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HAND ANALYSIS: BEGINNERS INTRODUCTION

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Betsy Hoffman began learning to read hands as a child when her blind grandmother, also a hand reader, started to teach her. In college psychology classes she continued her avocation. A teacher, librarian, author and lecturer, Betsy is a graduate of Dickinson College and Drexel University. Two of her five books are on hand analysis. Three are about ghosts and hauntings. Betsy teaches classes in hand analysis and is available for private consultations. She is married, the mother of four children and grandmother of five.

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HAND ANALYSIS

BEGINNERS INTRODUCTION BY BETSY HOFFMAN
PRODUCED BY KEVIN ROTH

DESCRIPTIVE NOTES ARE INSIDE POCKET

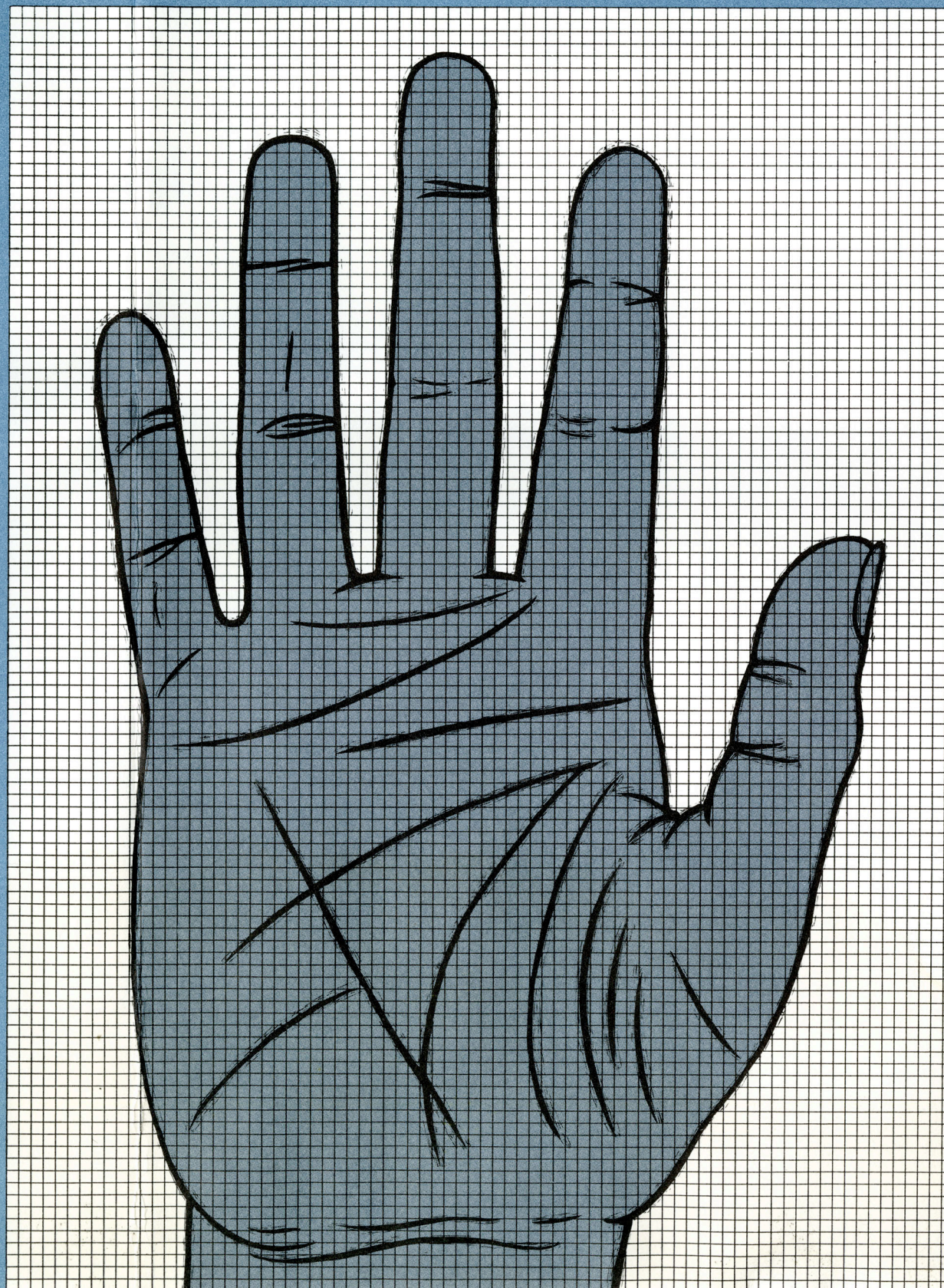
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HAND ANALYSIS

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INTRODUCTION

Band 1 When you were born, if you have two normal hands, they were almost mirrors of each other. They indicated your abilities, your talents, skills and some of the experiences you were going to have. They would never force you to do or to be anything you didn't want to, but they would reflect what you were thinking, feeling and doing. If a psychic reader were to examine them, he or she would note, in addition to the marks and developments there, the feeling of your vibrations as they came through your hands, and would generally be able to tune-in on you. Then the reader could provide you with information and impressions about yourself that you might or might not like, or even agree with.

Very soon after your birth, within hours and days, as you sucked your thumb and waved your tiny hands, they began to change. By the time you were twelve to fourteen years old, as your body matured, your less dominate hand developed the patterns and marks it would carry the rest of your life. Only a physical accident or a highly traumatic experience could change it. Your dominant hand, the one you use more easily, will reflect changes in you as long as you live. Your hands

could be compared to road maps. Most people follow the easiest routes to reach their destination. But they could choose any they wished. If you could go from New York to Chicago, you would probably choose the Interstate or you could wander all the back ways you please. The route you choose depends on whatever reasons you bring to the trip. So with the choices you make in your hands. Many people believe that only the lines in their hands are important in a reading. That is not true. The size and shape of your hands, your fingers and nails, the presence and size of mounts, the skin and the spacing of the fingers, all contribute information about their owners.

Your less dominant hand, the left, if you are right-handed, and the right if you are left-handed, shows your basic nature, talents and skills. It reflects the way you really are. That's why it doesn't change. The dominant hand, however, indicates what you are doing, the kind of person you are at the time the hand examination takes place. As you read hands, you must study and compare both of them. Touch them; look at the same part on each hand. Your own two hands are the hardest ones you will ever read. You will only see in yourself what you want to. However, practical experience will be acquired by studying them. Also look carefully at the hands of your friends and coworkers. Watch hands in all the places you go, the store, the gas station, the doctor's office. Ask your friends to tell you how they feel about the observations you make. Take all the help they will give you. Almost everyone is eager to talk about himself or herself, and this is exactly that you are doing.

Band 2 We'll begin our study by learning to determine the size of the hands. They must be measured in terms of the all-over body size of their owner. A big hand on one person is a small hand on another. Place your chin on the bottom of your hand, just above the area where your wrist begins. Now rest your hand and fingers over your face up toward your hair. Don't stretch your fingers. If your fingers go well across your forehead and cover most of your face, your hand is large. If your hand reaches only the area near your eyebrows, either just above or below them and leaves part of your face exposed, your hand is probably small. A broad hand can still be a short small one. After a while you'll become skillful in estimating size and you won't always have to measure hands. Remember the hand must be measured in terms of its owner.

Hands size give the first clue to your personality. Small hands belong to persons who are best suited to working with big projects, big programs and big ideas. They become bored with details, work that takes a long time to complete. The owners of large hands are the ones who can do detailed work accurately, whether they like it or not. They enjoy having their possessions in order -- even though they may not keep them that way. Consider some ways in which you can use this information. When you choose a dentist, his hands should be checked. Big hands will indicate their owners skill at the tiny delicate work to be done. If two of your friends are competing for the presidency of your club and they seem equally matched, look at their hands. The person with the smaller hands should be your choice. That one will oversee programs, membership, finances, and everything else needed. Duties will be readily assigned. He or she will watch over the organization and keep it moving well. Be sure the mechanic who works on your car and the clerk who adds up your grocery bill have large hands. They will be less likely to make mistakes.

Band 3 Now place your hand on a table or other flat surface, palms down. Look at the spacing of your fingers and thumbs. The farther apart you have set your thumbs, the more spontaneous a person you are.

You can be ready quickly for whatever comes along. The closer your thumbs are to each other, or if they touch, the less you like surprises. You don't like people to visit you unless they telephone first. Now check the spacing between your fingers. If there is more space between your index and middle fingers than the others, then you are more broad minded in your thinking in whatever you're interested in, than in your actions. You will listen to or read information about or participate in discussions concerning religion, politics, education, sports or whatever, but you won't be very active about it. If the wider gap occurs between your ring finger and the little one, you take on more activities than you can easily handle. You find yourself with problems because you've scheduled two meetings on the same night, or maybe you promised two people you would do something for them at the same time. In short, you're very liberal in your actions. If the two spaces are similar in size, you're fairly well balanced between using your head and using your body. If the broadest space on your fingers occurs between your middle and ring fingers, you tend to be careless with your belongings, the ideas you support and your relationships with people. Christmas cards, for example, will be mailed on December 30. Some interpreters of hands feel that when these fingers, the ring and the middle, cling together, their owner is experiencing financial insecurity. Probably the spacings just described here won't be the same on the dominant hand and the less dominant one. Remember these on the less dominant hand show your basic personality, while those on your dominant hand, the way you are reacting at the present time. They show that if you are changing, that's what you want to do.

Band 4 Now look at your finger nails. The state of the manicure is not important, but color, shape and texture are. Nails, basically, are one of four shapes. Almost no one has ten nails of the same shape, so don't be concerned if yours seem to be different.

Look at the pink part of the nail, not the white dead part. Some nails shapes are called square. They are as broad as they are

long and set flat into the finger. Other nails are called conic; they are wider at the base where the moon is located than they are at the top. The third nail shape is the spatulate type. They are the opposite of cones. They are narrower at the base than at the top. The fourth shape is named pointed. It is narrow, thin, long and tapering, the kind of nail you see in advertisements and frequently portrayed by artists. The nails indicate the way their owners use the skills represented by the fingers. Usually the finger will be the same shape as the nail.

Square nails represent physical skills, manual ability, and the methodical approach to everything that comes along. People with predominately square nails like to do the same thing at the same time in the same way daily, weekly, or in some way regularly. They are traditionalists in whatever area their interests lie. They work best at routine tasks or at jobs done in a routine, regulated way. Many people will have just one square finger nail which helps them deal with the everyday tasks of living. Conic fingers and nails are found on mental people -- they belong to those who would rather plan and develop ideas than do physical things. They prefer to give rather than receive orders. Spatulate shapes combine physical, mental interests and skills. Their owners can study a problem, determine its solution, then do what has to be done. For example, if a lamp stops working, a spatulate person can check the bulb, the plug, the wire and switch. When he locates the trouble, this person will properly fix it. A conic person would figure out the problem but wouldn't mend it. The square would repair it after somebody else identified the problem. If a pointed nail person were present, he or she would philosophize about electricity and make amusing comments, few of which would mean very much.

Band 5 Each finger on your hand represents abilities, talents, and interests. The nail shows how the person approaches it. The index finger is the finger representing leadership, ambition, supervision and drive. A strong finger, one well developed with a conic nail, would be found on a business manager, a school administrator, or a person in a

similar position. With a square shape the owner will handle or manage garages, supermarkets and necessary, practical places. Spatulates could also be in camera shops, repairing equipment or in recording studios or in communications installations. This finger, the index finger, is called the Jupiter finger. The middle finger is known as the Saturn finger. It represents practicality, usefulness and service. Some people think if the finger is very long it indicates a personality inclined to depression, or melancholia. Research does not yet support this. With a spatulate or square nail, this person whose hand is dominated by the Saturn finger should be associated with the soil and products with that -- food, minerals, and energy products. Some people belong in government work if they have this kind of hand. If the finger is conic, the person might be in with ecology, national service of some sort. A pointed finger points to a researcher or lab technician in medicine or a similar field. Spatulas are also technicians. They may be file organizers or computer programmers. Good secretaries have strong spatulate nails on their Saturn fingers. The ring finger, Apollo, represents the creative arts. A square nail on this finger belongs to a practically creative person. Thomas Edison is the ultimate example of this with his development of the electric lights, honographs and similar things. Spatulate nails indicate a good cook, but not a gourmet chef. They also indicate a gardener, a practical painter, a musician, depending on whatever the person was exposed to as a child. Those with conic nails create. But they also teach, manage and direct in the fields of the arts. Pointed fingered persons are dreamers rather than doers.

The small Mercury finger represents communications of all types, not just speech. Again, the shape gives a suggestion of how the owner uses his communication skills. With a square shape to the finger and nail, he can understand directions, oral or written. Spatulas can send and interpret things, particularly through body language even though they may be unaware that they are doing it. Conic and pointed shapes speak, draw, act and otherwise communicate well. However, what the pointed ones say is idealistic or theoretical rather than practical.

Again as with the nails, the fingers on both hands must be compared. When the fingers as a whole group are longer than the palm, the over-all impression is of a mentally and emotionally oriented person rather than a physical one.

Bandé Now we come to the lines. The life line is the line that begins above the thumb, then curls around the thumb, working down toward the wrist. Contrary to public belief, its length does not indicate how long its owner will live. I cannot stress that too strongly. Its clarity and depth are much more important. A long line suggests that your ancestors tended to live a long time. The deeper and clearer the line, the more physical vitality and energy and resources the owner has. If the line is thin and difficult to trace, then its owner tends to run on nervous energy.

Some lifelines are chained or broken into small segments or pieces. These belong to worriers. If the line is chained for just a small section, the person with that kind of line is a nervous worrier for just a correspondingly small part of his or her life. Some people become nervous or tense as they grow older. Then the latter part of the line is frayed and chained. Some lines have branches, small lines that seem to move into it or flew away from it. These indicate physical problems at the place where they occur -- difficulties with diet, lack of sleep, things like this. At the place where the lifeline begins, a second line usually appears. This is known as the head line. It may be part of the life line for an inch or so, or it may begin just above it. When the two lines are merged for an inch or more, they indicate that their owner was cared for, protected, and supervised longer than was necessary. The owner of these merged lines doesn't like to make decisions without planning for them and having time to think about them. Spur-of-the-moment purchases, for example, are never satisfactory. He'll take back to the store whatever he or she bought. However, if the life line and the head line are separated from the beginning, the person with such lines makes decisions quickly and easily. He learned as a child to be self-reliant. He is independent in both thought and action. Again as in the case of the life

line, chaining indicates mental problems, difficult decisions to make, mental stress at work, no matter whether that may be at a factory, an office, a shop, a school or in a home. If the head line reaches across the hand to the side opposite the thumb, its owner uses his or her psychic or intuitive skills in thinking whether or not he or she realizes it.

Above the head line is the third major hand line, the heart line which reveals emotional or inner personal development. Almost all readers feel it begins under the little finger and moves toward the opposite side of the hand. However some read it in reverse, which indicates how difficult this line really is to read and understand. I prefer the the first way. Again, a deep clear line, either long or short, indicates deep emotions. If the line is chained, heavily branched, or broken, the emotions are not used well. Disappointment, loss, sorrow and heartbreak are written in this way. If the heartline is short, ending under the middle finger, its owner is a suspicious person most at ease with just a few people. The longer the line the easier its owner gets along with other people. A line with lots of branches reaching down toward the head line suggests a flirtacious character, a person who will love many, many times and in many ways. Some people find it almost impossible to reach out to others. Their heart lines are badly chained and broken, and are usually very faint.

I would like to comment on some lines in the hand that most people are interested in, and these are marriage lines. Bend your fingers slightly towards your palm. Now look at the edge of your hand underneath your little finger. Just below the crack formed where your little finger bends, you will see one, two, maybe even three or four lines. These are called marriage lines. Now please observe carefully. They do not mean legal matrimony. Legal matrimony is a man-made state. The laws governing it change from state to state and nation to nation. Your hand does not add or subtract lines because you move about the country or the world. Marriage lines in your hand indicate a merging, a blending of personalities. Some people do this with a mate, a spouse.

Other people have what is like a marriage with a parent or with a child. You may know sisters, or brothers, who are very close to each other, who live most of their lives with each other. This is a kind of marriage. The number of lines here on your hand, along the edge of your hand below the little finger indicate the number of attachments you will enjoy, that you are capable of having in your life. Most people have only a few. They should be strong and deep if they are to be lasting arrangements. Some people have relationships, none of which go very deep. On their hands, these lines will be shallow. If your hands show one kind of line, and your partner another kind of line, that does not necessarily mean that one of you will be untrue to the other. It does indicate that the emotions of one of you run more deeply, and that is frequently the case. Please remember they do not refer to legal matrimony.

Now there are many other lines on a hand we could discuss. Some lines are covered with lines going in all directions. Other hands carry very few marks and sometimes even these will be faint. A general rule that you can follow is that strong marks are found on the hands of strong people. Books on hands will help you to identify some of the other lines.- the ambition or fate line, the health line, psychiclincs, medical lines, the girdle of Venus. There are also lines such as crosses, squares, or stars all of which add to or detract from the part of the hand on which they are found. Keep in mind this observation. Except for the three major lines, life, head, and heart, all vertical lines bring energy, power, and skill into your personality. Horizontal lines detract, like a minus sign. Therefore a cross doesn't mean very much. One line cancels out the other.

Band 7 Above the heart line and below the fingers are some fleshy pads called mounts. If there were to be a perfect hand, it would show a mount rising exactly under each finger. However most hands don't show this.

The mounts bear the same name as the finger under which they are found and strengthen or add to the traits represented by that finger. If you have two or three mounts on your hand that is a good sign.

However there is one mount that is more important than all the others. If you look at your thumb, you will notice that it seems to have just two sections while your fingers have three. The lower section of your thumb is actually part of your palm. The fleshy area at the base of your thumb inside the life line is called the mount of Venus. This represents both sensuous and sensual love. If the mount is round and full, it shows that you need both kinds of love and you need to give it as well as to receive it. If the area is fairly flat it means that you are much more independent and self-reliant and don't need affection from other people nearly as much as others do.

On one hand you may have a sound full mount and on the other a fairly flat. It depends on which hand that is found. If the mount, for example, on your less dominant hand is full and round, it will show that you need to give and receive a great deal of love and affection. Then if the mount on your dominant hand is fairly flat, it will show you have been frustrated in your need.

Band 8 Now I would like to talk with you for just a few minutes about some special parts of your hand. Hold your less dominant hand in front of you. With a finger on the other hand, trace an imaginary line from the tip of your Saturn, your middle finger, down to your wrist. This divides your hand into two parts. The part where your thumb and index finger are located, that half of your hand is called the conscious side. The traits represented there, you see most of your life line and things like that, deal with the conscious, physical part of your life. On the other side of your hand where the little finger and the ring finger are located, the traits here down through the side of your hand which we call the percussio side deal with the unconscious side of your life. Now take a finger and place it on the beginning of your life line and draw a line straight across your hand in a horizontal way. The space above that line is called the active side of your hand -- that's where your fingers are located and they're the busy, active part of your palm. Below that line is what we call the passive quiet side of your

hand. Now, if you look at your hand, you will see that you divided it into four sections or quadrants. Take the thumb on your dominant hand and place it on the passive unconscious side of your hand and stroke it lightly toward the outer edge. When you do that, you are touching the sensitive nerve endings in your hand. Those are the endings of nerves that travel through your arm and your shoulder, your neck and go up into the frontal part of your brain through their long trail. This is where your subconscious mind seems to work, and when you touch this part of your hand, you're heightening your subconscious awareness. When you go to bed at night, for example, if you stroke, not rub, but stroke this part of your hand you can help yourself learn to remember your dreams. You can also help yourself learn to understand your dreams and even dream itself. It can help you any time you want to use your subconscious mind.

If you are reading a special passage in a book and you want to really understand it, stroke this passive unconscious part of your hand. Now it would not be wise for you to have this unconscious, subconscious, whatever word you choose to use, part of your hand in this heightened awareness state all of the time. Now take your thumb and gently stroke the mount, the flesh at the base of your index finger, your Jupiter finger. Don't rub it, just stroke it. You will notice the difference in your touch. This awakens the rear part of your brain which is where your conscious awareness is located. When you drive your car, for example, it would be wise to stroke the conscious side. That will help you be aware of traffic conditions, the car approaching you, and all of the other things on the road that could cause you a problem. By using parts of your hand in this way, you can develop some of your own intuitive awareness.

When you are reading another person's hand, stroke the passive unconscious side of your own hand. Then touch and feel the other hand and when you have an impression, when you feel you want to say something about the other person that you are picking up through their hand, go ahead and say it. Then ask them how they feel about it. This is the way you can begin to judge and to use and observe what you see in hands. A certain amount of what you read is physiological. The rest is intuitive. Use your hands to reach out, feel, touch. They're a beautiful part of you. And as you learn to read and understand them your hands will reflect your own inner growth.

Betsy Hoffman began learning to read hands as a child when her blind grandmother, also a hand reader, started to teach her. In college psychology classes she continued her avocation. A teacher, librarian, author and lecturer, Betsy is a graduate of Dickinson College and Drexel University. Two of her five books are on hand analysis. Three are about ghosts and hauntings. Betsy teaches classes in hand analysis and is available for private consultations. She is married, the mother of four children and grandmother of five.

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