

# YOUR LIFE IS IN YOUR HANDS



Practical Palm Reading for  
Purposeful Living

**KAY PACKARD**



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*Practical Palm Reading  
for Purposeful Living*

Kay Packard

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Three Rivers, California

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# 1. The Basics of Hand Analysis

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## Learning the Lay of the Land

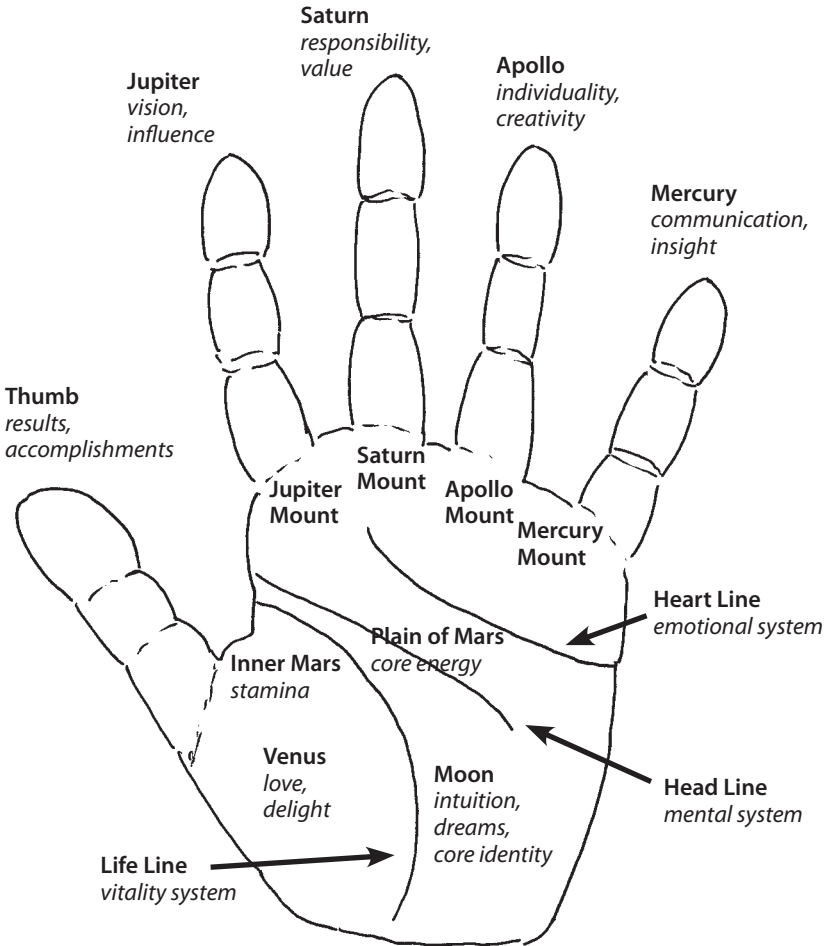
*“On the hand of every earthling man  
he puts a seal  
For every mortal man to know his  
work.”*

—Job 37:7

WITHIN YOUR magnificent hands are many features to explore. The shape, fingers, lines, and markings in the hand can be interpreted to define particular elements of your personality and psychology. Blending a combination of two or more markings together will illustrate how you are different from everyone else. I'd like to introduce you to some fundamentals of hand analysis here. It's simple to get started. Depending on your desire and motivation, advanced levels can also be mastered. But in this book, we'll keep it simple.

The basic hand map (Figure 1) shows the primary landscape of the hand. The high-level descriptions of the fingers and mounts come from the ancient art and science of hand reading. You will be introduced to an expanded yet simple vocabulary as you read through this book. The major lines are also identified in Figure 1. You may want to bookmark this map so that you can quickly refer back to it as you read more about the basic features of hands.

Areas of the hand such as the fingers, mounts, and lines mold themselves according to how you engage particular traits in your own life. You are a whole being with a whole hand—times two! Just as the hand is compartmentalized, you too can be recognized by just a few of the attributes in your interior makeup that reflect externally out into



**Figure 1: Basic hand map**

the world. But when all of your attributes are blended together, you get a more complete picture of yourself, inside and out.

For example:

If the shape, height, and quality of your index finger is strong and dominant, you have an aptitude to influence others based on your higher vision.

If your Moon Mount is full and well marked, you place importance on deeper meaning and intuition.

If the Heart Line on one of your hands curves up toward your index finger, you are big-hearted and caring.

Those are only single and limited attributes, however. Blending these three attributes together reveals an aptitude for intuitive leadership with care. The Dalai Lama comes to mind as I weave together leadership, intuition, and care.

Let's look at another example using the thumb. The thumb shows one's will to succeed and ability to get results. Imagine life without a thumb. What wouldn't get done? Every single person uses his or her thumb energy in a completely different way. If someone has a large thumb relative to the rest of the hand, and if it is naturally splayed away from the hand, that person will generally prefer to grasp and handle elements of life on a large scale. Conversely, a person with a smaller thumb held more tightly to the palm will be more inclined to solitude and will be content with less to do.

It is important not to assess someone based on only one characteristic. Rather, look at a variety of markings to determine a more accurate picture. Think of an individual ant contributing to the whole colony. We can't get a whole picture of the ant colony by looking at only one of the six-legged workers. To appreciate the power of the colony, it would be better to study the interactions between the moving insects and analyze their operations to understand their purpose. Individual ants creating a colony are like the single features of the hands coming together to illustrate the whole.

You might ask, "How do I read the right versus the left hand?" As a general rule, the right hand is considered your active hand and will be read to show how you present yourself to the outer world. For example, motives and personality traits that you express at work and in public will be read primarily from your right hand. Conversely, the left hand is considered the passive, reflective, and introspective hand and reveals your personality at home, in private, where you wear your fuzzy slippers and comfy robe. For example, preferences in intimate relationships will be read primarily from your left hand.

The exception to these general rules is when a person uses his or her left hand the majority of the time (writing, throwing a ball, swinging a bat, or using a shovel in the garden) *and* when the left hand is more eye-catching than the right hand, like a ripe piece of fruit versus an unripe one. Seeing this level of detail often requires a handprint. For now, consider your right hand your active, public hand and your left hand your private, reflective hand.

Fingers are like antennae, receiving and transmitting energy. As shown in Figure 1, each finger correlates to a mythological archetype, which will be explained in Chapter 6. The straighter the finger, the more likely it is that the energy related to that finger will flow into and out of your life. It is more common, however, for the fingers to be slightly tilted or curved. If one of your fingers is bent or damaged in some way, the energy related to that finger will be impeded, like a rushing river with a bend that slows and deviates the flow of water.

The mounts on the palm represent reservoirs of energy. The higher a mount rises on your palm, the more prominent that energy will be in your life. Hold your hand at eye level, palm up, and notice which mount is tallest and fullest. The description of the finger above that mount indicates the kind of energy to which you have access.

The skin carvings, called dermatoglyphics, in our fingerprints also reflect an energy imprint. These patterns, or codes, can be analyzed, deciphered, and translated from “palmese” into words that describe your soul’s curriculum—what you’re here to learn so that you can evolve as a soul having a human experience. The markings in the palm indicate how one can directly support the soul’s curriculum.

Charlatans and misguided palmists have given palm reading a bad name. Predictive readings and forecasts of future predicaments and certain doom were said to be inevitable. You’ve probably heard of an untrained and unethical palmist who predicts the length of a person’s life based on the length of his or her Life Line. Let me make it very clear: this is an absurdity, and untrue.

This sort of quackery is not unique to palmistry. A small number of doctors, lawyers, auto mechanics, and gurus have made their professions look bad. Probably most do so without intending to; but the damage is done, all the same.

As we give attention to things in our lives, we consciously and oftentimes unconsciously, imagine award-winning life-movie scenes. My life movie as a Pioneer involves, but is not limited to, innovative teaching with great passion as an inspirational messenger. You, too, follow a theme in your life-movie. Your reason for being is embedded in your hands. Take a look. What do you see?

To get the best outcomes from your life-movie, it’s important to be curious, ask questions, follow your intuition, take personal responsibility for your investigations, and perform according to a well-written

script. Ultimately, you and your God (or whatever you place your faith in) are the author of your script. To have a more informed opinion of palmistry and hand analysis you are wise to read about the subject and visit with highly qualified, certified, and professional hand analysts.

At this basic level of hand analysis, I focus on a non-predictive and accurate approach to decoding the natural line formations, hand and finger shapes, and unique fingerprint patterns. As mentioned above, there are positive and negative interpretations to each identifiable attribute of the hands. Each characteristic of the hand, be it the Heart Line, dominant finger, hand shape, or Life Line, has both positive and negative connotations. Consider, for example, someone with an affinity for wine tasting. The positive possibility is that the person will become an expert wine taster, with regular featured reviews in wine-tasting magazines. The negative possibility is that the person will drink too much, and lose the ability to apply his expertise. Assimilating both sides is crucial for complete understanding, awareness, and development.

## How to Take Hand Prints

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Before starting, please read through the instructions and see the hand and fingerprint samples at the end. You may want to watch the short video "How to Take a Hand Print" at <http://YourLifeIsInYourHandsBook.com/services/print-your-hands>. If you have any cuts or open wounds on either of your hands, please wait until they are healed before printing your hands.

Disposable pre-inked sheets are available from the AAHA office (clients e-mail [packard.kay@gmail.com](mailto:packard.kay@gmail.com)).

### *Materials*

- One set of two 6" x 10" ink sheets
- 4 to 6 pieces of 8½" x 11" paper
- Paper towels
- Soap and gentle scouring pad to wash ink off hands after printing

### *Instructions*

1. Remove jewelry. Wash hands and let dry.

2. Lay out materials on countertop near a sink with running warm water.
3. Carefully pull apart the pre-inked sheets by pulling the top sheet away from the bottom sheet at one of the corners.
4. Turn over the top sheet of pre-inked paper so that both inked sides are facing up, next to each other on the counter.
5. Lay your right hand on one of the pre-inked sheets. Firmly press on the back of your hand so that your palm and fingers are pressed into the ink. With the sheet of inked paper stuck to your hand, lift your hand and *press the inked paper into the center of your palm and fingers*. Move the inked sheet around your hand so that the ink is distributed evenly over your hand. Your entire palm, fingers, and fingertips should all be well coated with ink. Pull the inked paper off of your hand and be sure your entire hand is covered in ink. Reapply the same ink sheet if needed to any area of your hand that is missing ink. Set the inked paper aside.
6. With your inked hand and fingers in a comfortable and natural position, press your hand onto a sheet of plain paper. Lay your hand onto the paper beginning with the base of the palm, firmly pressing down as you progress to the top of the palm and the fingers, ending with the upper sections of the fingers. Lift your hand, with the paper attached, and gently press up underneath the paper so that it presses into the center of your palm.
7. Pull the paper off your hand and set your handprint aside. Make sure you have a print of the entire hand, including the center of the palm and the fingers, as much as possible. If not, you can use the same pre-inked sheet to reapply more ink and take a second print. Sometimes the center of the palm does not print, but that's okay; do the best you can do.
8. Print *each fingertip* on the bottom of the sheet with your handprint (Figures 2 and 3). Start with the thumb. Place the thumb on the inked sheet of paper so as to cover the entire upper section of the thumb. Then press the inked thumb onto the handprint sheet, at the bottom of the page under the thumb. Repeat for each finger in order. Label each of your fingerprints as noted in Figure 3.
9. Wash your hand with soap, warm water, and a scrubbing pad (if needed).

10. With your left hand, repeat steps 5 through 9, using the other half of the same pair of pre-inked sheets and another piece of plain paper.
11. Write your name and the date on all handprint sheets. Let your handprints dry before stacking them together.



Figure 2: Sample handprint

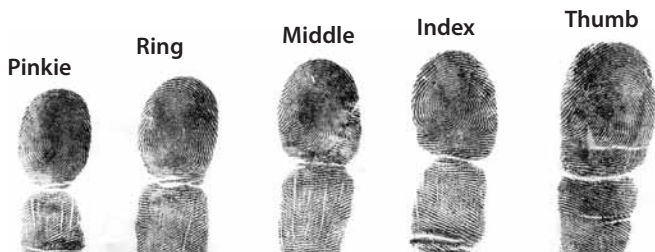


Figure 3: Sample fingerprints

## The Major Lines of the Palm

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The Heart, Head and Life lines are the major lines of the palm. (See Figure 1 on page 22.) These lines represent the rivers of consciousness relating to particular areas of your life, and reflect how and where you connect with the world. For example, the Heart Line represents your love style and emotional preferences; it is associated with the element Water, which rules the feelings, as emotions ebb and flow like water. The Head Line reflects your thinking system; it is associated with the element Air, which rules the mental process, as information flows through the air. The Life Line corresponds to your body's vitality system; it is associated with the element Earth, which is associated with productivity.

<u>Major Line</u>	<u>System</u>	<u>Element</u>
Heart	Emotional	Water
Head	Thinking	Air
Life	Vitality	Earth

These lines indicate the perceptions, inclinations, preferences, and character of their owner in their respective systems. The more deeply a line is carved into the hand, the more powerful the disposition and tendencies related to that system is. Shallow lines illustrate less inclination to the associated system.

In day-to-day life we constantly engage all three of the systems associated with the major palm lines. Take for instance a simple trip to the local grocery store to buy food for yourself and your family. Emotionally, you imagine what your family will experience while sharing the food you buy. Mentally, you may think about the nutritional value of the foods you select, or even where the food came from. While this is often an unconscious process, you may recall the primary purpose of food, which is to sustain life.





## 2. The Heart Line

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### Relationship Symbols, Stories, and Strategies

*“When you accept yourself the whole world accepts you.”*

—Lao Tzu

RELATIONSHIPS CONSUME the majority of our waking lives. Every day we have hundreds of opportunities to connect with other people, including our mates, children, parents, grandparents, siblings, coworkers, bosses, subordinates, business partners, and more. Our best relationships start with ourselves.

You can deepen your understanding of your own or someone else’s essential relationship or love style by reading one line in the hand—the Heart Line. The simple knowledge you glean from this etching can pick up, perk up, and improve your daily interactions. Imagine understanding and embracing your emotional system more intimately and improving your relationships by even ten percent.

Your emotional system began its development in the womb. We now know that embryos are affected by relaxing music, car horns, laughing or shouting family members, and any number of other stimuli. After birth, there are an infinite number of environmental factors that continue to influence emotional growth. Our emotions meander and change from day to day, so think of the Heart Line as a river flowing across a plain. As we mature and change, the shape, length, and quality of the Heart Line can and most likely will change as well. You can read your river of the Heart Line to accurately describe your emotional character, tendencies, and requirements.

Non-negotiable needs in relationships—such as the need for

freedom, connection, consideration, or stimulation—are depicted in the Heart Line. It's important you know these needs and that you can claim them for yourself as part of loving yourself. If you can clarify and ask for what you need in a relationship, you're more likely to have that need met. And when you love yourself and your needs are met, you can connect with others more deeply and completely, and therefore appreciate others in a more loving and compassionate way.

This chapter introduces you to four basic, easy-to-read Heart Line types: the Passionate, Big Heart, Hermit, and Rational Romantic. Each represents a style of emotional behavior that is typically displayed to others. How you like to be treated in relationship and how you like to treat others can be read in this line.

Be curious and open to understanding this information, and practice becoming aware of your needs and articulating them in relationships. Be sensitive to others' needs as well. The motivations for connection are different in different people.

I have seen many people who courageously claim their true heart language and live it. It does take bravery to be who you are meant to be. It's not easy, but I'm here to say that living authentically leads to your best life with the most authentic relationships.

## **Heart Line Identification: Discovering the Heart Line**

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The Heart Line starts on the outer edge of the palm, under the pinkie finger, and runs horizontally across the hand. (See Figure 4.) The line may be long or short, straight or curved. It usually ends somewhere beneath the middle or index finger. Any Heart Line style is possible on a hand. You may also find a different Heart Line on each hand. The type of Heart Line is independent of culture, gender, or sexual preference. That means any type of Heart Line can show up on any person from any country, man or woman, gay or straight, etc.

The shape of the Heart Line indicates preferred characteristics when relating to others. Curvy lines belong to expressive people who typically show their feelings easily. The Big Heart and Passionate types have curvy lines. They exhibit their feelings more than those with flat or straight Heart Lines. Straight lines belong to people who are more reserved. They reveal their feelings reluctantly. The Hermit and

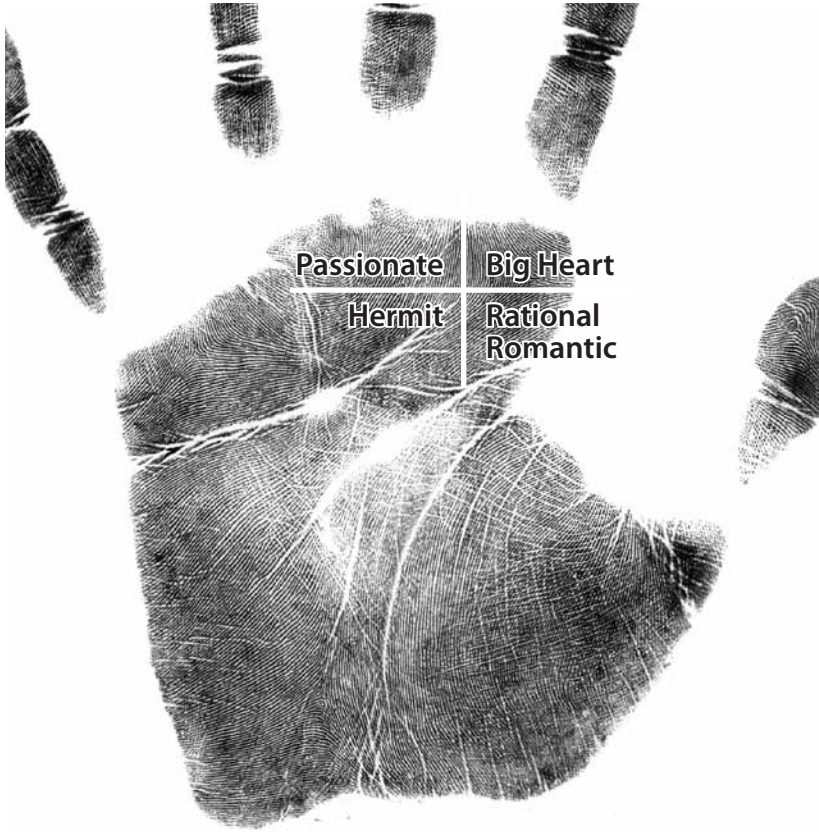


**Figure 4: Long, curving Heart Line**

Rational Romantic types have flat Heart Lines. They are less likely to display their emotions outwardly.

The description of your style in relationships is determined by the termination point(s) of your Heart Line. Since 2003, I've used the method of placing an imaginary cross on the palm, as taught by my teacher, Richard Unger, to precisely establish where the Heart Line ends. (See Figure 5.) Find where the widest part of the line ends. Sometimes the line will thin out near the end. To be most precise with your reading, locate the quadrant where the *thickest* part of the Heart Line ends. You'll sometimes see a Heart Line fork into two lines, or even split into three lines; we'll learn more on these splits later in this chapter.

You will want to employ this method on both your right and left



**Figure 5: Names associated with termination points of the Heart Line**

hands. Empirical evidence shows that the Heart Line on the right hand demonstrates the emotional characteristics displayed to the world, whereas the left hand most often shows the traits used at home and in the inner, more intimate world.

The imaginary cross creates four quadrants. To position the cross, draw an imaginary line straight down between the index and middle finger. Decide whether the Heart Line ends on the index or the middle finger side of the vertical line. Next draw an imaginary horizontal line across the vertical line about half an inch from base of the fingers. Now determine whether the Heart Line ends above or below the horizontal line.

Using this method, look to see where the Heart Line terminates

on each hand. The Heart Line type is named according to where the line ends. These line-types correspond to the elements of nature—Earth, Water, Air, and Fire. The names illustrate emotional behaviors found in owners of these lines. As an example, the Heart Line in Figure 5 is short, flat, and ends in the lower quadrant formed by the imaginary cross below the middle finger. This is called the Hermit Heart.

### **The Passionate Heart**

The Passionate Heart Line, associated with the element Fire, curves up toward the middle finger (Figure 6). It touches the top of the palm and ends in the upper quadrant formed by the imaginary cross under the middle finger.

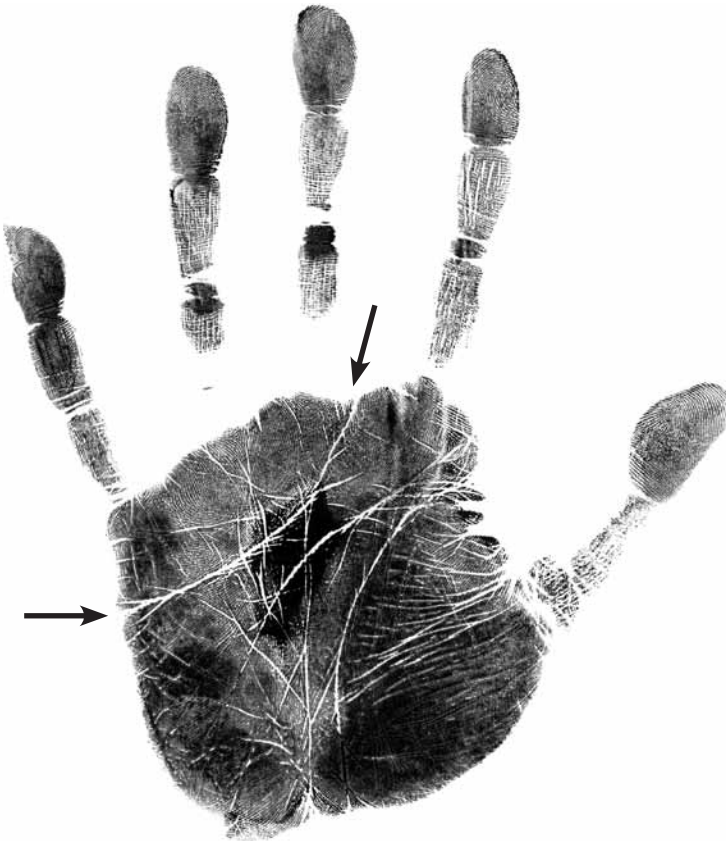


Figure 6: The Passionate Heart