

Frank will be flying over from the UK to Bali in December 2013 and teaching a Certificate Course in Palmistry/Modern Hand Analysis (as well as a few talks on astrology). Details below.

Palmistry Today: Modern Hand Analysis

Frank C. Clifford

The art of reading character, motivation and the future from our palms is no longer shrouded in mystery. There are simple and accurate ways to engage in some DIY hand-reading. Palmist, author and teacher Frank Clifford explains how.

Palmistry (or hand analysis, as it is often now known) is finally being given the thumbs up in some scientific quarters. Leading scientists have been discovering connections between our hands and inherited talents, behaviour and health patterns – scientific findings that not only back up what palmists have been declaring for years, but also provide further insight into this fascinating subject.

Palm lines are formed in the womb and develop over a lifetime. The lines are directly linked to nerve endings from the brain and are not a result of hand folding or excessive use. Research has noted, for example, that the Heart Line (which runs horizontally under the fingers and is linked to emotional and sexual development) can change greatly during puberty. In addition, lines in our palms begin to fade if our mental faculties fade, either temporarily (e.g. during a breakdown) or with age. When we recover, so do the lines.

But how can the subject help us? Our hands are living mirrors, reflecting personality, needs and drives – as well as future possibilities. By interpreting the language of the hands, we gain an immediate ‘aerial view’ of our journey in life, a road-map of our individual life path. Palmistry can zoom in on the important aspects of this journey, make us aware of alternative routes and prepare us for the exciting road ahead.

Learning to read palms opens up a whole world of insight, but can also be great fun and a great deal easier than people think. When interpreting the palm, there’s room for many common sense associations that aid quick interpretation. Here’s an example:

The Head Line has been linked to the way we think and process ideas. The horizontal line, below the Heart Line, can be straight or curved. When we think of the word ‘straight’ we might picture a direct, uninterrupted course, without digression; words such as linear, conventional, conformist, orderly, and unbending. Indeed, a straight Head Line is found on someone with a level-headed and practical mentality. This person works from A to B in a straightforward manner and will prefer to do things according to a set plan. The word ‘curved’, however, brings up notions of bending, meandering, shooting off at an angle, and taking a new turn. A curved Head line suggests a mentality that is more lateral in its thinking and allows for more flexibility and change. Such a person would think of new ways of working or approaching a problem, and be able to ‘bend’ by working around any preconceived notions.

Frank's Party Piece

When others discover what I do for a living, palms often appear under my nose for inspection. So over the years I've devised a number of ways of picking up instant information without delving into specific lines and their courses. I call the following method my party piece because it's quick to do, easy to remember and offers insights into our *current* needs and behaviour. I hope you find it useful.

First of all, shake your hands and lay them palm-up on a desk or solid surface. You'll notice that some fingers naturally lie closer to each other than others, while some stick out from the rest. It's rare to have all the fingers with equal distances between them.

In general, fingers held close together betray a conservative person who prefers not to take risks. When fully splayed, however, expect a bohemian type determined to do things his or her way.

Keep two points in mind. Firstly, regardless of which hand you write with, relative finger positions on the left hand show traits that apply mostly in your personal life, while on the right hand, these are characteristics seen more vividly at work and in social situations. Secondly, finger positioning shows current needs rather than fixed behaviour patterns. Only when the finger has begun to bend towards (or away from) another will this reveal a long-term character trait.

- Thumb tip held close to the palm: Self-contained, private and wary of intrusion; at present others will be in your life 'by invitation only'.
- Thumb tip held away from the palm: Open and needy – what you see is what you get; you are currently self-confident in presenting yourself and relaxed enough with others to encourage intimacy, but you may have trouble saying 'no' and discriminating.
- Index finger held away from the middle finger: Confident and independent; you are currently feeling ready to assert yourself and your desires.
- Index finger tilted towards the middle finger: Shy and lacking in confidence or courage; at present you are seeking reassurance and feeling unsure of your abilities.
- Middle finger held close to the ring finger: Duty-bound, guilt-ridden or reluctant to let your hair down; you are currently feeling put-upon but may secretly enjoy being a martyr.
- Ring finger separated from the middle finger: Focused on personal projects; you are now determined to enjoy your life and put family duties to the back of your mind.
- Little finger juttied out away from the palm: Independent and unwilling to be tied down; at present you are seeking space from, or avoiding, a full-on relationship.
- Little finger curled in on itself appearing 'reticent': Fear of intimacy; at present you are unwilling to focus on your sexual needs or get physically involved.
- Low-set little finger, where its base a 'step' down from the base of the other fingers: Focused on problems with one parent, who may have been either physically absent or emotionally remote; right now, you are feeling the need to address this but should avoid letting parental issues dominate or mar personal relationships in adulthood.

Self-determination

Our hands are our personal autobiographies, but not all the chapters have been written yet. Lines change to reflect our actions, reactions and decisions in life. The choices we make and our reactions to the events and people we encounter all shape our lives and, in turn, the lines on our palms. Our actions and reactions of today will show in our hands tomorrow. We influence our environment and it also affects us. The hands reflect this two-way process and are a living testament to the power we have to shape our own destinies. With palmistry, we are reminded that the future is negotiable.

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*This is an edited and expanded extract from the new version of Frank's book, *Palmistry 4 Today* (2010 edition, with a Diploma Course in Hand Analysis). Frank is an astrologer-palmist and author of a dozen books on these subjects. He runs workshops and distance learning classes via The London School of Astrology (www.londonschoolofastrology.co.uk), and will be lecturing on palmistry (and some astrology) at Heaven and Earth Workshops in Bali over the Christmas and New Year period of 2013-14.*

For full details, please see <<http://www.heavenandearthworkshops.com/palmistry>>