



Ever wanted to know the secrets of professional hand reading but been afraid to ask?

## Easy Peasy Palmistry

There's more myth and mystery surrounding palmistry than hard facts. We'll try and dispel a few of the more dodgy ideas as we go.

To begin, examine your palms in a good light and start your reading with an examination of the hand shape.

The very first palmistry 'rule of thumb' is that you can ignore anything that's average. You're always looking for an obvious characteristic which stands out: a very broad or narrow palm, an extra long or short finger, a broken line. Anything which is average can be ignored.

Always read both hands and compare them the palms are divided into active and passive. The 'active' hand is the right hand if you're right handed and vice-versa if you're left handed. The passive hand is your deeper characteristics and represents your latent qualities and upbringing; see this as being more representative if a person is under twenty years of age. The active hand is your developed personality and is more relevant to a person over twenty. See the palms as showing what's on the surface (active) and what's buried underneath (passive).

The broader and heavier the palms, the more a person is focused towards the physical, sensual and material; the domain of the body, property, material things and physical skills. Square-palmed folk are stable, solid, physical types.

As the hand narrows and becomes rectangular, there's more adaptability, less physicality and a more changeable personality.

Narrow palmed people are responsive and less physically attuned than broad palms. When the hand is very narrow, there's a tendency to introversion, mood swings, responsiveness and refinement.

As the fingers become longer in relation to the palm, ideas become more sophisticated, abstract and specialised. The person is concerned with detail, they'll specialise in one field. Digits can be considered long if the middle finger is seven-eighths of the length of the palm or more.

As the fingers become shorter, ideas tend to become fast, holistic and realistic, practical skills are more likely to be developed. Short fingered people are impatient, hate fussing with details and tend to grasp the whole rather than the specific. Mentally, they like to know a bit about a lot rather than to specialise.

The fingers can be considered short if the middle finger is three-quarters the length of the palm or less.

The palm shape and finger phalange bones (phalanges are the small sections of finger bones between knuckles) have a strong relationship with the body shape and size. Broad, heavy palms tend to make for a solid, stocky body frame; narrow, delicate palms are found on the naturally slender. The length of the major limbs is related to the phalanges. Lower phalanges (nearest the palm) relate to spinal vertebrae; mid level phalanges relate to thigh and elbow length and the top phalanges relate to the shin and forearm bones. Long fingered people tend to be tall, short fingered folk are predisposed to be shorter.

Now check out the skin in the middle of the palms. The skin is made of a multitude of ridges infused with a vast number of various types of nerve endings.

**Silky skin:** If the skin feels fragile, moist, silky smooth and ultra thin, so you can't feel the skin ridges at all, you have the finest skin type - 'silk' skin. People with silk skin are highly receptive, sensitive and intuitive. They respond to 'vibes' and atmospheres, tuning in to their surroundings. They avoid conflict, and prefer gentle, harmonious situations. Usually they're pale skinned and avoid the sun as much as possible.

**Papery skin:** Does the skin feel quite fine, dry and papery? This shows someone responsive to visual, verbal and information-based stimuli. They thrive in an environment

where there's an exchange of ideas. Communication is important, people with this skin quality pick up on sound and images, words and pictures. However powerful the passions, on first meeting they're likely to appear 'cool'.

**Grainy skin:** If the skin's firm and just slightly rough, with well-defined lines, this indicates a need for activity and stimulus. This is someone with quick responses, who's easily bored, likes to keep busy and is not prone to navel gazing.

**Coarse skin:** If the skin's thick, hard and rough to the touch almost like sandpaper, you have someone who responds to the physical world. They have a tactile orientation and need to be in the great outdoors; they're unhappy if confined by the walls of an office. This is the classic strong, silent type very physically hardy and definitely thick skinned as far as sensitivity goes!

*Okay, now let's look at the fingers and thumbs.*

**Index finger The 'mirror.'**

This finger is most important digit as it's about how we reflect ourselves. Compare its length with the ring finger. If it's the same length or a little shorter, this shows balance. If it's a lot shorter (a centimetre or more) it indicates a tendency to put oneself down. The nurturing experience wasn't optimal there's a need to re-assess personal qualities and develop more self belief.

If it's longer than the ring finger, this is indicative of someone who's always had to be well-organised and self supportive. They're ambitious with a bossy side and strong ideals. If this finger's bent, they need the support of others.

**Middle finger 'The wall.'**

This finger controls our ability to form barriers and follow rules. If the whole fingernail stands clear above the other fingers from the back of the palm, this is a natural instruction taker and rule abider. Laws, tax forms and instruction manuals cause little panic.

If the finger's short, with only a centimetre or less projecting, they're rebellious, hating rules and restrictions. There's a good chance they'll want to leave the country of birth. If bent they are easily bored, and always support the underdog.

**Ring finger The 'peacock'.**

If longer than the index digit, there's an inbuilt creative gift and the drive to escape the mundane in some way. A talent needs to be developed to get the appreciation inherently desired. There's an inclination to take risks and to disguise personal emotions with humour. If this finger's bent, they can find it hard to enjoy themselves and can take things too seriously.

**Little finger The 'antennae.'**

Does this finger reach the top crease line of the ring finger or higher? If so, there's an inbuilt gift for words, language and business skills. Sexually, this person knows what they want. If it's short or low set, they may be inclined to be wary of expressing themselves clearly. There's a possibility of immaturity sexually. Short 'antennae' fingered folk need to think before they speak and to learn to express themselves. If bent, there's caution in language and an ability to bend the truth, an exaggerator.

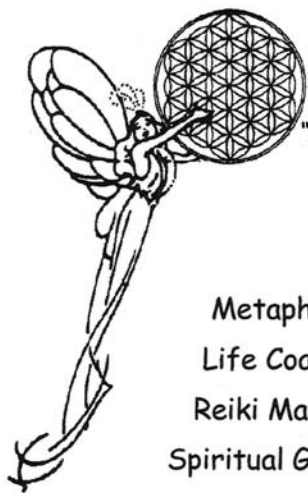
**Thumb The 'rudder.'**

The thumb shows the basic grip on life. If it's stiff, an unwavering and determined attitude to achievements is shown someone that'll get what they want eventually! If bendy, an easy-going approach to life goals someone that will smell the roses on the way.

Now check the flexibility of the fingers if they bend back easily this indicates a flexible mind that jumps around and tries to do too many things at once. If the digits are rigid and immobile, this shows an immobile mind that lacks a quick wit, a stiff body and high levels of tension relax.

Johnny Fincham is a master palmist of twenty years experience. His book 'Palmistry Apprentice to Pro in 24 Hours' will be published by 'O books in August this year. [www.johnnyfincham.com](http://www.johnnyfincham.com)

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