

Chapter 2

Hand and Finger General Rules

Basic Hand Concepts

Vertical Lines on Either Hand

Horizontal Lines on Either Hand

Finger General Rules

Fingertip Shapes

Hands and Fingers Review

How To Do A Hand Analysis

Hand Analysis Example #1





Basic Hand Concepts

The Left Hand

Fig.2-1



Our left hand reveals how we deal with our emotional needs in our inner world. We will be using this term *inner world* often, so remember what we mean by it. Our inner world is where and how we live our private and personal life at home, with family, and with our closest friends. The left hand holds the indicators that show how we live in our private life and inner world with all our dreams, fantasies and unconscious desires. Our most tender expressions of intimacy are revealed best in our left hand. Most people usually do not use their left hand as forcefully as their right hand. Wearing the wedding band on the left hand resonates with these personal, intimate, caring, and gentle ideals associated with our inner world and the left hand.

The indicators used for doing Hand Analysis are the colors, textures, tight or relaxed areas, full or depleted mounds, line structure, and finger condition. Later you will learn detailed rules for using the left hand to determine how a person functions in her or his private and personal inner world. These rules used for analyzing the left hand and inner world are true for both left or right handed people.

It is common for a person's left and right hands to be different. Fingers may be different lengths, major lines may be longer or shorter, mounds can be bigger or smaller, and coloring is often different. These indicators reveal how a person functions differently in their inner world compared to their right hand which reveals how they function in their outer world.

We will be using the term *outer world* often, also. The outer world refers to our world of less close people and less personal relations. In our outer world we deal with casual acquaintances, coworkers, neighbors, and the public.



The Right Hand

The right hand reveals how we deal daily with our outer world of co-workers, acquaintances, and the public. It also indicates how we want to be seen by others. This is true even if left-handed.

The right hand colors, textures, tight or relaxed areas, full or depleted mounds, line structure, and finger condition exhibit our strongest and weakest personal qualities used in daily interactions with people not close to us. The right hand also reveals our outer world history. Out of balance indicators indicate that past experiences are still affecting everyday activity in the outer world. The effects may be positive or negative. In later chapters you will be learning specifically what these indicators are and what they reveal.

Strong straight fingers, healthy looking full mounds, and deep clear major lines indicate that the person is in very good condition to face whatever lies ahead. She or he will be stronger and better prepared to handle outer world problems than a person who shows signs of stress in the right hand. How a person handles outer world events in the future may be *implied* by the condition of the right hand but be careful not to get into doing “fortune telling”. Fortune telling is not part of what we do with Hand Analysis unless you have that special intuitive gift.



Fig. 2-2

The left hand reveals our inner world

Our inner world is where and how we live our private and personal life at home, with family, and with our closest friends. The left hand reveals a lot about who we really are inside.

The right hand reveals our outer world

In our outer world we deal with our co-workers, acquaintances, and the public. Our right hand reveals how we want to be seen by others.



The Eyes Can Be Fooled But The Hands Never Lie

It is not uncommon for the left hand and the right hand to be considerably different. Of course this just indicates that the person is operating very differently in her or his inner and outer worlds.

always a pleasure to deal with and always gives you his full attention and as much time as you need—even though he is a very busy man.

I see an example of this with a friend of mine. His right hand is generally held open with fingers wide and thumb out at a large angle. His long Heart Line is the dominant line and all the mounds are full and rounded with vertical lines on them. In all ways his right hand exhibits the classic indicators which verify his high ambition, high ideals, and open loving nature.

However, his home life is very private. He lives alone in a large house and seldom invites people to visit. When telephoned, he lets the answering machine record the call, even if he is at home.

His greetings are notoriously loud and long for everyone he meets. He can always turn a statement by you into a more beautiful statement and give you credit for saying it that way.

What is interesting is how different his left hand is from his right hand. His left hand clearly reflects his private life. The fingers are close together and gently curled inward. The Heart Line is short and straight. The mounds are depleted, and the thumb is held in close to the hand. These indicators on his left hand show how private a person he really is. What we see on the job is a developed behavior.

In his job he is in a high profile public position. He is known for his tact, patience, and respectful manner with all levels of clients, associates, and workers. He is

You will learn in the following chapters what to watch for as you do Hand Analysis, so that you can identify the true and natural qualities of yourself and others.





Vertical Lines on Either Hand

Vertical lines (Fig. 2-3) may appear on the palms and on the fingers. They represent energy pathways for giving, receiving, and using the energies in that particular area of the hand. These lines can be considered as pipelines or electrical circuits that the energy flows through. The location of the line reveals the type of personal qualities and type of energy flowing. In later chapters you will learn what types of energies are in each area of the hand. At this point we are just establishing that vertical lines may be present and they indicate energy flowing.



Fig. 2-3

Vertical lines are beneficial lines. They show that it is exceptionally easy for the person to both give and receive the energy qualities in that area of the hand. For example, the little finger (called Mercury) has energy qualities related to communication and intimacy. Vertical lines on Mercury show that these energy qualities are especially easy to use in everyday activities. The deeper, longer, and clearer the vertical lines, the better the flow of energy for communication and intimacy.

Not all hands have vertical lines. In fact, some hands show only the major lines. People with very few lines on their hands will be very guarded about showing their emotions. It does not mean that they do not have emotions, it just means they keep them very tightly controlled and hidden.

Some people may show only the three or four major lines, plus a few vertical lines in just one area of the hand. The area where the vertical lines are located indicates which types of energies do flow easily. For example, the vertical lines may be only on the Mercury Finger. This would indicate that the energies of communication and intimacy flow easily in daily life.

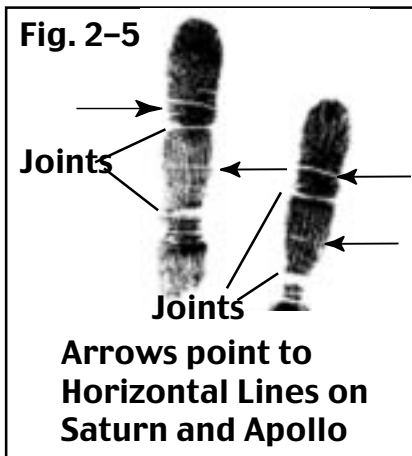


Ink print showing the Vertical Lines on a finger.



Horizontal Lines on Either Hand

Horizontal lines (Fig. 2-5) represent **resistances or blocks** to the natural flow of energy to and from specific areas of the hands. Of course we are not talking about the horizontal lines on the joints but rather those horizontals between the joints. Horizontals



reveal that the person is resistive to, or blocking, some personal qualities and energy in daily life. The specific location of the horizontal line indicates which personal qualities and energies are being blocked in the person's life.

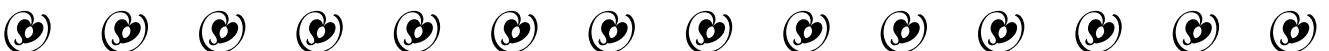
For example, the end zone of the thumb (from the upper joint to the end) is associated with the qualities of will power and determination. If there are one or more horizontal lines in the thumb end zone, it reveals that the person has blockages or resistance to fully utilizing will power and determination.



Could This Be a New Form of Therapy?

One of my interests and skills since 1975 is hypnotherapy and regression hypnosis. In my private practice I look at the client's hands to determine if there are any signs of major stress. When I find horizontal lines on the thumb or fingers I ask the client if they would like to explore them. This has been an ongoing research project since 1990. Here is what I have found:

- Nearly all of the clients with horizontal lines recalled past experiences which were directly related to one or more horizontal lines on their hands.
- The experiences were strongly emotional and usually occurred in adolescence or earlier. In some cases, they occurred in a past life.
- Each client reported that the experience recalled was still affecting their life in a way that was negative. It caused resistance or limitation to the full use of their talents and skills.





Finger General Rules

Fingers, especially the tips, have thousands of nerve endings per square inch and are our major sensors for the physical world. They receive temperature, texture, and pressure sensations, and send them to the brain so that we can form a more accurate mental model of the world around us. Our fingers are like antennas for the brain.

The fingers not only receive but also transmit information from the brain to the outer world. Our fingers are the outer extensions of our inner self. In Hand Analysis the fingers' shape, condition, and lines reveal a lot about how a person interacts with other people and the immediate environment.

One of our most subtle, yet powerful, means of communication occurs when we touch someone with our fingertips. It is therefore important for Hand Analysts to be very clear in their own minds about doing Hand Analysis for the purpose of information and education. Less noble purposes can be generally sensed by the client very rapidly if the Hand Analyst is not coming from a respectful and responsible place.



Fig. 2-6

Fingers Curled

When the fingers are curled (Fig. 2-7) it reveals a person who feels vulnerable and has to keep her or his guard up for protection against most daily life experiences. She or he feels exposed and needs to pull back and hide from an unsafe prickly world. For example, if the little finger (Mercury) is curled a little in the not-fully-open position, it reveals a hesitancy with openness, intimacy, and very honest communication. (More on this later in the chapter on the Mercury Finger.)



Fig. 2-7



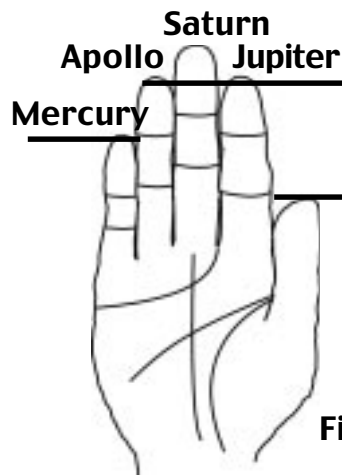
Finger Lengths

The fingers are like antennas. They both send and receive information by touch and feel. They also point and gesture to signal information to others.

Here are the standard lengths of the individual fingers in relation to each other:

Mercury comes up to the top knuckle line of Apollo.

NOTE:
Mercury often is normal length but is low set, and therefore appears shorter.



Jupiter and Apollo are the same length, and come halfway up the End Zone of Saturn.

The thumb reaches the lower joint of Jupiter

Fig. 2-8

The overall length of the fingers indicates to what degree a person is inner or outer world directed, and how much information she or he wants to send and receive.

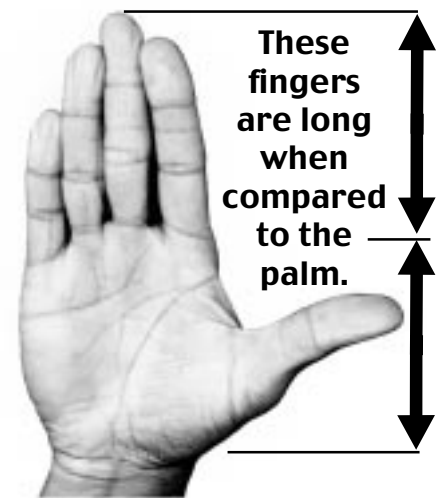


Long Fingers

Longer fingers (Fig. 2-9) are seeking more contact with, and information from, the outer world. Long fingered people love details, need more data before forming opinions or decisions, and are outer directed. They are interested in the details of stories and events. They like to mentally take ideas and things apart, and put them back together again to better understand them before taking action.

Long fingered people are **challenged** to take action rapidly so that they do not miss opportunities. They need to guard against being “all talk and no action”. If they find others walking away in the middle of conversations, they may need to take a look at how much detailed verbiage they are putting out. They may be inundating their shorter fingered friends with too much information!

Fig. 2-9

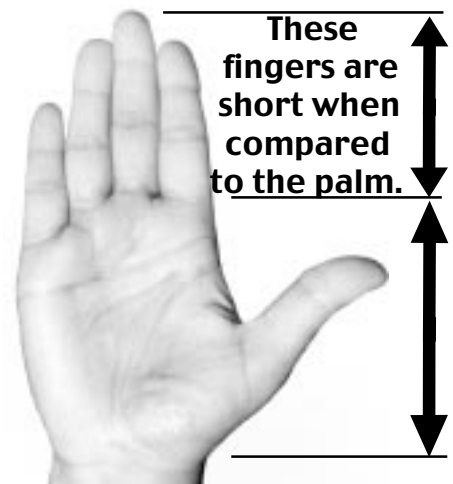


Short Fingers

Generally, short fingered people (Fig. 2-10) don't need, or want, as much information from the outer world as do long fingered people. Short fingered people operate more on their intuition. They are more inner directed than people with long fingers. Short fingered people are action oriented and don't need or want lengthy explanations.

The **challenge** for short fingered people is not to jump to conclusions. They need to guard against being too impulsive.

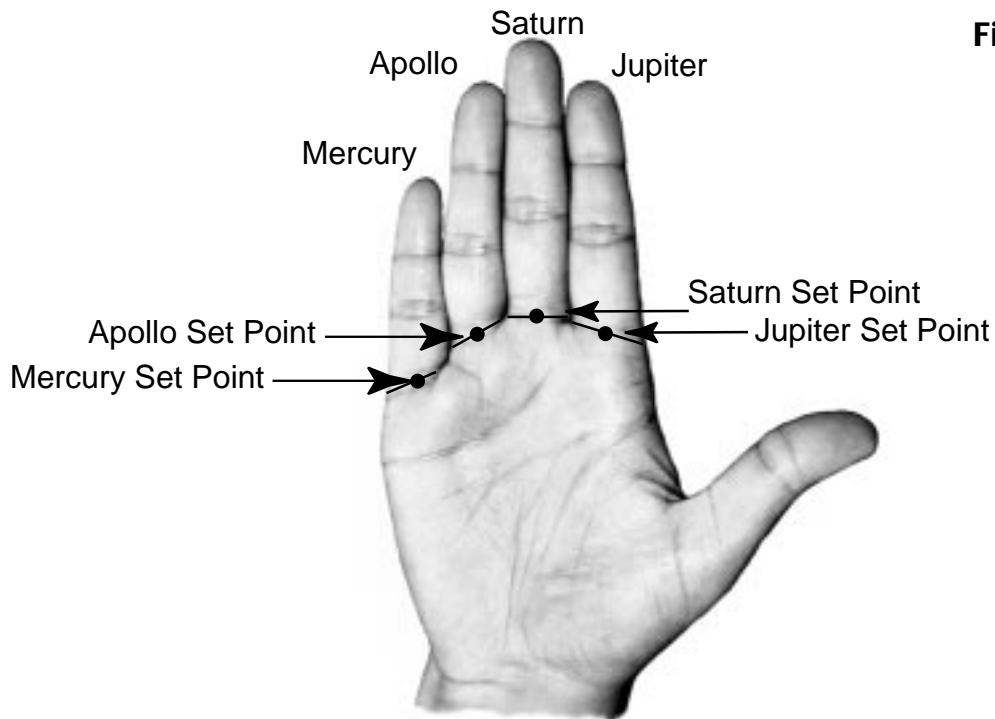
Fig. 2-10





Finger Set

The point where the finger meets the palm is called the **set point**. Locating the set point is somewhat arbitrary because the set point may or may not fall exactly on an actual crease line on the skin. To locate the set point most accurately, bend the finger slightly to see where the natural bending line is between the Lower Zone and the palm. Then draw an imaginary line along there. Jupiter and Apollo set points usually are at the same level, and are set slightly lower than Saturn's set point. Mercury's set point is slightly below the Apollo and Jupiter set points.



What the Set Point Indicates

The set point of the fingers reveals how strongly a person feels about **specific needs**. Any finger that is set higher than normal indicates that the qualities associated with that finger are highly **needed** and are very important to that person. We will be covering the individual qualities associated with each of the fingers in the following chapters. For now, just be aware of the rule that states, "A finger set higher than normal shows a higher than average need for the qualities associated with that particular finger".



Widely Separated Fingers

Fig. 2-12

Widely separated fingers (Fig. 2-12) reveal a person operating with an open mind and freedom of action. She or he is not ruled by conventional rules of society. Free spirited children and adults with a "live and let live" attitude have fingers widely separated. Relaxed and open fingers are a sign that the person feels safe and secure in the present setting.



Hopefully when you are doing Hand Analysis you will have many clients place their hands out openly like the one in Figure 2-12. This will indicate immediately that they are ready and eager to hear what you have to tell them. They trust you and feel safe with you.

Stiff Fingers Held Close Together

Fig. 2-13

When the fingers are held tightly together, with the palm open and flat (Fig. 2-13), it is a sign that the person feels unsafe and not receptive to new ideas. The fingers need to be "closed" in order for the person to feel safe and secure. If the fingers are stiff, it shows this person to be very resistive to any changes to present state of mind. It is important for the Hand Analyst not to take this resistance personally or judge the person.



Thanks, But No Thanks!

When I first started doing Hand Analysis I offered an Analysis to a internationally known scientist. She was understandably skeptical. She extended both hands to me with the fingers not only closed, as in Figure 2-13, but also both hands were nearly touching each other and her fingers were as rigid as pipes! I tried to relieve her obvious "closed attitude" to this situation and jokingly said, "Relax. This isn't going to hurt". She said, "Oh, I am relaxed!" It was obvious that this was not a pleasant experience for her. This impressed on me that it is best to save Hand Analysis for people who are open to it and want it.





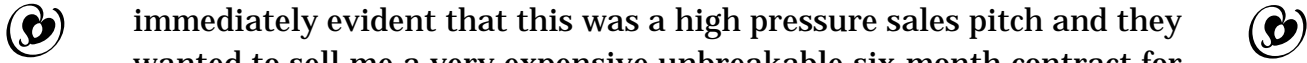
It's All In Your Hands



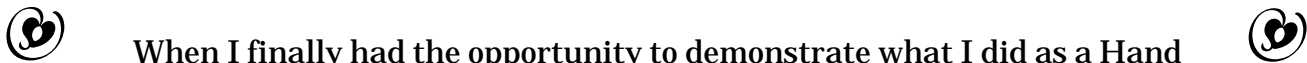
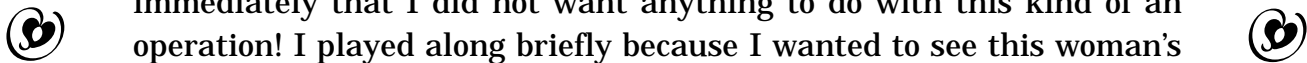
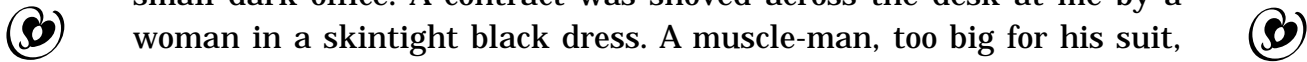
The Hands Don't Lie



Once I received a telephone message from a very small local radio station inviting me to an “interview”. When I arrived it was immediately evident that this was a high pressure sales pitch and they wanted to sell me a very expensive unbreakable six-month contract for advertising.



The scene was just like a grade B gangster movie. I was ushered into a small dark office. A contract was shoved across the desk at me by a woman in a skintight black dress. A muscle-man, too big for his suit, stood silently behind me with his back against the door. I knew immediately that I did not want anything to do with this kind of an operation! I played along briefly because I wanted to see this woman's hands. This had become a research project.



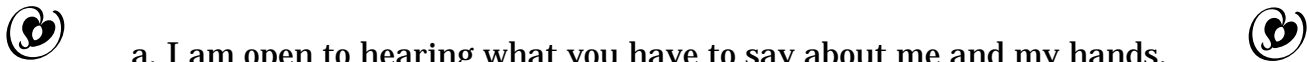
When I finally had the opportunity to demonstrate what I did as a Hand Analyst, I asked her to put her hands out for a sample Hand Analysis. Here is how she presented her hands to me:



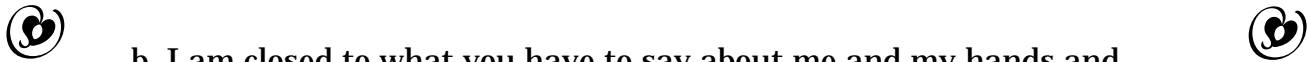
Fig. 2-14



Here is a little quiz for you: What are these hands saying?



a. I am open to hearing what you have to say about me and my hands. I am trusting of you.



b. I am closed to what you have to say about me and my hands and I want you to give me your money. Fill'em up!



If you picked “b”, you are on your way to becoming a good Hand Analyst!

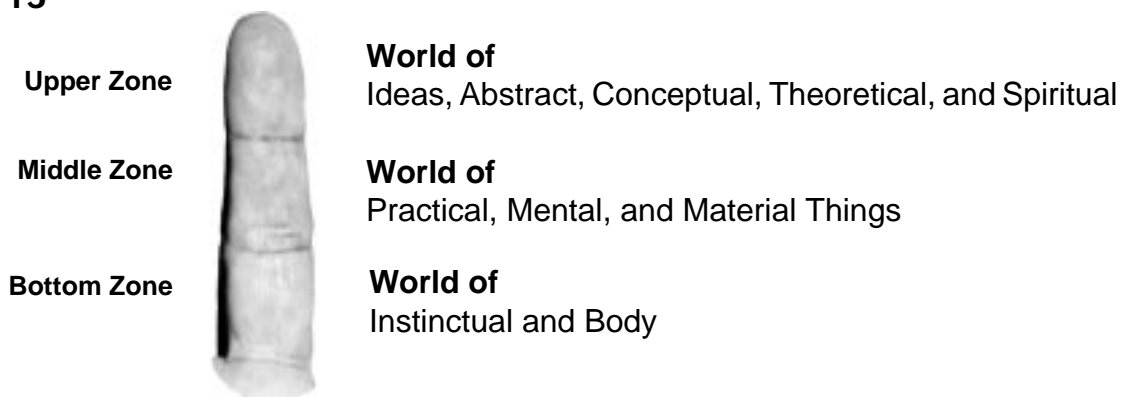




The Finger's Three Zones

Each finger has three zones: an **Upper, Middle, and Lower** zone (Fig. 2-15). The indicators in each zone reveal how a person functions in specific areas of life. These areas in life we call “**Worlds**”. Shown below in Figure 2-15 are the Worlds associated with each zone.

Fig. 2-15



How we operate in each of the three Worlds on a daily basis is revealed in the three zones of the fingers. For example, if most of the finger Upper Zones are stressed, then we know that the person is experiencing stress in her or his abstract, conceptual, theoretical, and spiritual part of life.

This “three Worlds concept” is only part of the information necessary for analyzing fingers in Hand Analysis. The remainder of the information will come as we study each finger individually. For now, recognize that unusual indicators in any of the zones is a clue that there is something unusual happening in that World.

Fig. 2-16



This ink print shows the large lower zones on the hand of a body builder and masseuse. She lives and functions a lot in the Instinctual and Body World.



Length, Width, and Thickness Rules

Each zone in each finger reveals certain specific personal qualities about the person. We can determine a lot about the person by studying each zone shape. The **length** of a finger zone indicates the **time spent** pursuing that quality. The **width** of the zone indicates how much that personal quality is **displayed**. The **thickness** of the zone indicates **how much energy is stored** for that particular personal quality. So for now, here are the general rules to remember along with the concept about the three Worlds:

- The **longer** the zone, the more **time** spent there.
- The **wider** the zone, the more it is **displayed**.
- The **thicker** the zone, the greater the **energy supply**.

**A Weak
Finger is:**

**Short
Narrow
Thin
Bent
Twisted**

Weak Finger or Weak Finger Zone

Each finger and each of its three zones reflect specific qualities of ourselves, just as the thumb does. The associated qualities are weakened when the finger or zone is short, low set, narrow, thin, twisted, bent, or curled. Any one of these conditions weakens or diminishes the qualities associated with that finger or zone.

Strong Finger or Strong Finger Zone

**A Strong
Finger is:**

**Straight
Long
Wide
Thick**

A strong finger, or zone of a finger, reveals that the qualities associated with that finger or zone are stronger or more abundant than normal. The reverse is true for weak fingers and zones. A finger or zone is strong when it is straight, long, wide, or thick. Any one of these conditions strengthens or increases the qualities associated with that finger or zone.



Knotty Fingers

Knotty joints between the three zones on fingers (Fig. 2-17) show an analytical mind with longer than average thought processes. The knots represent centers where information passing through the fingers must slow down, circulate, and be analyzed.

If the fingers are both **knotty and long**, then the person will take even longer to think and analyze before taking action.

Short fingered people tend to take hasty action. The short fingers represent a shorter, and faster, path for information to pass through. Therefore, short fingered people tend to respond quickly, with minimal processing of information. If the short fingers are knotty, the person will be slowed down. The knots will help prevent the short fingered person from jumping to conclusions and taking hasty action that she or he may regret.

Now here is where that “three World” concept can be used: When only the upper joint is knotty, it reveals a person who is more abstract, conceptual, theoretical, and/or spiritual when analyzing things. (Remember? The Upper Zone is the world of ideas, the abstract, conceptual, theoretical, and spiritual.) If only the lower joint is knotty, the person’s analytical approach will operate in the World of the Instinctual and/or Body.

In Figure 2-18 is shown a hand with large Lower Zone knuckles, especially on Saturn, Apollo, and Mercury.

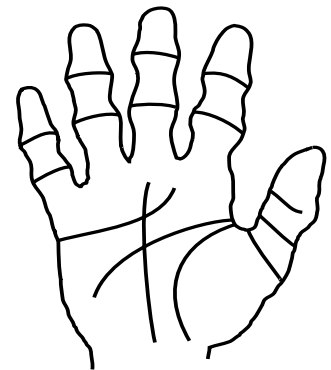


Fig. 2-17

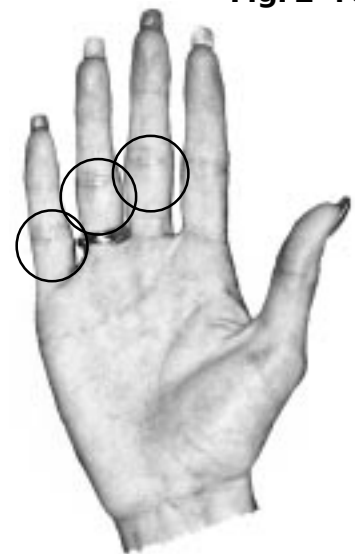


Fig. 2-18



Fingertip Shapes

There are four main fingertip shapes: pointy, conic, square, and spatulate. Each shape reveals how a person uses the qualities associated with each individual finger. We will discover what the personal qualities are for each finger later. For now, learn how the fingertip shape influences the qualities.

Fig. 2-19

Pointy Tip



A pointy fingertip (Fig. 2-19) shows that there is a spiritual aspect to all qualities related to this particular finger. A person with this tip is very sensitive, and holds onto abstract, intangible ideas. She or he finds it easy to sense subtle energies: physically, emotionally, and spiritually.

Fig. 2-20

Conic Tip



A conic tip (Fig. 2-20) on a finger indicates that the qualities of that finger are used in moderation. This person takes a conservative view in the qualities associated with any finger that has a conic tip. Any exceptionally strong indications in the finger with a conic tip will be softened.

Fig. 2-21

Square Tip



A square tip (Fig. 2-21) on a finger adds a degree of practicality and structure to the particular qualities associated with that finger. These finger qualities will be exercised for logical and practical reasons, and not emotional reasons.

Fig. 2-22

Spatulate Tip



A spatulate fingertip (Fig. 2-22) increases and exaggerates the qualities of that finger. A spatulate shape tip represents energy bursting out the end of the finger.



Warts On Hands

A wart generally reveals embarrassment about the qualities associated with the energy in the hand where the wart is located. For example, a wart on the left hand indicates that the embarrassment is about more personal or private matters. If the wart is on the right hand, the embarrassment is more about outer world matters at work or public situations.

The Hand Analyst's Role Is To Provide Information and Do It Without Judgements

A Hand Analyst advises the client what is evident in the hands: the great, the good, and the not-so-good (with tact and sensitivity, of course). In any case there should be no judgements. The Hand Analyst should just provide information for the client to use or not use.

If the information is new and positive, the client may want to put more attention on those qualities and use them more. An example might be a very strong throat energy area in the hand. She or he might want to pursue more training and experience in public speaking for more effectiveness and satisfaction in life. If the throat energy area is very weak, she or he might want to take a more therapeutic approach to voice and throat development. This might be the way for this person to get the most effectiveness and satisfaction in life.

The Hand Analyst's role should be to provide non-judgemental information about what the hands reveal. Describing what the client's hand indicators **generally mean** is less threatening and presumptuous than statements of fact. Sometimes the client will need to take the Hand Analysis rules and figure out for her or himself how it applies to them. The Hand Analyst never has all of the answers. However, she or he can help the client find answers by showing what is in the hand and what that generally indicates.



Summary

The left hand reveals how we live our private and personal life at home, with family, and with our closest friends. The left hand holds the indicators that show how we live in our private life and inner world with all our dreams, fantasies and unconscious desires. Our most tender expressions of intimacy are revealed best in our left hand.

The right hand reveals how we deal daily with our outer world of acquaintances, co-workers, and the public. Our right hand reveals how we want to be seen by others. This is true even if left-handed.

Vertical lines on the palms or fingers are beneficial lines. They represent energy pathways for giving, receiving, and using the energies in that particular area of the hand.

Horizontal lines (except the major lines and joints) represent resistances or blocks to the natural flow of energy to and from specific areas of the hands. The specific location of the horizontal line indicates which personal qualities and energies are being blocked in the person's life.

Our fingers are like antennas for the brain and both receive and transmit information to and from the brain. The fingers reveal many clues to how we are experiencing life in the present and past.

Curled, closed, or stiff fingers reveal a person feeling unsafe, not open minded, or resistive to change.

Long fingers reveals a person seeking a lot of information and one who operates more in their outer world. Short fingered people are more inner world oriented and who get overwhelmed with a lot of information.



Each finger has three zones: an Upper, Middle, and Lower zone. The indicators in each zone reveal how a person functions in specific areas of life. These areas in life we call “Worlds”. The three worlds we operate in are these:

Upper Zone	World of Ideas, Abstract, Conceptual, Theoretical, and Spiritual
Middle Zone	World of Practical, Mental, and Material Things
Bottom Zone	World of Instinctual and Body

Each finger zone reveals certain specific personal qualities about the person. The **length** of a finger zone indicates the **time spent** pursuing that quality. The **width** of the zone indicates how much that personal quality is **displayed**. The **thickness** of the zone indicates **how much energy is stored** for that particular personal quality.

There are four main fingertip shapes: **pointy**, **conic**, **square**, and **spatulate**. Each shape reveals how a person uses the qualities associated with each individual finger.

A pointy fingertip shows that there is a spiritual aspect to all qualities related to this particular finger.

A conic tip on a finger indicates that the qualities of that finger are used in moderation. Any exceptionally strong indications in the finger with a conic tip will be softened.

A square tip on a finger adds a degree of practicality and structure to the particular qualities associated with that finger. These finger qualities will be exercised for logical and practical reasons, and not emotional reasons.

A spatulate fingertip increases and exaggerates the qualities of that finger. A spatulate shape tip represents energy bursting out the end of the finger.





Hands and Fingers Review

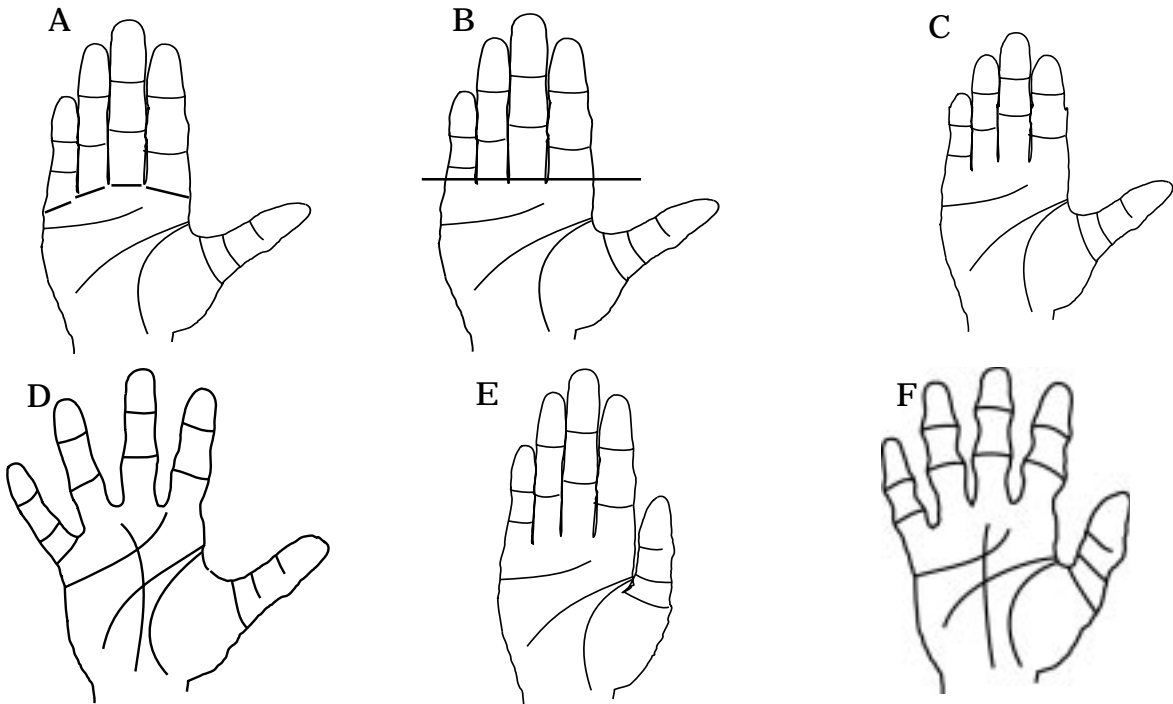
Cross out the **incorrect** words in parenthesis in each statement.
The answers are in Appendix B.

1. Our hands and fingers may change over time as we go through personal growth experiences. (True) (False)
2. The hand that reflects how we want others to see us is the (right) (left) hand.
3. Which small lines are the most beneficial anywhere on the hands and fingers? (Horizontal) (Vertical)
4. In Hand Analysis, our (palms) (fingers) are our outer extensions of our inner self.
5. Our inner resources are revealed in our (belly) (palm) (wallet).
6. Our (thumb) (palm) (elbow) indicates how ready we are to get results in life.
7. People who love details and who are outer directed have (short) (long) fingers.
8. A person who doesn't want lengthy explanations probably has (short) (long) fingers.
9. Knotty fingers indicate a person who is (analytical) (critical) (a sailor).
10. Fingers can be evaluated as being weak or strong. (True) (False)
11. A practical person probably has fingertips that are (pointy) (conic) (square).
12. Personal qualities of an individual are revealed in the (finger zones) (line size).
13. Open fingers reveal a person who feels safe and secure. (True) (False)
14. The width of a zone indicates how much that quality (costs) (is displayed).
15. The thicker a zone is, the greater the (time spent on that quality of self.) (display of that quality.) (amount of energy stored.)



Cross out the incorrect drawing letters in each statement and leave the letter for the correct drawing.

Fig. 2-23



- 16. This person feels safe and is ready and eager to learn. (C, D, E)
- 17. The standard Finger Set looks most like this. (A, B)
- 18. This person feels unsafe and is not open to new ideas. (C, D, E)
- 19. Here is someone who has an analytical mind. (C, D, E, F)
- 20. She or he doesn't need or want a lot of information. (C, E)

Fig. 2-24

- 21. In the finger image at the right, which zone reveals the world of the Instinctual and Body? (X, Y, Z)
- 22. Which zone reveals the World of Ideas, the Abstract, Conceptual, Theoretical, and Spiritual? (X, Y, Z)



Cross out the incorrect words.

- 23. A square fingertip indicates the person is (practical, sequential, and orderly.) (spiritual.) (analytical.)
- 24. A pointy fingertip shows that there is a (practical, sequential, and orderly) (spiritual) (analytical) aspect to all qualities related to that finger.



How To Do A Hand Analysis

So far this chapter has introduced only some **basic concepts** about hands and fingers. However, even this little information is sufficient to start analyzing hands and providing some insights into how a person operates in life. Periodically throughout this book an example of an actual Hand Analysis will be presented. The purpose of these examples is threefold:

- *To reinforce the rules of Hand Analysis presented in each chapter.*
- *To give you a model for doing a Hand Analysis.*
- *To help you understand yourself, if you have similar indicators in your hands.*

It is recognized that no two Hand Analysts will say exactly the same words about a particular pair of hands. After observing many of my students doing Hand Analysis at fairs, shows, and special events, it is evident that everyone reads differently—even when they have had the same training.

The three main components for a good Hand Analyst are these:

- *Training in the rules of Hand Analysis.*
- *Sensitivity and a desire to help others.*
- *A wide range of life experiences.*

Some Analysts are additionally blessed with some earthly common sense, natural or psychic gifts, helpful spirit guides, and/or an angel or two helping out.



Hand Analysis Example #1

Figure 2-25 shows a woman's hands extended out for a Hand Analysis. The way the hands are held reveals how she feels at this moment. The first thing to notice is how little space there is between the two hands. Also notice how tightly the fingers are held close together. This observation, along with the points brought out earlier in this chapter, could result in a reading something like this:

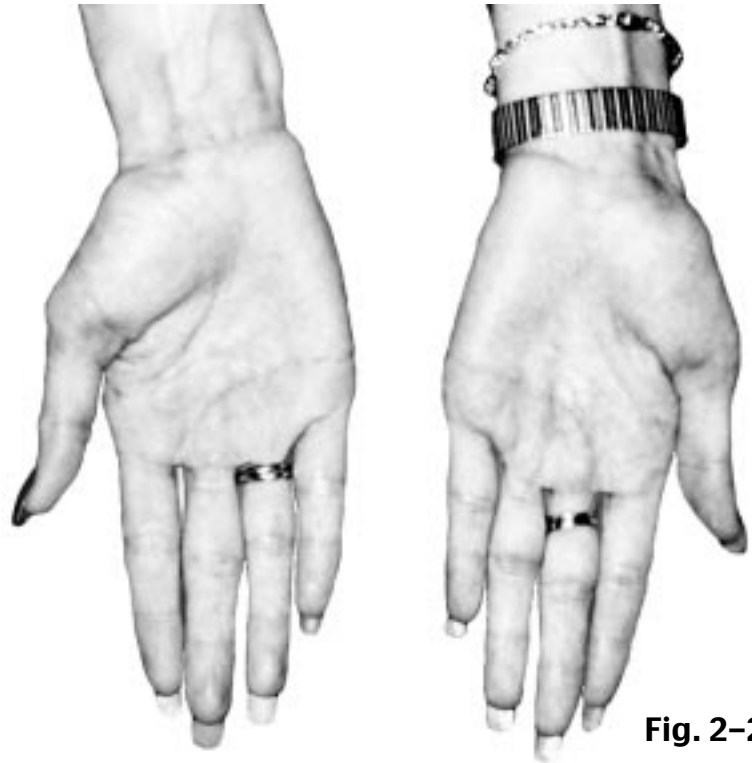


Fig. 2-25

What is observed:

Both hands extended out in front of her body, but are held close together.

Fingers are held close together and are stiff (stiffness identified by feeling the fingers).

What the Hand Analyst might say:

I see right now that it is important for you to feel safe and secure because your hands are being held well extended but rather close together. This shows that you are willing to risk interacting with me, and probably most people, but you do not completely open up until you feel safe.

Your fingers held close together show that you are very cautious about what information you give out, and what you receive from me. It seems that you are taking good care of yourself right now to make sure that I do not manipulate you—and I certainly do not want to do that either (reassurance). I expect



It's All In Your Hands

What is observed:

(Continued from previous page.)

Fingertips mostly square.

Fingers are a *little* short for this size palm. This will not be emphasized because it is not extreme.

What the Hand Analyst might say:

that when you feel more safe with me, and others, your fingers are more open and flexible. You might want to watch how your fingers are spaced in various situations. This spacing can serve as an indicator to how cautious or safe you are feeling. Your challenge is to avoid places where you feel unsafe and to seek out those places where you feel safe.

It also appears that you are a practical person, and when you make up your mind to do things you do them for good practical reasons.

I also believe that you are more inner than outer directed. You don't need, or want, a lot of information from others. You have an inner voice that you prefer for guidance, rather than hearing what others have to say. You probably would rather do things yourself than accept or seek help. You are independent and self-reliant. However, the challenge for you is not to jump to conclusions or act too hastily before listening to others' needs and desires.

Some other obvious indicators in these hands that we have not studied yet are these:

- Thumbs held in close to the palms
- Index finger bent
- Little finger set low
- Long curved Heart Line

We will study these indicators in later chapters. For now, proceed to the next chapter to learn the interesting things that the thumb reveals.