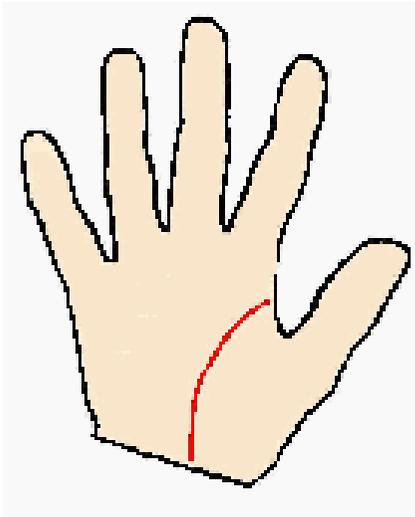


## Life Line



**The life line** is one of the most important lines in the palm, revealing among other things, your constitution and your current state of health.

The life line originates at a point above the thumb between the Mars and Jupiter mounts (see section on Mounts) and curves downwards following the outer edges of both mounts encircling the ball of the thumb. The Life line basically represents the quality of life in terms of physical well being.

*I heard that the life line reveals the length of life. My life line is short so does that mean I'm going to die early?*

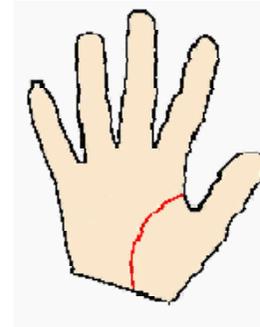
What a pity that some 'palmists' still scare people by telling them that because the life line is short, they are going to die early! Nothing could be further from the truth. The Life line reveals the quality of life and the quality of the physical constitution, not the actual length of life. A short life line does not indicate a short life.

### Quality of the Life Line

The strong, deeply etched line reveals a strong nervous system. In addition to a strong nervous system, the strong and deeply etched life line will reveal an equally strong physical constitution. The stronger the life line, the stronger the overall constitution, ensuring that there is stamina, vitality and good health plus excellent immunity with the ability to shake off illness easily.

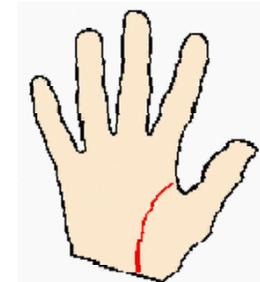
The thin, weak and brittle life line reveals a lack of physical strength and endurance, less stamina and a weaker immunity system in general. This person will succumb to illness more easily and take longer to recover. With the nervous system being more sensitive and finely tuned, mental or emotional stress will play a large part in the overall physical well being.

### The wide sweeping Life line



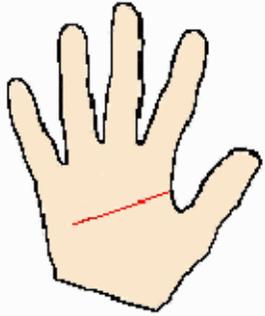
The life line which swings out into the palm, covering around one third of the palmar surface, implies a well developed muscular Venus mount. This person has warmth, sympathy, plenty of stamina and endurance and a passion for life in general. He will be keen to get out into the world, to find out what the world has to offer and make the most of his experiences. He will try to broaden his horizons, looking out into the world to see if there is anything there he can achieve. The more the life line swings out into the palm, the more determined is the person to explore all that life has to offer. To him, life is meant for living and he is prepared to set out and discover it.

### The tightly curving Life line



The sweep of the life line reveals more about the personality. Sometimes the life line hugs tightly around the thumb as it curves around the Venus mount. As the life line follows the outside edge of the Venus mount the implication is that the mount is lacking in muscular development allowing this tighter curve of the life line. The Venus mount represents certain qualities in the nature, physical stamina and endurance, physical passion, warmth, sympathy, friendship and love so that when the mount is undeveloped, these qualities may well be somewhat lacking in the personality. The tightly hugging life line reinforces this lack in the Venus mount and therefore points to a person who lacks energy and vitality, preferring emotional and mental experiences over physical experience. Little stamina ensures that this person does not seek out bold new adventures, preferring quieter pursuits. The person may even be self centred, selfish, lacking warmth and sympathy for his fellow men.

## Head Line



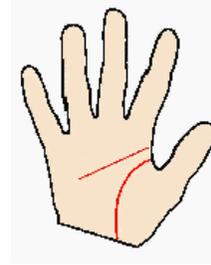
The **Head line** represents the mental constitution, so that energy running through this line reveals the way a person thinks, brain power, concentration and memory, intellect and reasoning ability. A long, clear, deeply etched line, free from defects, is by far the best sign to see as it indicates a person who can think clearly, with excellent reasoning powers, good concentration and judgement and the ability to think about a wide variety of subjects.

Head lines can vary tremendously in their length, point of origin, quality and direction. Frequently the head line in the active hand may be totally different from the head line in the passive hand. The passive hand represents the inner person, created by the genetic make up, revealing the person's potential thinking patterns as well as the early years of life. As a person ages, the thinking pattern may change in accordance with life experience, frequently causing a new way of looking at life in general. The head line in the active hand represents these changes, revealing the thinking patterns that the person has adopted not only at the present time, but also the thinking patterns that may continue to be used in the future.

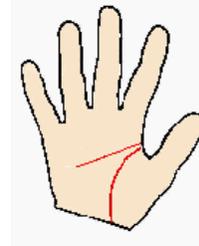
In some hands, the head line may appear to be missing. Just occasionally the head and heart lines merge, fusing into one crease across the middle of the palm. This is called a Simian Line. (A link to an excellent site on the Simian line can be found in the Links section of this site.)

The head line always originates from the thumb or radial edge of the palm, running towards the percussive edge ending somewhere in the palm below the Apollo or Mercury mounts.

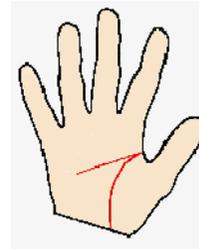
Sometimes the head line starts so high in the palm that a very wide gap can be seen between the beginning of the head and life lines. Sometimes it originates slightly lower down, forming only a small gap between the head and life line. It may start actually tied to the life line, fusing with the life line for a short or long distance. Just occasionally it may begin on the Mars mount, inside the life line. All of these origins reveal something about the way a person thinks.



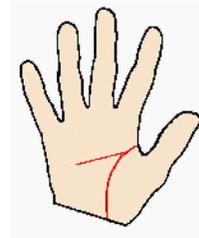
When the gap between the head and life lines is wide, the person may be liberal and broad minded, spontaneous, impulsive, self reliant and possibly a little reckless.



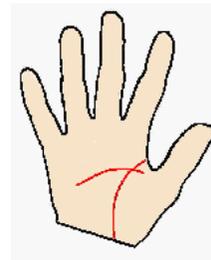
A person whose head line begins with a narrow gap will be confident, broad minded and tolerant but will not be quite so rash, impulsive and reckless as the person with a wider gap. He or she will listen to and respect others views and take note of expected behaviour but will also be aware of a need for independence and self reliance.



Many head lines are slightly joined at their point of origin with the life line. Here the implication is that the person will be reasonably cautious and careful, value and consider others' views, values and experiences, and will generally keep within the bounds of expected behaviour, while at the same time, retaining independence



A noticeably tied origin of the head and life lines hints at a person who tends to rely on family a great deal. This person tends to conform to what is generally expected of him, and may find it difficult to find his own independence. This feature may hint at a rather shy, cautious nature, and a possibly fearful approach to life with a strong need for security.



When the head line originates from the Mars mount, there is a feeling of restriction and limitation. There may be difficulty in finding one's own independence to such an extent that the person may feel thwarted, rebellious and angry at those who impose such limitations. This person may be defensive, argumentative or touchy at times.

## Finger Length

Are you a quick thinking person, summing up situations in a flash, or are your thought processes more careful and detailed? Did you know that the length of your fingers in relation to your palm length gives the hand analyst some information about how speedy your thought processes are? The average fingers, when closed downwards, reach about three quarters of the way down the palm. If your fingers don't reach this far down your palm, you have short fingers. If your fingers reach more than three quarters of the way down your palm, you have long fingers.

Many people have average length fingers, being neither overly short nor overly long. Occasionally you will come across a hand where the fingers appear particularly short, or particularly long. The shorter the fingers, the more the short fingered characteristics will apply. The longer the fingers, the more the long fingered characteristics will apply. There are many different variations of long or short fingers and therefore many degrees of the following interpretation.

### This print demonstrates a hand with short fingers



If you have short fingers your thought processes are extremely quick. You have gut feelings about things, and you prefer to listen to your intuition. You like to get things done quickly as you don't have a lot of patience. You get bored thinking about detail, it's so laborious and tedious! You prefer to think and act quickly, you are able to take things in very swiftly and can get an overall view of situations in an instant. You find it easy to stick to deadlines, but you will miss out some detail if necessary. Some may say you skimp on detail, but at least you get the job done. Your mind ticks over rapidly and instinctively and you are as quick as a flash in getting to the point.

### Here is a hand with long fingers

If you have long fingers you do not rely heavily on your instincts but like to take time to think about a situation before you act on it. You live in a world where detailed mental thought overpowers your instincts. You like to think carefully about things and look at all the small detail which is not immediately apparent on the surface. You have tremendous patience and can spend hours getting something right. Deadlines are a problem, because you are not happy if you have to skimp details which you consider to be important. A job is not worth doing if it can't be done properly. You don't have grand ideas and schemes like the short fingered person, because you tend to get bogged down with the minor details, there just isn't time to plan a large scale project but if a job has to be done well, then you are the man for the job. You may appear to think more slowly but it's not because you are slow, its because you like to know all the details before you make up your mind about something.



## Hand Consistency

The consistency of hands allows you to discover more about energy levels. How active are you? Can you keep going twenty four hours a day or do you like to take things a little easier. Perhaps you find it difficult to stir yourself into any action at all? How much energy do you and your partner have? Prod those palms to find out!

Does the palm feel solid and hard? Lots of strong resistance? If it is then you are looking at a person with energy to spare. He might be a little inflexible in his attitude, but he's got energy, and **lots** of it!

Some palms are elastic, they depress when you touch them, but then spring right back like India rubber. This is an elastic consistency, and reveals a person who has lots of vitality, and more than enough enthusiasm to see him through any undertaking. He'll keep you on your toes, just be sure you can keep up!

Lots of palms are soft but reasonably elastic. Is this your partner? If it is, your partner is gentle, enthusiastic, and responsive but can stir himself for anything he puts his mind to. Be ready to take a breather occasionally though, for the softer handed person appreciates the occasional break from physical exertion.

If your partner has soft, podgy, doughy, squidgy hands, the type where you can barely make out the bones in the hands, I'm afraid he is all talk and very little action, for this is the hand of the sensual dreamer. The more podgy the hand, the more sensual, the more dreamy, and with no real inclination or desire to stir himself unless it's really all worth the bother.

## Finger Shape

Besides the finger length, a hand analyst will also look at the smoothness of your fingers. Some fingers have incredibly smooth contours while others have a distinctly knotty look around the knuckles. These knotty knuckles are discovered when you try to push a ring over the top of the knot, only to find the ring is still loose when in place, but also impossible to pull off again without the help of a little soapy water!

Here are some **smooth fingers**



Can you see the smooth contours of the fingers, with little development of the knuckles? This person reacts very quickly to information.

If you have smooth fingers like these, you do not reason things out but act on impulse and first impressions. Your intuition is highly developed and at times your thinking can be most inspired. The ideas just seem to flow. You can mentally pick things up speedily and get a quick mental grasp of something. You don't reason out what you do or say. It's more intuitive than that. You just speak or act. The thought is already there and you can grab it out of the air.

You tend to take a lot for granted because you have speedy reactions and a mind which works quickly. You are not inclined to think and ponder. You tend to act on the spur of the moment and don't think too much about detail. You appreciate the nicer things in the world. One of your greatest gifts is the ability to ad lib. You are never caught out by surprise when something doesn't go the way it is planned. You are already there. In any artistic occupation you can be inspired, your words will come from the heart, your music will have the greatest inspiration because you feel, you don't analyse. Spontaneous, inspired, intuitive, you have freedom of expression, it just flows.



If you have fingers like these, when anything enters your mind you have to really consider the pros and cons. You really have to think and analyse carefully because you don't like to rely on your first impressions which you feel may be wrong. It is unlikely that you will be too impulsive or get carried away because you like to use your common sense. You like to know the truth, the real truth and you have to delve deeply to discover real truth. It's easy for some people to be carried away impulsively with an idea but you like to reason things out first. You don't like to arrive at quick decisions, you like to ponder and consider the options. However, once you have made up your mind, you usually stick to it, because you will have thoroughly considered the facts and arrived at the right decision for you. Some say you have a philosophical mind, and it is true, you do like to analyse life, situations, ideas, everything in fact. Nothing escapes your orderly mind.

## Finger Prints



Loop fingerprints reveal people who are versatile and adaptable and who have a lively, enquiring mind. These people are happy to exchange ideas with others



Tented arches are quite rare and may only appear on one fingertip. If you have one of these you find it easy to become swept up with inspiration, and can be taken over by your feelings. It can sometimes reveal a rather highly strung nature.



Whorl patterns belong to those who like to be in control and in charge of situations. They have their own way of doing things and dislike conforming to other people's views and opinions.



Composite patterns like this form an 'S' shape and reveal people who can be extremely fair when dealing with others as they have the ability to see both sides of a situation. This can cause real problems when trying to make decisions, they may have trouble deciding which way to go!



If you have an arch pattern on any of your fingertips, you are the sort of person who is practical, down to earth and capable. You have a conscience and will tackle things that others tend to put off. You may also have a tendency to bottle up your feelings!

## Finger Nails



Broad and square nails reveal an easy going, calm, honest, patient, upright, balanced, and broad minded person.



Very small, square nails that are neither long, nor wide, that appear to be dwarfed by the finger reveal a person who can be tight fisted, mean, and stingy. Such a person is likely to be narrow minded, critical and cold. Watch out for these short wide nails, where they may be a temper which can flare up very quickly indeed. This person may also love to take an opposing point of view for the hell of it, and may be extremely critical of both themselves and of you.



Almond shaped nails reveal a person who is gentle, refined, sensitive and creative. Almond shaped nails tend to reveal people who are sensitive, gentle and kind, with a strong creative streak.



These long narrow nails are the most beautiful of all. They can reveal a very intuitive nature, but also one which can be selfish, lacking in energy, insecure or even a little neurotic. Long nails that are also wide will have the same meaning as the square nail, but when long nails are also narrow, the character will be prone to selfishness and narrow-mindedness. Regardless of whether the nail is long or short, this narrow-minded attitude will result in a cynical, cold character who tends to consider himself first and others later, if at all. When the narrow nail is very long, the person will be intuitive and impractical but possibly also self centred. I has always been considered that these nails are the most beautiful of all the nail shapes, but unfortunately tend to reveal a person who can be particularly selfish and even a little neurotic.

Fan shaped nails, with a narrow base which widen out towards the top of the finger like a fan, indicate highly strung and nervous people.

## The Thumb



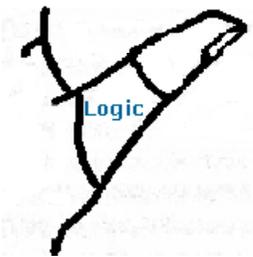
The thumb is a very important feature of the hands because without it, no matter what qualities are found in the rest of the hand, there would be no driving force to push those qualities forward, nor any logic or reasoning behind that willpower.

The thumb represents action and can be considered as one of the most important aspects of the whole hand revealing determination, will power, logic and reasoning ability.

Therefore, when a strong powerful thumb is seen, it becomes obvious that the person has will power and determination with the ability to exert some kind of force in order to gain mastery of his life. The well developed thumb can be regarded as the engine which represents the driving force behind the personality, enabling the person to accomplish whatever tasks are before him. Such a person feels he is in the driving seat, controlling the route his life takes.

A weak thumb reveals a person who is unable to push with the force of the powerful thumb, feeling more at the mercy of fate, with little control over external influences.

### Two Phalanges of the Thumb



The thumb can be divided into two individual phalanges, the top nail section, and below the crease, the lower, base phalanx. The mount of Venus, surrounding the ball of the thumb may be considered the third phalanx, representing the amount of love within the character while exerting willpower and reasoning.

The top phalanx represents a person's willpower and determination. If this phalanx is long, at least equal in length to the other phalanx below it, or longer, then the person will have strong willpower with the necessary determination to push himself forward in order to influence his environment and surroundings. He will be tenacious and clear minded, with the ability to give orders and make decisions. Such a person will be in charge and in control of his life and will feel able to exert some influence over others. Most of all he will be capable of turning ideas into action. A very long top phalanx reveals these qualities in abundance with a strong, forceful personality revealing staying power, determination and tenacity.

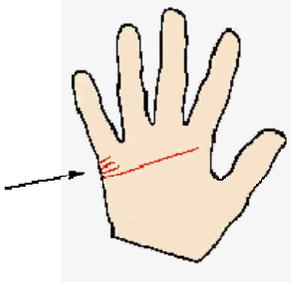
A very short top phalanx reveals the absence of the qualities above. There will be a lack of willpower and drive, with difficulty in making decisions. The person may even show a careless and indifferent attitude towards his life, be easily swayed by others, generally impressionable and weak willed. He will always allow others to dominate him as he feels he has no control over his own destiny. The most important aspect of the short top phalanx is the inability to turn ideas into action. Whatever qualities are found in the rest of the hand, the short, top phalanx will ensure they will never come to much. The second phalanx of the thumb represents logic and reasoning ability. When turning ideas into action using drive and willpower, as represented by the top phalanx, it is preferable to have some kind of logic or reasoning behind those actions. The second phalanx reveals the ability to apply logic before carrying out any action. When the second phalanx is long, there is plenty of logic behind the actions. This person will think and plan carefully, working out the pros and cons before carrying out any action. A short phalanx reveals that logic and reasoning are not too apparent in the personality. Unable to plan logically the person is likely to make quick, instinctive decisions on the spur of the moment and may not always act with wisdom.

Sometimes the top phalanx is so thick (particularly from the side view) that it may appear bulbous, known by palmists as the murderer's thumb. While it may not make a person commit murder, it almost certainly reveals a person who can be extremely passionate, aggressive, ruthless and cruel, and with other corresponding features in the hands, even a little sadistic or violent. If the second phalanx is short in comparison, there will be no logic or reasoning behind the actions. Confrontation with such a person may not be wise!

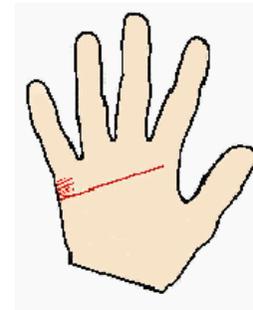


A thumb which bends back easily from the top joint is known as a supple thumb, and can reveal a person who is emotionally versatile and adaptable, and one who is likely to be generous both with their time and money. If the thumb is very flexible the person will be especially generous with his time, easy to get to know - especially if the whole thumb bends back easily away from the palm, adaptable and flexible but possibly lacking in will power, and likely to be rather extravagant when it comes to money matters.

## Attachment Lines



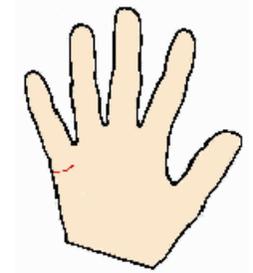
The attachment lines enter the palm from the percussive edge of the palm, between the heart line and the crease at the base of the little finger. They are also referred to as marriage lines and lines of union. Some people have only one strong line, while others may have several fine lines.



Some people have lots of fine attachment lines. This person is a sensitive soul, affected greatly in his/her relationships with others. Here the numerous lines imply that the person's sensitivity causes lots of emotion and feeling, creating many bonds of love with others. They may become involved in many superficial relationships, or move through relationships until they find Mr or Mrs Right. Again, a stronger line may imply a particularly important life relationship in the person's life.

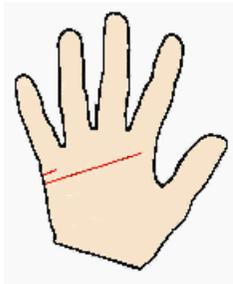
The attachment lines can be seen as small heart lines, each line representing a 'focus' of emotional energy which is either sent out to others, or felt within. The love which we send out is not always directed towards 'love' relationships - partners, wives/husbands, but can encompass anything which we feel a strong bond of love towards. This love could be directed towards a pet, a child, a friend; one of these lines could even represent a love of God.

Unfortunately there are palmists who will attempt to determine how many relationships you will have, reading each of these lines as an individual relationship with a boyfriend/girlfriend/partner/wife/husband. This is just not accurate - and can create unnecessary worry!

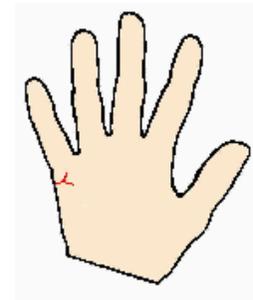


### Problems in the Attachment lines:

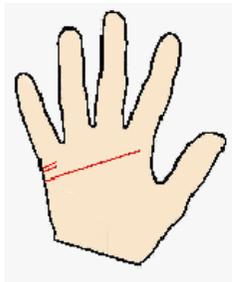
It is generally believed that problems occur within a specific relationship when an attachment line reveals a defect. A strongly formed line reveals a healthy energy flow. Should the line become defective, broken or poorly formed, the palmist will suspect that all is not well. If an attachment line breaks or forms an island, there is some unhappiness in the expression of the person's energy.



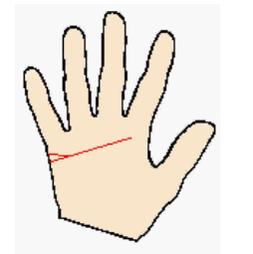
Some people have only one strong attachment line, and many palmists believe this represents a person who has the tendency to feel only one strong bond with another throughout life. This implies a certain loyalty, strength and depth of feeling, a life commitment to another, or possibly even a soul mate.



Sometimes an attachment line may split into two sections at its end. Here it is believed to indicate a feeling of separation within the relationship, with the relationship continuing but with each partner going in different directions, or each leading separate lives.



Many, many people have two or three attachment lines. Although just occasionally each line may well represent a serious partnership or marriage, many times there will still only be one main relationship in the person's life, but some other important bonds in relationships with others. When two or three lines appear, one may appear stronger than the others. One particularly strong bond is formed at some point in their life.

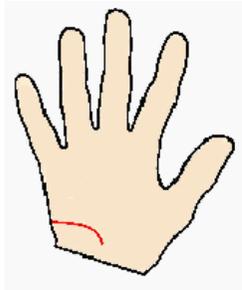


Often an attachment line will turn down at its end to merge into the heart line. This implies some sadness in the energy flow, and is often seen in the hands of those who have suffered a broken relationship. Sometimes this attachment line continues down the palm, fragmenting as it moves across the palm, to eventually cross over the life line.

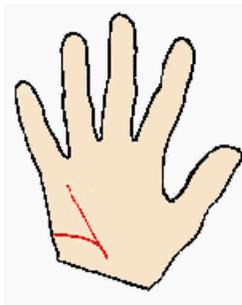
## Via Lascivia

As seen from its Latin name, the Via Lascivia was traditionally associated with lust, drunkenness and debauchery! Running across the Luna mount at the base of the palm and originating on the percussive edge, it flows in towards the palm in the direction of Venus. Years ago this line was associated with sexual energy and indicated a powerful libido. It was believed that if this line connected to the Mercury line, the energy would be channelled out as free sexual expression. However, if no connection was made to the Mercury line, the sexual energy would overflow, leading to a build up of eroticism within the person. Finding no outlet for this pent up energy, the person would become susceptible to sensuality and hedonism which could only find a release through drugs, alcohol and generally promiscuous behaviour. It was considered that the appearance of a Girdle of Venus would heighten the already over sensitive sexual energy, making the person prone to even more promiscuous behaviour.

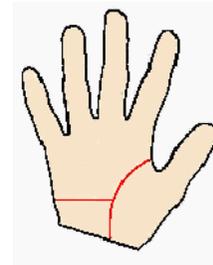
Modern society now takes a slightly different view from the attitudes of the Victorian times, and it is now believed that the line may reveal a tendency to allergic reactions from certain chemicals and poisons.



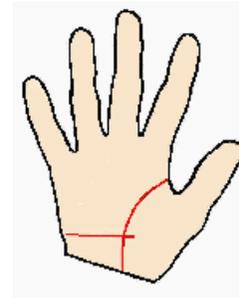
A strong straight line was thought to reveal a sexually motivated individual but if the line curved so that it effectively cut off the whole area from the rest of the palm, the person's sexual energy would be pent up and repressed.



Should the line actually touch the Mercury line, the sexual energy would flow as free, healthy, sexual expression. Of course, if the Mercury line was defective in any way, this sexual expression would become frustrated and unhealthy.

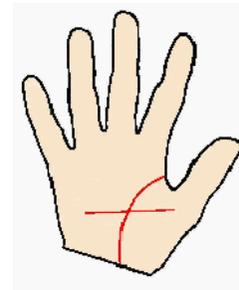


Should the line continue across the palm to link with the Apollo line, heavy financial losses could be expected as well as a propensity for gambling. Reaching the fate line would reveal that pent up energy may override reason and therefore block the person's career or direction in life. The worst formation of the line was if it linked with the life line, where it was believed to represent sexual indulgence, possible nymphomania and therefore certain sexually related health problems.

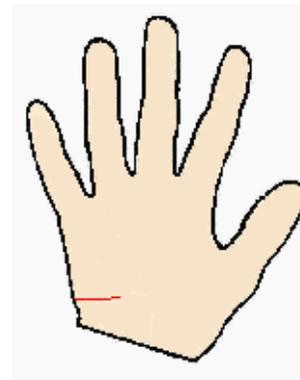


However, even now, the link with addiction remains as the palms of drug addicts are frequently found to have a via lascivia which actually crosses over the life line.

NB: The addiction line begins low in the palm, originating from the percussive edge, and moving across the palm to cross the life line.



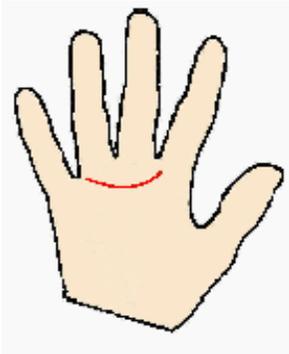
It is important not to confuse the addiction line with an influence line which originates deep on the Venus mount, either stemming from the family ring or from a vertical influence line, crossing over the life line in the direction of Luna. This would indicate an influence from another person which may involve travel, possibly overseas.



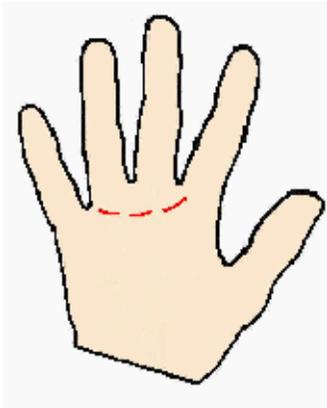
When the Via Lascivia is short and complete or fragmented, it is thought to indicate an intolerance to certain food, alcohol, drugs, pollens or pollution. Care must be taken to avoid those things which create a reaction. The longer the line, reaching as far as the life line, the more likely is a person to try to escape from life by taking substances which he may come to depend on. When the line reaches the life line, warning bells should sound as there is a possibility of dependence. And as stated above, should the lines actually cross the life line, addiction may have already become established.

## Girdle of Venus

The Girdle of Venus is situated above the heart line, forming a complete or fragmented ring below the Saturn and Apollo fingers. This line frequently causes confusion to the inexperienced eye as it can appear in many forms.



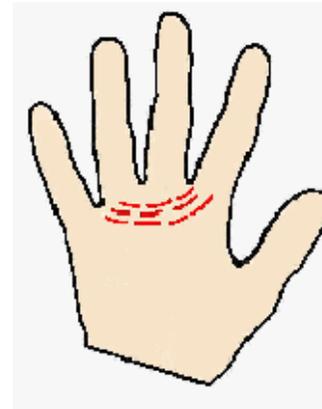
Sometimes the Girdle forms a complete ring around the base of the fingers.



Sometimes the Girdle is fragmented so that many small striations appear above the heart line, appearing as horizontal lines crossing the mounts. To add to the confusion the line or lines may be completely straight and not form a semicircle

The Girdle of Venus does not appear in every hand, but when seen, no matter which form it takes, it acts as a blockage and obstacle to the energy running up the palm, particularly from the Saturn and Apollo lines. As the energy hits the barrier caused by the Girdle, it overflows into the rest of the palm, resulting in higher sensitivity and nervousness. Frequently the Girdle appears in hands which are already of a nervous or delicate types where the lines are already many in number and delicate in appearance.

Acting as a sister line to the heart line, it is concerned with the emotions and affections. Obviously when nervousness and heightened sensitivity are added to heart felt emotion the person becomes highly strung and over sensitive to such an extent that every casual remark or criticism is taken to heart. Imagined slights affect the individual deeply causing depression, suffering and brooding. Thus a vicious circle is set up where every emotion is distorted and twisted and every sadness magnified.

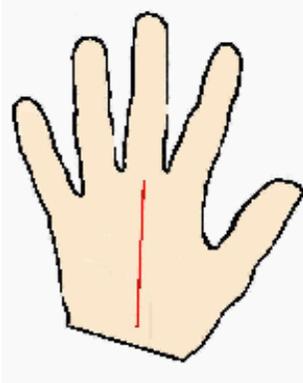


When the Girdle is extremely fragmented and broken, these feelings are intensified so that the person may attempt to escape such overwhelming emotions and nervousness. In his confused state, searching for the nearest escape route, he may latch onto alcohol or drugs to ease his suffering.

The Girdle of Venus found in an already delicately marked hand creates nervous excitability and intensified emotions. When the Girdle is extremely broken and fragmented so that many horizontal lines cross the top of the palm below the Saturn and Apollo fingers, the delicate nature suffers to a great extent. This person can become a sufferer of nervous depression and ill health and is often unhappy and discontent with life. Unfortunately people with this formation often need some kind of help or counselling in order to overcome their highly over sensitive emotions, particularly if they are not to succumb to the escapism found in drugs.

## Fate Line

The line running from the base of the palm up towards the Saturn (middle) finger has been named the Saturn line, the line of fate or the line of Destiny. Whichever name is used, it will always be found in the middle of the palm pointing in the direction of Saturn. The fate line may start in the middle of the palmar base, from Luna or Venus or may even start higher up the palm. As long as it runs in the direction of Saturn it is always known as the fate line. Sometimes there may be two fate lines running parallel in the palm.



The fate line can be seen to run up the middle of the palm with energy flowing up towards the fingers. This middle position of the fate line effectively separates the palm into two distinct sections, drawing energy from both the conscious (radial side of the palm) and the subconscious (ulna side of the palm). The fate line balances up these two areas bringing the qualities together to create a path or direction in life. Naming this line the line of destiny implies that fate is already decided, that there are no choices and that decisions are already made. Do we have no choice over our future, our direction, the path that we carve for ourselves in order to reach our aspirations and goals?

Strong **fate lines** belong to people who settle into a pattern of life early. Weak fate lines tend to belong to people who are unsettled and tend to change jobs a lot.

Fate lines starting at the very bottom of the palm indicate people who settle into their life path early. When the fate line ends at the head line it indicates a person who seems to lose their way somewhere between 30 to 40 years old.

You will find that most fate lines end at the heart line. However if the fate line runs all the way almost to the middle finger these people tend to be active right up into old age.

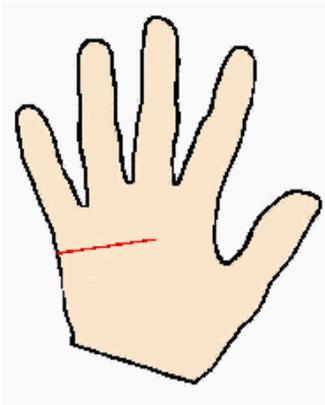
A fate line that is tied to the heart line indicates a restricted childhood. Two fate lines are found on people who pursue two careers at the same time.

The absence of a fate line indicates a person who lacks stability. It is also found on the hands of alcoholics and drug addicts.

*What palmists do know is that a strong fate line reveals a determination to succeed in finding a definite purpose and reason to exist as well as a determination to find stability and security.*

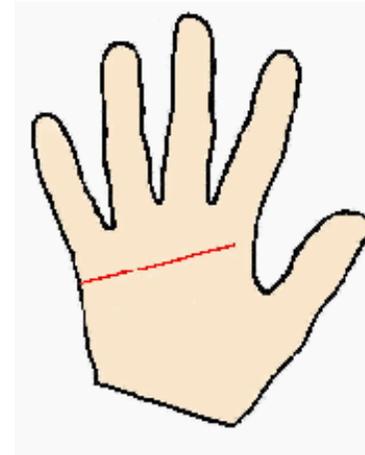
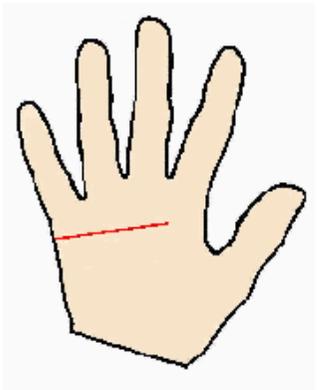
## Heart Line

Did you know that even if you have not studied palmistry, there are some very simple and easy to read signs within the hands that you can look for to give you an insight into the personality? When considering the feelings and emotions, the line to look for is the Heart Line. This line crosses the palm below the fingers, starting on the edge of the palm below the little finger and crossing the palm to end anywhere beneath any of the other fingers. The heart line can be straight, or it can curve smoothly or deeply upwards

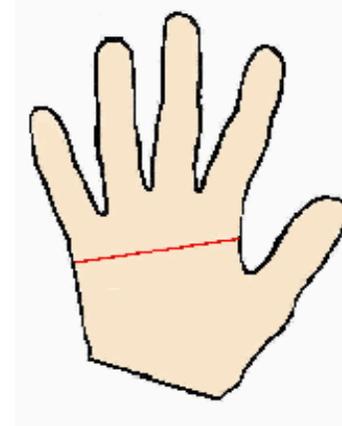


Here the short straight line ending below the middle finger reveals a cold, unemotional nature with an inability to express love except in a rather selfish manner. Sexual conquests are more important than true love and this person is more likely to mentally consider the practical aspects of marriage rather than basing the marriage on love and the expression of that love. Warmth, love and sharing are likely to be missing, sexual gratification being far more important. The owner of this line could be a Casanova, after only one thing and may not wish to be tied down to one relationship. This is not a good sign for a long and lasting relationship based on love.

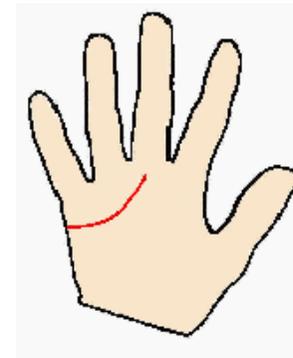
The straight line which reaches between the area below the middle and index finger reveals a person who has strong emotional feelings but prefers to think and analyse his feelings carefully before considering any expression of those feelings. There is plenty of warmth and caring in this person but he is unlikely to demonstrate these affections in a spontaneous or impulsive manner. Rather than being carried away on a tide of emotion, this thoughtful person will stop and consider, analyse and rationalise his feelings before any effort is made in demonstration. Unlikely to be sexually impulsive, he will consider first and act later.



This long straight line belongs to a person who has a nurturing, caring nature with plenty of love to give out to the world. Pointing and reaching up to the area below the index finger, pride takes a part in his relationships and he is likely to be devoted to those he loves. Romantic, with high expectations and high standards, this person can be emotionally intense and very involved in a relationship. Perhaps a little possessive, occasionally even smothering, he will be loyal and supportive and will make any partner feel protected and safe.



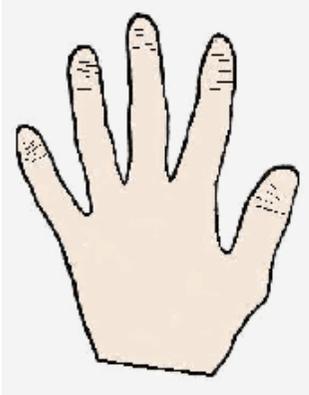
The straight heart line which reaches right across the palm belongs to a person who devotes his feelings to a cause. Emotionally he throws himself in to whatever he is attracted to which means that everything else takes second place. Anything which catches his imagination will be certain to take pride of place in his life, but unfortunately this can often mean work and career. If you are a person with a partner with this formation, it is highly possible you will feature second in his life, with his career or vocation very much taking first place.



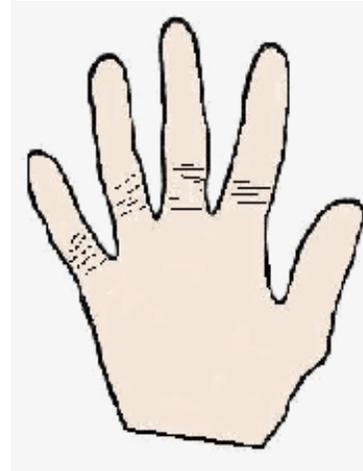
Sweeping sharply up to the middle finger, this person reveals a highly demonstrative and physical drive but a certain lack of emotional feeling. While this person may not experience the benefit of the warm, sharing pleasure of romantic, idealistic emotional love, he will certainly make up for it in his desire to express himself physically. He may be outgoing, impulsive and spontaneous, exude animal magnetism and be sexually athletic but he will never understand the idealism of the more romantic types.

# Stress

Is stress getting the better of you? One of the easiest features to read from the hands is stress and tiredness. You can monitor this yourself and if you see any of the signs below, the time has come to take some positive action!



One of the first signs to appear in your hands are horizontal lines across your fingertips. These lines can come and go very rapidly. Have you got any of these? If you have, then you have either been overdoing things, or something in your life is causing you a bit of trouble



If you are feeling thwarted or frustrated about something in your life, you may find horizontal lines crossing the basal phalanges of your fingers. Take a look! Consider what may be causing this frustration. What can you do about it? This is one area of your life that you have the power to control, if you really want to!

If you have any of these horizontal lines on your fingertips then you need to take a break or sort out what is happening in your life. Horizontal lines on your index finger may indicate that you are suffering the effects of overwork, or that your confidence is being undermined or threatened in some way. Horizontal lines on your middle fingertip may indicate that you are feeling insecure, or that something in your life is currently unstable. Have you problems at home which need sorting out? Or at work? Lines on your ring fingertip may indicate problems with your creativity or your relationships. Appearing with the same lines on the middle finger, you may be worrying or stressed about a long term relationship or your marriage. And if these lines are on your little fingertip, then you may be worrying about not being able to express yourself, or having difficulty communicating. This finger also relates to your sexual relationships, have you problems in this area of your life? If you have these lines on all your fingertips, and your thumb, you need to deal with the cause of your stress or tiredness. (These lines can also appear as a natural result of older age)

Free of these lines? That's great! But what about other people in your life? Your partner, children? Take a look, because you may find someone in your family could do with a break. Does your partner have these lines? Is there anything you can do to help them overcome any worries, tiredness or stress they may be feeling? If you see them on your child's hands, try to discover the reason why. You may just be able to help.

## COLOR OF THE PALM

- **Red** indicates a great robustness. A red handed person will be passionate, quick-tempered, and ardent. A red line will indicate much of the same, but it will be modified by the function of the line, *i.e.* a red line of life will indicate a vigorous, robust health coupled with an active nature, while a red line of heart will denote overflowing and heartfelt emotions.
- **Yellow** is the mark of the melancholy and morose character.
- **Pink** hue in the palm denotes a hopeful, sanguine, enthusiastic, and bright nature. One may consider it to be a less extreme manifestation of a red hand or line. This is the optimal color for any line in a healthy and well-adjusted person.
- **White** color denotes a lack of interest in the outside world and those with whom the bearer may associate. White hands are egotistical, resulting in selfishness and a lack of sympathy for others. It is also a symbol for general ill-health and weakness.
- **Black** line denotes a trait of a person as grave, haughty, distant, and vengeful.

## Texture of the hands

**Smooth hands** -- A person with a very calm and unruffled temperament has smooth hands. He will rarely lose his temper and maintains calmness in times of turmoil as well.

**Rough hands** -- To possess rough hands denotes the opposite of smooth hands. Their temper is uneven and easy to be roused. Such individuals usually are more coarse and earthy, and are more fascinated with the concrete than abstract ideas. They are hard workers.

**Lined hands** -- When the hands are networked with a large amount of fine lines, it reveals that the person is fretful, worrisome, and easily vexed or angered.