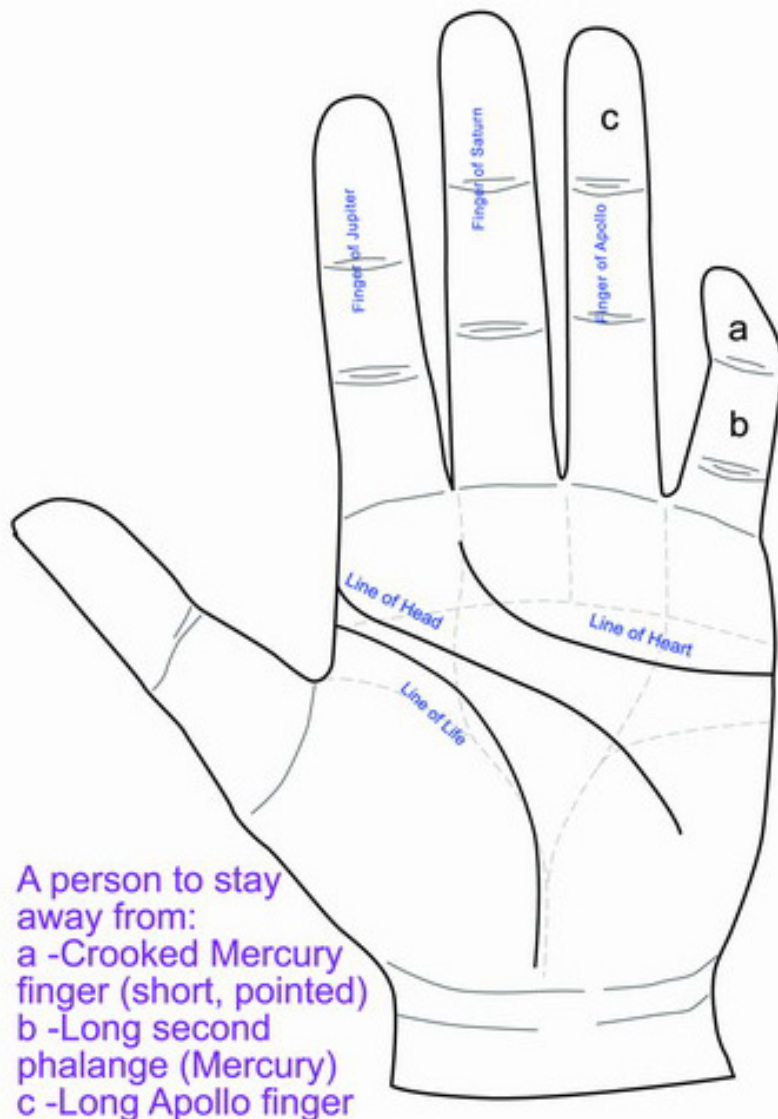
The Mystic Cross in the centre of the palm, inclination to the occult & spiritual knowledge

When the Mystic Cross is right at the centre of the palm without touching the Head or Heart Line, it denotes love of the occult but with a very objective attitude. Such a person will tend to be more empirical to their studies of the occult.



The Mystic Cross attached to head line denotes empirical attitude towards the occult

When the Mystic Cross is formed touching the Head Line, it denotes love of the occult but with a very empirical attitude. The subject will treat occult sciences as a form of knowledge and can actually go into deep research in these fields. This is because they will not believe in the theories without actually testing them out. Such person will be a very good candidate to be a good fortune teller. However, the only drawback will be that due to their strong faith in empirical science, they will tend to undermine their own intuition and may have some difficulty in releasing themselves towards their own spiritual path.



Normally when looking at a palm, we would want to stay away from people with these few signs. (Note that these signs have to be accompanied with other bad signs of the hand.)

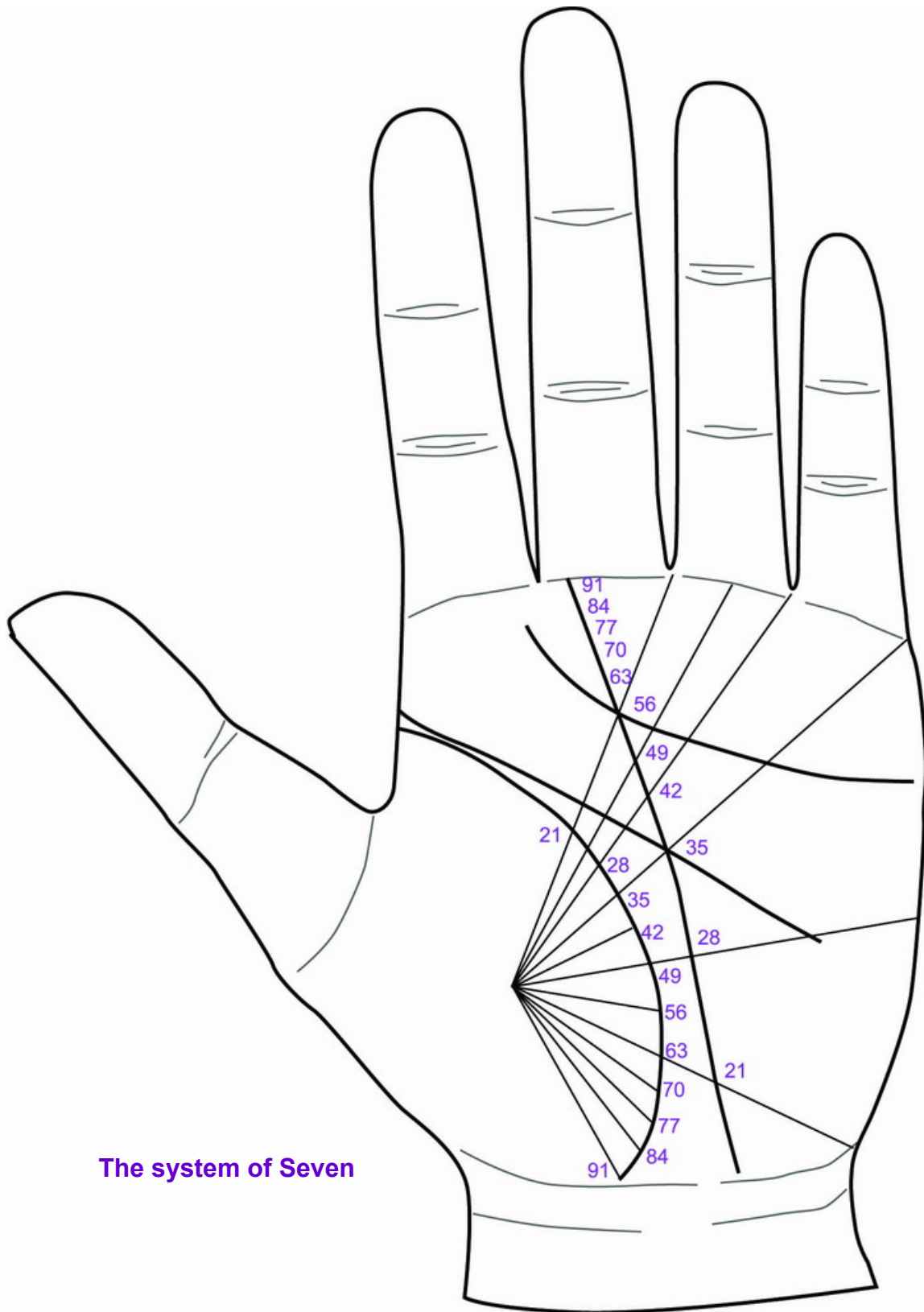
A crooked and very pointed Mercury Finger (note that this has to be accompanied with a bad hand shape, or else the inward bending of the Mercury Finger only signifies self protectiveness) like “a”, denotes a very selfish person when seen on a bad hand.

An extremely large second phalange of the Mercury Finger like “b”, it denotes a person who is so good at bargaining that they do not care if they are taking too much from others. Such person, if accompanied with a very flat Mount of Venus can be rather heartless in trying to get what he wants.

A very long Apollo Finger like “c” refers to a person who is very willing to take high risk. On a hand with an overly developed Mount of Venus and a very weak Head Line, the subject can be a hard headed gambler and risk everything that he owns for what he wants to get.



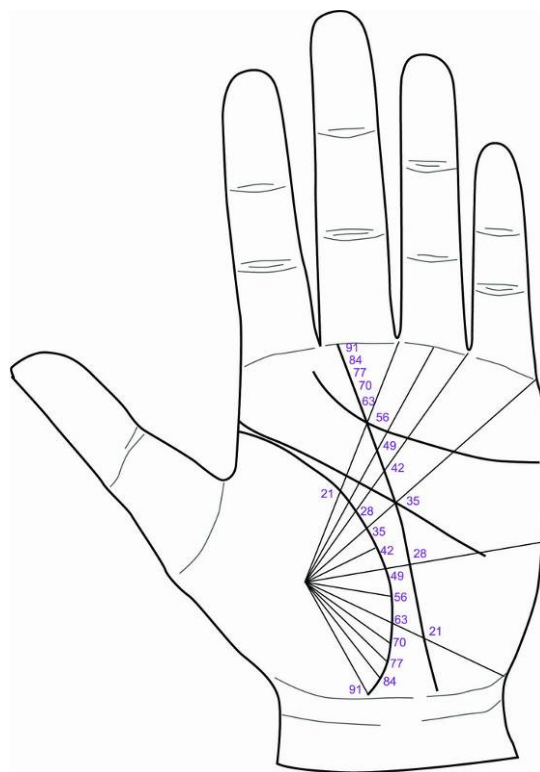
# Years in the Palm



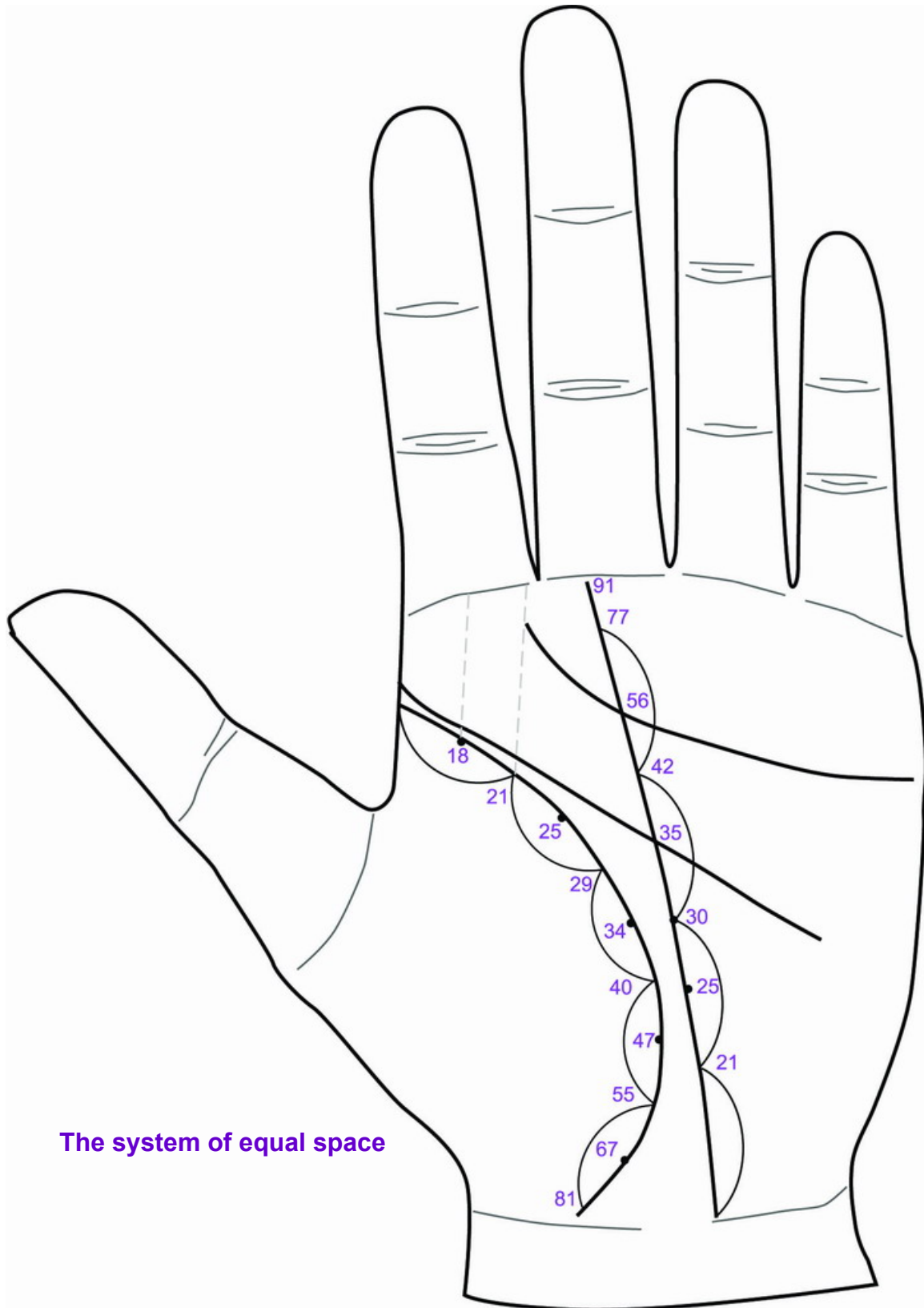
The system of Seven

## ***The system of Seven***

When we look at the palm, we will be able to tell the years on the palm by having some attributed logic for the years. In this case, we use the multiples of seven to determine the point in the palm. By looking at the illustration in front, you can see that the years in the Life Line, Head Line and Career Line are determined by finding the centre point of the Mount of Venus and from that point, virtual lines are drawn directly to the space between the Saturn and Apollo Finger, to the middle of the Apollo Finger, to the space between the Apollo and Mercury Finger and the ending edge of the Mercury Finger. From these virtual lines, we will be able to see the crossing points on each of the lines. Thus by placing the years as stated in the illustration, you will be able to know what is the year at each intersection. Once we know the major years, we can then divide the spaces in between the lines equally by the years they are represented.



For example, for the Career Line, we know that the first point at the bottom is 21 years old and the next intersection is 28 years old, thus the spaces in between can be divided by 7, and each equal section will represent one year. The next marking is 35 years, dividing the space by 7, we will get 7 equal parts and these will be the years that any incident will happen. For the Career Line, the virtual lines are drawn from the middle of the Mount of Venus to the base of the Mount of Moon and the other virtual line is drawn to the middle point of the percussion.



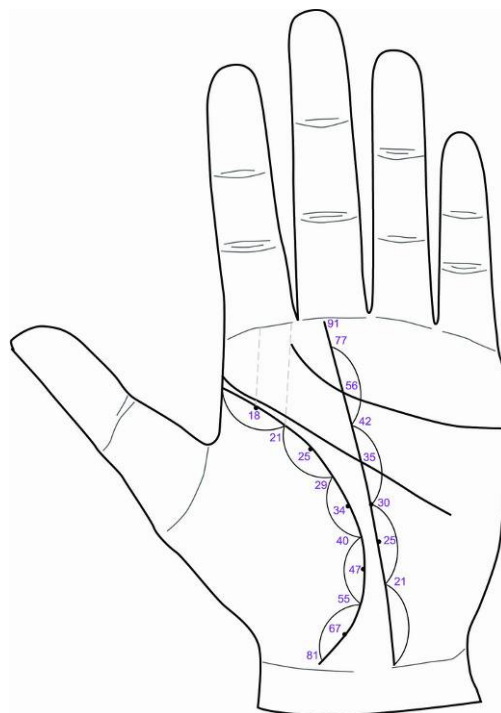
The system of equal space

## ***The system of equal space***

The other method of telling timing in a palm is to use the system of equal space. This system uses the width of the Jupiter Finger (the base of it) as the benchmark for the spacing to be placed on the lines. Once the space of the Jupiter Finger is determined, you can use that to plot the years onto the Life and Career Lines. There is no fixed pattern to the increment of the number of years. You just need to memorise the location of each “marking year”. The spaces in between each marking year can then be divided equally to the number of years between two marking years.

For example, on the Life Line, the first marking year is 18 and next marking year is 21, thus that space between them will represent 18-21 years old. Any signs or markings that appear within this area can tell us at which year the event will happen.

As with all telling of time on the palm, you will not be able to get a very specific year at the beginning stage. You should give an allowance for error of plus or minus 1 year from the year you state an event. This applies to all other lines that you are trying to determine the year of the event.



## Putting it all together (Approach to readings)

In order to make it simpler, you can use the following points to help you in your process of reading a palm. At the end of the book, there are four exercises in the Appendix that can help you to learn on how to determine the readings of a palm. Each exercise is designed to look at different areas of the palm based on what you have learned. By doing each exercise more than 5 times, you will be able to grasp the actual reading of a palm and slowly get a hang of the jargons and meanings of each signs and markings. Use these exercises to help you to get on track faster. The more hands you read, the better you will become. Usually, I would not advise a student to jump straight into an advance level right after learning what is in this ebook. If you really want to get what your money is worth, start collecting case study today. Once you have done readings (a reading can be as simple as telling 3 accurate points about a palm) for more than 100 persons, you will be ready for the next step of palmistry, the more detailed analysis of the palm on a more advance level.

### ***Process of reading a palm***

- Determine the “Natural Dominant Hand”
- Study the general shapes and sizes of both hands of the subject
- Study the thumb and fingers
- Study the Life Line and Head Line
- Describe what you see in regards to the thumb, Life and Head lines (general)
- Study the Heart line and describe accordingly (general)
- Study the Line of Fate and describe accordingly (general)
- Look for additional signs which negates or support minor tendencies
- Look for other possible signs like stars, crosses, etc. and describe them
- Read on relationships and marriages
- Read on health matters and look at the fingernails

### ***Things to take note of while reading a palm***

- When there is a negative sign, look for supporting factors before concluding
- When there is a good sign, look for supporting factors before concluding
- Remember to provide recommendations while you read
- Be tactful in what you say
- Watch the response from the subject, to adjust tonality and tact
- Be diplomatic and politically correct
- Be mindful of their gender, race, religion, age group and origin
- Be courteous to ask and verify
- If subject does not want to share any of the points you have mentioned, let it go

## ***How to improve further***

Many new palmists often find it hard to go further in their quest for Palmistry after a reading for a few persons. This is because they often find it hard to really understand how to gauge what is a marking and what is not. However, do not despair if you happen to be one of them. The key to success in palmistry is in the amount of practise you put into your studies. Try to tell yourself that you only need to be right for 3 points for each hand. When you start to get feedback that your reading is not accurate, try to look at the hand again, look for any points that can counter or negate your conclusion. Then you can also try to question the subject tactfully on the possibilities of the variation of the meanings. Very often, you may not be wrong, it is the interpretation of your statement by the subject that causes the inaccuracy. You can learn to improve further by following the steps:

- Take away your **ego** when you read
- Read more books and read more palms
- Get feedback from others
- After feedback, read the same palm again
- Learn to question correctly
- Be humble, you may not always be right

## ***Value-adding to your palm reading***

- **Making it sensible**

I can still remember at the beginning of my quest to become a palmist, during the first two years, I was very excited each time when I can give very accurate readings to my friends and colleagues. However, a thought hit me one day. So what can I do with this knowledge if I can be so accurate all the time? There is no meaning in just being accurate in my readings. There should be some purpose for the reading which is greater than just being accurate.

From then onwards, I started to learn on topics that I do not know and try to give advise to my subjects on those areas that they need improvement. The value of your readings is not only in your accuracy, the most important value is in your recommendations and advises. From each person, I can see a story, a lesson to learn. So by talking to my subjects, I learned a great deal about how to correct my own flaws and change my personality. I learned strategies on businesses and managing people. Whenever I see an interesting palm, I would try to ask them for their wisdom on how they resolve certain problems. Then when I see similar problems in other subjects, I would share such knowledge with them. When you have spare time, try learning from the list of suggested topics below. They are not the only list to learn from, there are many things you can learn depending on your personal interest and field of expertise.

- **Learning on other related fields**

- Self-Improvement
  - Motivation
  - Focusing and concentration
  - Diplomatic and tactfulness
  - Career planning
  - Finding a direction

- Personal finance
- Creativity skills
- Learning skills
- Relationship management
- Health Related
  - General sickness prevention
  - Understand common problems and their prevention
  - High blood pressure
  - Diabetes
  - Heart disease
  - Back problems
  - Arthritis & Gout
  - Cancer
  - Kidney failure
  - Lungs related disease
  - Reproduction organs and fertility

### ***How can you use this trait?***

So now that you have come to the end of this book, you will be asking how you can actually use this new knowledge that you have just acquired. Basically, you can use them in the following ways:

#### ○ **Enriching yourself**

I always believe that palmistry is a very powerful tool to help you know more about yourself. When you are learning more about yourself, you can learn more about others too. Some times, by understanding why a person behaves in certain way, it helps you to accept them more readily. Besides learning to read palms you can enrich your life by understanding and accepting the behaviours of others.

#### ○ **Understanding others**

As mentioned earlier, palmistry is a very good window into the psychology of another person. To some people, they may not know why they are very impatient, but when you look at their palms, and noticed the short fingers, then you know that this is a built in nature and not something that this person pretends to be. By understanding this, you will no longer try to change their ways to be patient, but you know that it will take them some time and effort to change such personality. Armed with such knowledge, you can understand a lot more things about human beings as compared to others.

#### ○ **Learning from others**

If each palm that you read can offer one lesson about life to you, think about how many lessons you can have after 10 years. I am a knowledge seeker by nature. Thus I will always be happy to learn something from someone. Not all lessons have to be learnt from a grand master. Simple people or even low level workers can sometimes offer you a lesson that supersedes what an intellectual person can teach. So be humble and be curious, there is always a lesson to learn somewhere.

○ **Helping others**

When you have the ability to use this knowledge, use it correctly and helping others is always a good thing to do. There are some ways that you can help others listed below:

- *Make relationship*
- *Psychological advise*
- *Pointing a direction*
- *Counseling*

○ **Extra income**

Last but not least, you can also use this knowledge as a part time job to help out in charity bazaars and other fund raising projects. Charge a small fee at the beginning and try to gain the experience that you need. After some years of doing this, you can actually provide your service to corporate events and be an entertainer during the pre-dinner activities as a palmist.

## ***The journey begins...***

*Life is not just about knowing what is before you, but how you can make use of the things before you to create your dreams and ambition...*

*Chuan*



# Appendix 1

## ***Exercise 1 (5mins)***

Find a partner and take a close look at his or her palm. Try and take note of the following things and jot down any significant feature you see in the palm:

- The general shapes
- Softness/Stiffness of the palm
- Flexibility of the palm
- Colour of the palm
- Fingers and thumb (shapes, length of fingers & relative size of phalanges)
- Mounts in the palm
- Lines in the palm (major, secondary and minor lines or signs)
- The finger nails

Try to use your own words to describe the hand and do not refer to the ebook for the correct description. Do not worry, there is no right or wrong answer at this stage. You will get to see the difference of your description when you start with the rest of the exercises. You must finish this exercise in order to make the further reading meaningful. Skipping this exercise will not bring about good learning outcome.

## ***Exercise 2 (15mins)***

Find a partner and take note of the mounts and shapes of the hand. Try to categorise them according to what you have learned. Take note if the mounts are full or flat, the fingers' shapes and sizes. What types do they belong to? Was the thumb stiff or supple?

- The different shapes of hands
- The mounts in the hand
  - **Jupiter** - The index finger and the mount below it
  - **Saturn** - The middle finger and the mount below it
  - **Apollo (Sun)** - The ring finger and the mount below it
  - **Mercury** - The little finger and the mount below it
  - **Mars** - The upper mount inside the life line
  - **Venus** - The lower mount inside the life line
  - **Moon** - The mount on the outer edge of the hand
- The Fingers
- The Fingernails
- The thumb (Will vs. Logic)
- The feel of the hand
  - Firm
  - Hard
  - Soft

## ***Exercise 3 (15mins)***

Look at the general lines in the palm and try and find as many signs as you can from those that you have just learned. Circle those that you've managed to find.

- **Types of lines and their variation**

- Thick, normal, faint lines
- Wavy lines
- Sister lines
- Islands
- Broken lines
- Square on line
- Spots on line
- Forked lines
- Chained lines
- Tasselled lines

- **Signs and markings**

- The Grille
- The Cross
- The Triangle
- The Circle
- The Spot
- The square
- The Star
- The Island
- The Trident

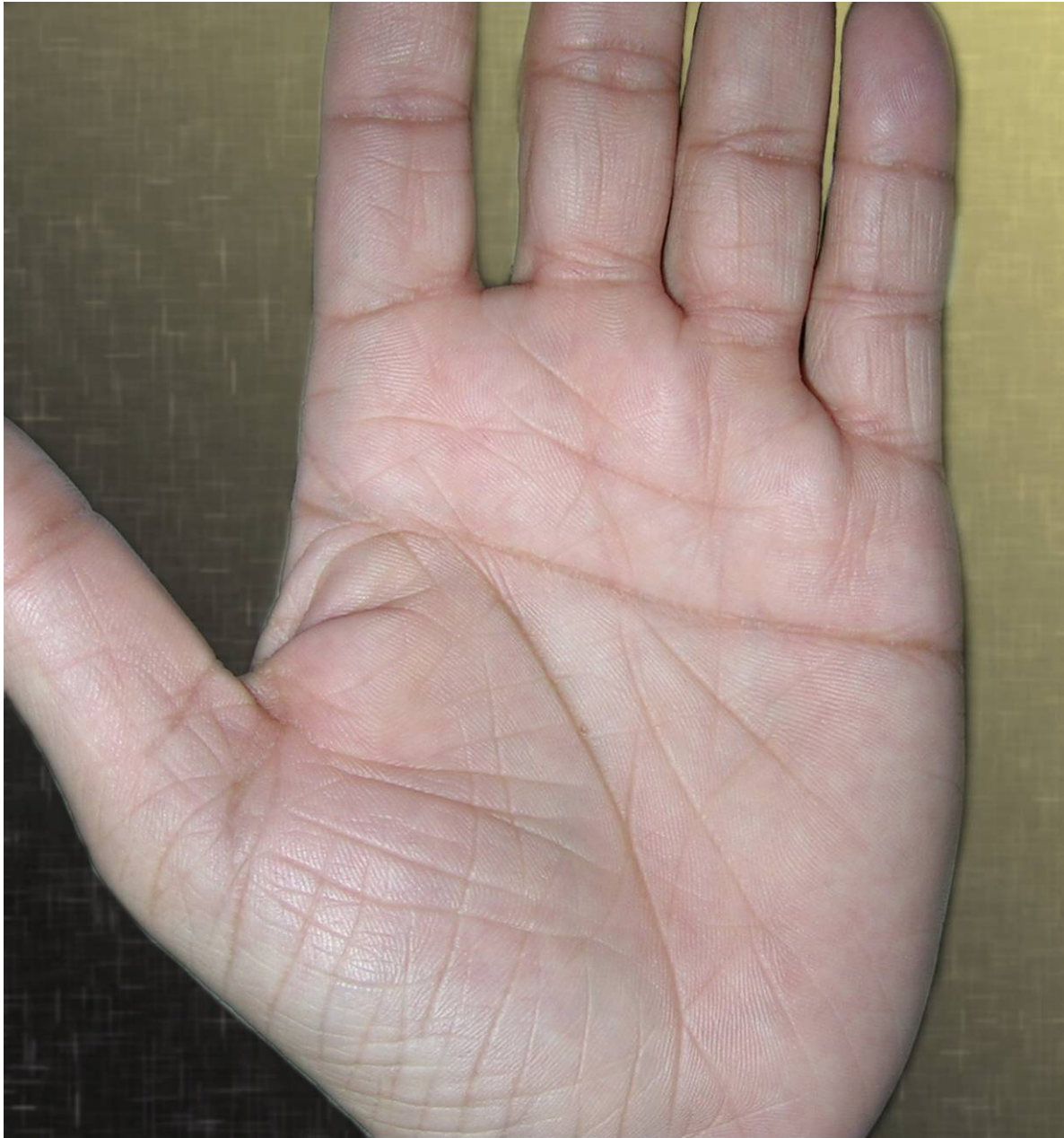
After finding the signs, tell the subject about their personality traits according to what you have learned. Verify with them if your readings is correct. If it is not, try to look into the hand again and see where you could have gone wrong.

## ***Exercise 4 (20mins)***

Look at the various lines of the palm and determine the starting and ending points of the lines. Take note of the formation of the line, see if there are any chains, islands, tassels, fork or other signs on it.

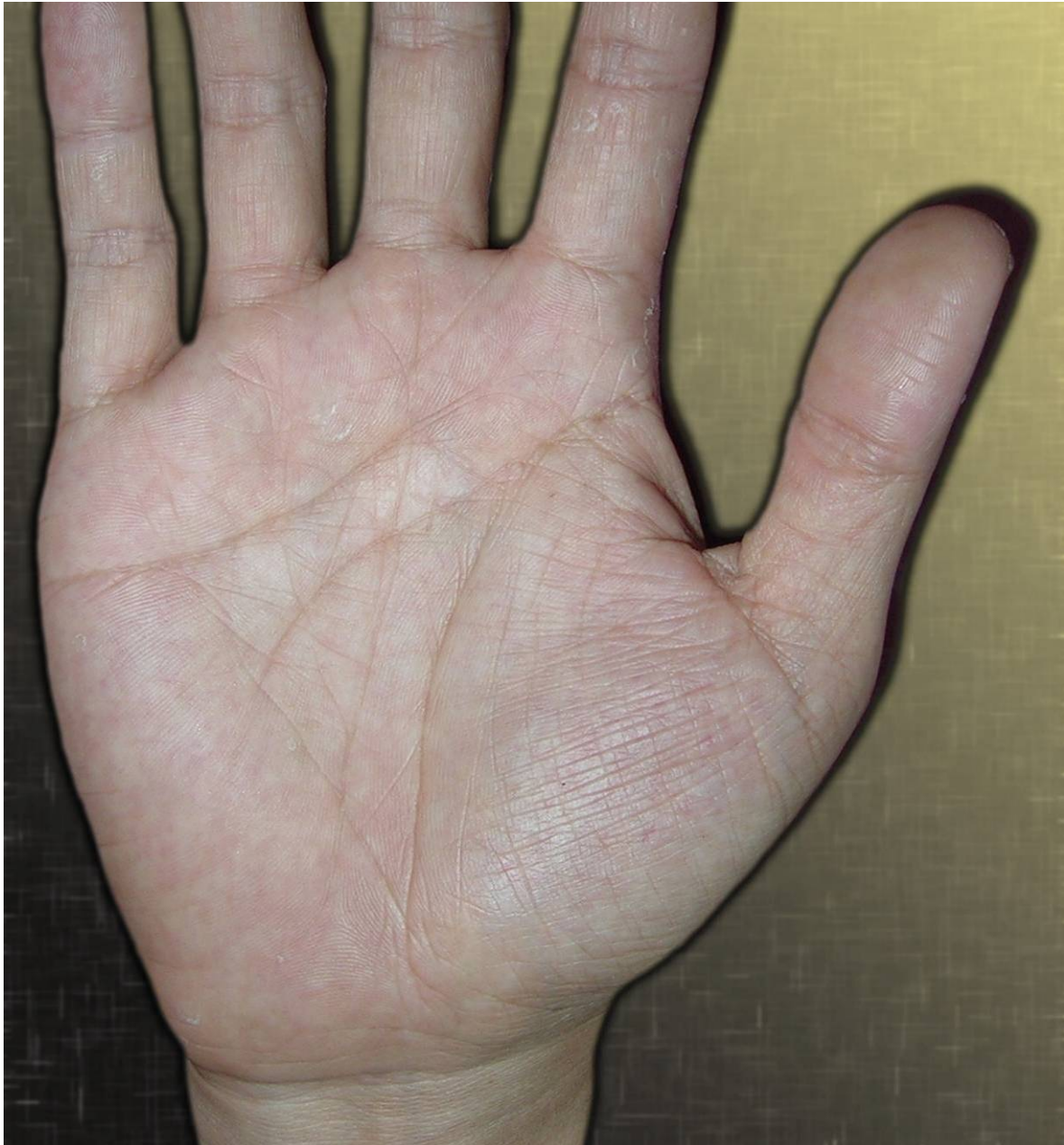
- **The main lines**
- Life Line
  
- Head Line
  
- Heart Line
  
- Career Line (Line of Fate)
  
- **The secondary lines**
  - Line of Apollo (Success or Sun)
  
  - Health Line
  
  - Marriage Line
  
  - Girdle of Venus

After finding the lines in the palm, tell the subject about their personality traits according to what you have learned. Verify with them if your readings is correct. If it is not, try to look into the hand again and see where you could have gone wrong.



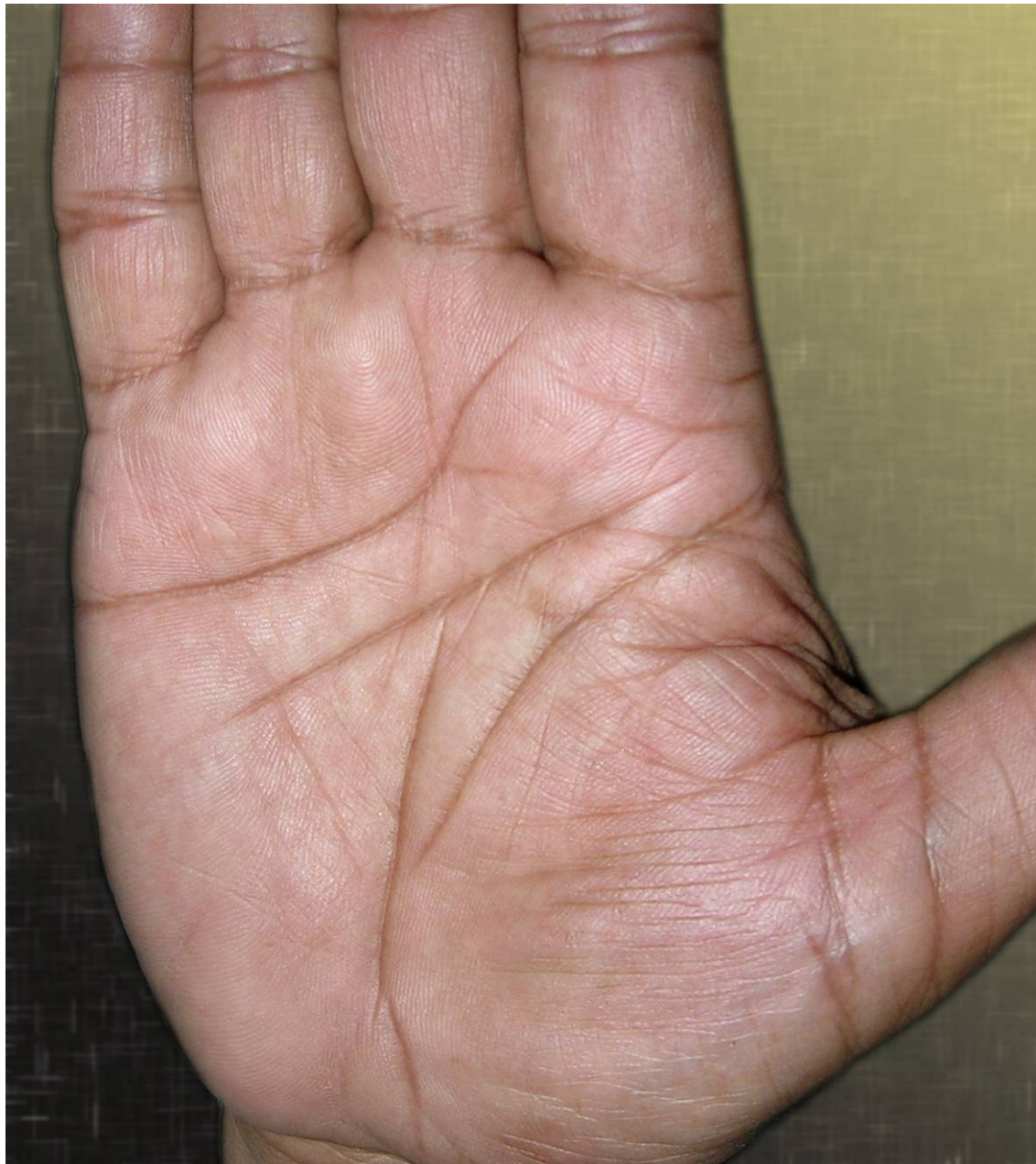
### ***Illustration 01***

- a) Combined Head and Heart line (extreme personality)
- b) Clean and clear lines, focused and very little stress)
- c) Bad investment on year 34 (see Career Line with a start of an Island)
- d) Financial strain that lasted about 10 years (The size of the Island)
- e) Huge family concerns and responsibility (Mount of Venus is full and big)



## ***Illustration 02***

- a) Attention seeking (small droops below Heart Line)
- b) High demands and expectations (Heart Line ending on Mount of Jupiter)
- c) Not easy to give rewards and praises (Rising small lines on the Life Line)
- d) Disappointment in love life (Drooping ending of the Heart Line on Mount of Jupiter)
- e) Idealistic in love life (Heart Line ending on Mount of Jupiter)
- f) Not very focused on jobs especially on 31-35 (Between 31-35, the Career Line is getting weaker and the line is not clean and clear enough. There are also more than one Career Line within this period, which signifies multiple job or job profile.)



### ***Illustration 03***

- a) Emotionally very clean, stable and cold (Very clean and clear Heart Line)
- b) Confident and practical (with just a bit of imagination, very straight Head Line, Head Line and Life Line is not joined at the starting point, denotes confidence)
- c) Career change at 35 and 56 (Break on the Career Line in these years, it continues with another sister line)
- d) Ring of Solomon, thoughts of renouncing the world
- e) Deep and dark lines, takes things very seriously (he is an Indian, we will also need to take note of the natural skin colour of the subject when we do our readings by adjusting the colour readings.)
- f) Very hard working during younger age, before 35 (Career Line is very thick and deeply set before 35 years old.
- g) Very focused in his thoughts (very clear and thick Head Line)

## ***Palm templates for notes taking***

