A Guide to Palmistry

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# A Guide to Palmistry

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Introduction

Hands are fascinating – every single one is unique.

The most sensitive part of your body, your hand takes up the most space in your brain. It has twenty-seven small bones and thirty-seven skeletal muscles attached to them by tendons. We meet the world through our hands. We caress, we touch and we fumble. Small children learn by touching and from there begin to develop abstract thoughts. The fundamentals of our hands – shape and fingerprints – remain the same throughout our lives and so represent our most fundamental drives. As we gather more experience through life, the lines on our hand change and reflect what we have gone through.

Palmistry is the art of reading the information that the hand tells us. Our palms offer a map of life that we can use to make informed choices. That doesn’t mean our future is all mapped out. If that were the case, the lines would remain the same. Looking at a hand, you can see what that person is now, and what they might possibly become. Things aren’t set in stone; we all have free will to make changes in our lives that will affect our future.

By learning to read the information contained in our hands, we can develop the self-awareness that can help us to make the right decisions. We can begin to understand who we truly are.

Anyone can learn palmistry – you don’t have to be psychic or have any special skills. It simply takes a little practice.
A Short History of Palmistry

Palmistry – sometimes called chiromancy or palm reading – has been practiced for thousands of years.

Paintings of hands in prehistoric caves show that the hand has fascinated humans since the Stone Age. Archaeologists have found ancient hands made of stone, wood and ivory. In ancient China, palmistry was so important that as far back as 3000 BCE, emperors made decisions based on their consultations with palmists.

Many early writings contain information about palmistry. Ancient civilizations like those of the Sumerians, Tibetans, Hebrews, Babylonians, Persians and Egyptians were all interested in palmistry, and the practice is very ancient in India.

Palmistry reached the shores of classical Greece from the Far East and was known there by at least the fourth century BCE. There are few references to the study of the hand in the extant literature from this period, although Aristotle interprets the presence of lines extending across the hand as indicating a long life.

It appears that some form of hand reading was practiced in Ancient Rome, although there are only a few passing references that survive in Latin works from this time. For example, Pliny mentions the idea that broken lines in the palm suggest a short life. Legend has it that Julius Caesar was a great believer of palmistry and used it to judge his men.
It wasn’t until the twelfth century that palmistry spread throughout Europe, although it had arrived before that through traders, as initially it was discouraged by the church. The long association of gypsies with palmistry dates back to the fifteenth century when the travellers, who are now known to have come from India, moved across Europe. As outcasts, gypsies found it hard to make a living so with the few options available to them they became renowned as fortune tellers.

It was during the period from the late fifteenth century to the middle of the seventeenth century that palmistry gained its greatest popularity and renown. Hand readers and texts about palmistry abounded in countries throughout Europe. Many notable authorities such as Paracelsus and Robert Fludd made palmistry more respectable through their writings although in Renaissance magic, palmistry was classified as one of the seven forbidden arts.

Kings and emperors employed palmists along with astrologers as part of their court entourage. Many practicing physicians and men of the church became students of such subjects at this time, in accordance with the new spirit of enquiry heralded in by the Renaissance. Many universities – including those of Bologna, Leipzig and Wittenberg had palmistry as part of their official curriculum until well into the seventeenth century.

During the eighteenth century, there were few texts published on palmistry. In fact, the practice almost disappeared in England, France and Italy. It wasn’t until the late nineteenth century that palmistry became popular again.
At this time in Europe there was a great upsurge of interest in the occult and in Eastern traditions. Texts were being translated for the first time and new groups were springing up everywhere. While the Western world had almost forgotten arts such as palmistry, in countries such as India the tradition had continued.

At the same time, the science of psychology was beginning and scientists such as Carl Gustav Jung developed a great deal of interest in studying ancient systems such as alchemy and astrology. Although Jung never wrote on palmistry, he was known to be sympathetic toward it and had his handprint taken on several occasions.

The first American chirology society was set up in 1897 in Chicago by the self-styled Count St Germain, who was actually a journalist for the Chicago Times named Edgar de Valcourt-Vermont. He maintained a palmistry column in this newspaper and published a number of popular books on palmistry.

The most successful palmist in the early twentieth century was John Warner, better known as Count Louis Hamon or Cheiro. Even today, Cheiro is revered as the greatest palmist of the modern world.

In contrast to the psychic approach of many palmists of this period, William Benham developed a scientific approach to the art, which he outlined in a book entitled, *The Laws of Scientific Handreading* in 1900. This scientific approach was emphasised in 1901 when Scotland Yard adopted the technique of fingerprinting. Medical research has since shown a correspondence between genetic abnormalities and
unusual markings in the hand as well as a link between specific fingerprint patterns and heart disease.

Today palmistry is popular throughout the world and professional palmists can be found everywhere. There are thousands of books on the subject and societies and numerous classes where interested students gather.
The Basics

Although different palmists might use different techniques, the basics of palmistry are the same the world over. They involve looking at lines and bumps (called mounts) on the hand and suggesting interpretations according to their shape, size, qualities and intersections.

Some palmists also look at characteristics of the fingers, nails, fingerprints, palmar skin patterns, skin texture and color, shape of the palm and flexibility of the hand. Everything about the hand can offer some information if you know what to look for.

Some readers prefer to look at the hand directly, although others like to make prints from ink rolled onto the hand which is then pressed onto paper. Yet others draw what they see on the hand and study that diagram. There isn’t a right or wrong way of reading hands; you should choose whichever method you’re most comfortable with.
Creating a Palm Print

Although most palm reading is done in person, sometimes you might want to do a long distance reading, or simply keep a record of hands for later study. Palm prints are also useful if you want to monitor any changes in a hand. Sometimes a print can reveal things that weren’t obvious when you looked at the hand. A palm print is useful when focussing on the lines of the hand, but it’s easier to view mounts in person.

The modern method of making palm prints is to use a photocopier or computer scanner. These methods are cheap, quick and clean. However, an old-fashioned ink print often gives higher contrast.

You will need:

- Water soluble ink - most people use black, but you can use any color you want. You could use different colors for men and women, for example.
- One inch ink roller – about 4 inches wide is ideal. (available from craft stores)
- Block – a square of linoleum is ideal. (you need something that the ink won’t soak into)
- Pen
- Sheet of plain paper – photocopier paper is ideal

The person whose palm is being printed needs to wash and dry their hands thoroughly before you begin.

Place a small amount of ink on the block and run the roller over it until the roller is totally covered. If the ink is too thick, run the roller over a spare piece of paper to thin it out.
Roll the ink onto the palm making sure the hand is evenly covered.

Place the palm onto the paper.

Outline the hand with a pen.

Press firmly onto the hand to make the print.

Often, the first copy has too much ink so you will need to make a second print. If there is a hollow, when making the second print lift the hand with the paper still below it and press the paper gently into the hand.

You can now do a palm reading at your leisure!
The Hand as a Whole

Both hands reveal something about your personality, but most palmists concentrate on your dominant hand – the one you write with. This reflects the conscious you and your public face and can also indicate future events.

Your other hand is connected with your private self, your instincts and your intuitive side. It often shows details of events relating to your past.

How a hand feels can give a lot of information. Softer hands show someone who is refined and sensitive while harder skin suggests someone who active and tough. The more flexible the hand, the more easy-going and flexible the person. Stiff hands suggest a more determined or stubborn nature.

Hand shapes are divided into different types. Although there are additional types of hands, the most common categories are the four types that are related to the classical elements of earth, air, fire and water. The hand shapes show people who exhibit qualities related to that element.
Types of hand

Fire hand

*Long palm (length from wrist to the bottom of the fingers is usually greater than length of the fingers)*, wide or square shaped palm, short fingers, a lot of clear lines.

These people are doers rather than thinkers. They have an extroverted personality and make natural leaders. They tend to be active and outgoing and are often excitable and emotional. They like to be in charge.

Healthy people with fire hands often display high energy and tend to do their best work under pressure. At their best they are enthusiastic, expansive and energetic. But they can become impatient and become bored easily.
Air hand

Square palm (length from wrist to the bottom of the fingers is usually equal to the length of the fingers), long fingers, protruding knuckles, thin lines.

These people are creative and crave variety. They have good communication skills and are cheerful and happy. They are always on the move and need plenty of intellectual stimulation. They also show skill in argument, theoretical ability and may be natural teachers. They have open and exploring minds.

Air hands need mental challenges and public recognition. In their desire to achieve fame and recognition they can be tempted to be deceptive, and indulge in plagiarism. If they are denied the path to their higher ideals, through harmony and truth, they are likely to become dull and fickle.
Earth hand

Solid, square palms (length of the palm from wrist to the bottom of the fingers is usually equal to the length of the fingers), with short, thick fingers, few lines.

These people like to maintain order and are very level headed. They like to be outdoors and can be slow in nature. They tend to be slow and patient.

The earth hand can be reliability, tolerance and constructive. But on a bad day they can be insensitive, materialistic, domineering and over cautious. We look up to them for sober judgment and experience, but they may dislike change, have problems with adapting and can be loaners. They aspire for fairness and seek success in their chosen career paths.
Water hand

Short, oval or rectangular palm (length of the palm from wrist to the bottom of the fingers is usually less than the width across the widest part of the palm and equal to the length of the fingers), long and flexible fingers, large amount of fine lines.

These people often have hands that are damp to the touch. They are emotional and sensitive with a high degree of empathy. They are highly creative.

Water hands do well in sales, especially if they have a pliable thumb tip. Public relations and interior design may also be good career choices. They can project sensuality, but may appear to be hyper-sensitive, intolerant or emotionally cold. They feel the need to be both protective and secretive. The water person needs a supportive environment.
Shapes of hand

There are six basic shapes to the hand, which indicate your basic personality:

**Square hand**

*Square palm, square wrist, square at base of fingers and square fingers and nails, usually with a large thumb.*

These people are practical and logical. They tend to be honest and reliable with a great respect for law and order.

**Philosophic hand**

*Long, narrow and delicate with slender fingers and almond shaped nails.*

These people are highly emotional and non-materialistic. They are secretive and have a good analytical brain.

**Spatulate hand**

*Fingers are flattened like a spatula and they have a large thumb.*

These people are restless and like to be kept busy. They take work seriously and enjoy exploring new things.

**Artistic or conic hand**

*Smooth fingers with nails like cones and a broad, thick palm.*

These people are impulsive and have highly creative minds. They are not materially inclined and can be very emotional.
Psychic hand

Small and slender with long, smooth fingers and a small and elegant thumb.

These people have a visionary and Idealistic nature although they lack discipline and can run short of energy.

Elementary hand

Coarse and clumsy short hand with a large thick palm, short fingers and nails.

These people often lack enthusiasm and imagination. They can be nasty when provoked and have few aspirations, preferring instead to simply accept what life throws at them.
Fingers

Your thumb and fingers barely change in relation to each other throughout your life, although there are subtle changes in your childhood and in old age.

Long fingers show that a person is analytical and likes to study things in detail. Long fingered people prefer to conform and can be extremely concerned about how they look. Short fingered people act more quickly and tend to miss details. They often rely on intuition and can be very untidy and jump to conclusions. When the fingers are neither longer nor shorter than average, this shows a balanced personality.

Fingertips

A glance at the shape of the fingertips is a good way of making a quick check of someone’s personality.

Square Careful and methodical
Pointed Sensitive and fragile, an artist
Conic Flexible and a good negotiator
Spatula Full of action and a dynamic thinker
Rectangular Conventional and honest
Wedge A go-getter
Tapering A daydreamer

For more detail, you can look at each of the fingers individually:
Thumb

Large thumbs show a strong personality, whereas smaller thumbs indicate a gentle person. Long or broad thumbs show a strong drive to succeed while those with long narrow thumbs are less driven. Those with small, broad thumbs can lack determination. A wide top to the thumb suggests that the person is inclined to be aggressive. The thinner the top joint, the more subtle a person is. When the thumb is very close to the hand, it indicates a stingy personality whereas a thumb that sticks out shows someone who is carefree.

Index finger

A strong index finger that sticks out on its own shows a leader who can make decisions. A short index finger is a sign of someone who likes to work alone and may have creative abilities. If the index finger is short, there may be problems with self-esteem. A long index finger is the sign of a perfectionist and someone who always wants to be in control.

Middle finger

If the middle finger is long, this person takes life very seriously and wants to get ahead. They tend to respect authority. A short middle finger shows someone who is careless and may tend toward laziness. They find rules frustrating and may have a rebellious personality. Most people have an average length middle finger and a prominent middle finger shows someone who is unusually intense.
Ring finger

The longer the ring finger, the more creative that person is likely to be. Occasionally, someone with a long ring finger can have a problem with gambling. A very long ring finger indicates sporting prowess.

Little finger

Long little fingers show increased communication skills and that the person is good with money. A short little finger suggests emotional immaturity and that the person can miss subtle signals and easily gets overloaded. When the little finger sticks out from the hand, it can show that the person is involved in a relationship they don’t want to be in.
# Nails

Throughout history long, painted nails have been a sign of beauty and wealth. Fingernails grow faster than toenails and your nails grow more quickly on your dominant hand. And your fingernails grow at different speeds, with the middle finger being the fastest to grow. Nails also indicate the state of our health, for example white spots on the fingernails show a lack of calcium and bluish nails can show bad blood circulation. Some basic signs you can look for include:

<table>
<thead>
<tr>
<th>Shape</th>
<th>Description</th>
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<tr>
<td>Long</td>
<td>Patience and a cool composure</td>
</tr>
<tr>
<td>Short</td>
<td>Careful and good at business</td>
</tr>
<tr>
<td>Small</td>
<td>Aggression, short temper and an impulsive nature</td>
</tr>
<tr>
<td>Thin and small</td>
<td>Delicate health and a lack of energy</td>
</tr>
<tr>
<td>Broad</td>
<td>Aggression and an impulsive nature</td>
</tr>
<tr>
<td>Broader than long</td>
<td>An argumentative person</td>
</tr>
<tr>
<td>Narrow</td>
<td>A tendency toward coolness and selfishness</td>
</tr>
<tr>
<td>Wide at bottom</td>
<td>Careful and good in business</td>
</tr>
<tr>
<td>Square</td>
<td>An easy-going nature and even temperament</td>
</tr>
<tr>
<td>Fan shaped</td>
<td>Suffers from stress</td>
</tr>
<tr>
<td>Almond shape</td>
<td>A daydreamer</td>
</tr>
<tr>
<td>Oval, going to a point</td>
<td>Kind, sweet-tempered, and forgiving</td>
</tr>
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Types of Lines

The lines on your palm are present from when you were a foetus of three months, still in your mother’s womb. The lifeline actually forms at seven or eight weeks of gestation. The muscles needed for movement of the hand don't form until eleven weeks and voluntary hand actions don't start till about twenty-three weeks. That means that the lines are there before reflex movements are possible and long before it’s possible to make voluntary hand movements.

People who are skeptical about palmistry claim that the lines are simply creases in the skin. However, if you compare them to crease lines on your body such as on your elbow or the back of your knee, you’ll see that those crease lines aren’t nearly as defined as the lines in your hand. And people who work with their hands often have fewer lines than those who do sedentary jobs. In general, women have more lines than men although the majority of hands have the four major lines - the fate, life, heart and head lines – irrespective of gender.

Although they form early, the lines of the palm do change slowly and subtly during your lifetime which is why it’s a good idea to have annual readings of your palm.

General points about lines

The lines indicate a particular form of energy and your personal experience of that energy. Therefore, a line that’s broken, faint or crossed by lots of smaller lines functions poorly, while a clear, bold line functions well. A clear line shows a direct approach while a faint line suggests something more considered.
Lines that reach upwards toward the fingers show optimism, idealism and a positive attitude toward the things connected with that line while lines that plunge downward suggest negativity.

If any particular line stands out more strongly than the others, it shows a focus on the types of issues indicated by that line. Conversely, if a line looks particularly short, it suggests a limited range in that area. A major line that crosses the palm from side-to-side or top-to-bottom indicates an intense, obsessive personality.

A break in a line shows an interruption. If there’s an overlap between two parts of the line, that person will move on quickly. A large gap shows difficulty in functioning in the area of life indicated by the line, and a vulnerability to illness. If the line becomes clearer after a break, then the experience will bring benefit in the long term.

Islands in a line show an inability to cope while forked lines indicate diversity. Tiny lines that cut across important lines represent obstacles.

If there are very few lines on the palm, that person tends to be less complex and more focussed.
The three main lines

Life line

*Starts from the edge of the palm above the thumb and runs towards the wrist forming an arc.*

Your life line doesn’t tell you how long you have to live! Rather, it’s an indication of your level of vitality – how much energy you have and how active you tend to be. Usually, the stronger the line, the better your health. The life line also represents changes in life that may be caused by major events.

If it’s short, that suggests that you need to use your energy in short spurts and rest in between. A lot of people have a life line that stops and starts, which shows some kind of change in your lifestyle. Low vitality is shown by your life line running close to your thumb. If your life line curves widely, you have plenty of get up and go. A chained life line suggests delicate health.

Islands (little ovals on the lines) and branches near the beginning of your life line show a difficult start in life. If the head and life lines are separated, this suggested a degree of ruthlessness and also a solitary nature. Those two lines beginning together suggest the early foundation of a family. If the head and life line are separated, but connected through small lines, this indicates that there were problems in your school years.

If the fate and life lines are blended, this shows major changes in home, job and family.
Small branches coming out of your life line show an active personality. Most of the small lines refer to particular events. Outward swinging lines suggest a love of travel.

A branch that goes toward the head line shows work success in midlife. A branch that points to your index finger describes academic success, while a branch that points toward your middle finger shows that you can manage without much help from others. A branch pointing to your ring finger shows that your talents will be appreciated and suggests financial gain. A branch toward your little finger indicates business success.

**Head line**

*Starts at the edge of the palm under the index finger and flows across the palm towards the outside edge.*

The head line represents your mind and the way it works, which includes your learning and communication styles, intellectualism, and thirst for knowledge. The clearer it is the more strong-minded and focused you are. A straight, clear and even line shows common sense and business capability.

A short head line indicates someone who is direct and views the world in a straightforward fashion while a long head line suggests someone who gives a lot of thought before taking action. A straight head line indicates that you value clear thinking and have a practical approach, although you may be over-analytical and selfish. One that’s curved suggests that you are creative and come up with lots of ideas and are able to adapt. When it slopes toward your wrist, your imagination can be your undoing. If it’s forked, you have the ability to see
more than one point of view. A fork below the little finger shows acumen in business or science.

A chained head line suggests you may be highly strung and a floating head line suggests a carefree attitude. Islands in the middle of the line suggest you can become bored quickly.

Branches that point up from the head line mean improvements in career whereas branches that point down represent lost projects or undone tasks.

If the head line starts closely connected to the life line, you may suffer from shyness.

**Heart line**

*Starts from the edge of the hand (from the little finger side) and travels across the top of the palm.*

The heart line represents your emotions and relationships. If your heart line travels across the top of your hand, it means you don’t like displays of emotion.

A straight heart line indicates someone who is passive in their romance while a curved heart line indicates that you are highly romantic. If it curves steeply, you have very intense desires. A short heart line shows that you are cool with your emotions and focus on the physical side of relationships. When it ends in a fork, there is a balance with your emotions.

A chained heart line suggests you are highly strung and you wear your heart on your sleeve. It can show a flirtatious attitude to love and a tendency to fall in love easily.
If your heart line ends under your index finger, you are very choosy about whom you spend your time with. When it ends between your forefinger and middle finger it means you are emotional and passionate. If it ends below your middle finger it shows that you can be self-centered in relationships and you can be consumed by the need for love. If it’s broken under your middle finger, you may have been left by a loved one while if it’s broken under your index finger, you may have chosen to end the relationship yourself.

Two or more branches show that you have a number of different emotional sides. Similar heart lines between two people can indicate compatibility.

A line that is broken several times means inconsistency in relationships and lots of partners. A broken line overlapping again indicates temporary separations.
Minor lines

Fate line (also called Saturn line)

*Runs from the bottom of the palm near the wrist, up through the center of the palm towards the middle finger.*

The fate line is connected to your career path and education. It also reflects circumstances beyond your control and the consequences of your choices. People who don’t have a fate line often change career several times during their life and may lack stability. Those who have two fate lines pursue two careers at the same time.

A clear, strong fate line indicates a steady progress towards success and that you settle into a pattern early. A weak fate line describes someone who is unsettled and changes direction a lot. A long fate line suggests misfortune. When it begins at your life line, this shows that your family have a strong influence on you. If it starts near your head or heart line, or in the middle of your palm, it shows success at a later stage of life after lots of struggle and hard work this indicates success in your later years.

A fate line that starts at the mount of the Moon suggests that your life won’t be completely under your control as your partner will be very influential. You are likely to be creative and enjoy travel. Breaks in the line indicate changes of occupation.

Lines that meet and touch your fate line indicate close friends or lovers on your way. If there are a lot of tiny lines, this indicates lots of interest in all directions. If your fate line...
runs almost to your middle finger, it suggests that you will continue to be active into old age.

**Line of Apollo (or Sun)**

*Parallel to the fate line under the ring finger.*

Not everyone has an Apollo line, but for those who do it’s a sign of happiness and achievement and is also associated with creativity. When there is no Apollo line, you can feel as if happiness is beyond your reach. Occasionally, people have more than one Apollo line, and this means that you have many talents but may be a master of none.

The higher it is in your palm, the more easily success comes to you.

If your Apollo line springs from your fate line, it shows that your talents are recognized. A star on your Apollo line suggests you may win money whereas an island shows a loss of self-esteem. When it rises from your life line, this indicates success in art or literature while if it rises from your heart line it suggests a taste for the arts, but you don’t make money from it. A fork in your Apollo line suggests recognition and wealth from your career.

**Marriage line (girdle of Venus)**

*Starts between the little and ring fingers, arcs under the ring and middle fingers and ends between the middle and index fingers.*

This line relates to emotional intelligence and the ability to manipulate. Those who have a girdle of Venus can became very enthusiastic. When it cuts the heart line, it shows weak
love. Breaks in the line indicate passionate affairs that are short lived. If it goes over the side of the hand, this shows a disturbance in married life.

**Health line (line of Mercury)**

*Runs from the bottom of the palm near the wrist, up through the palm toward the little finger.*

This line relates to health issues and business acumen. Not having a health line shows that you are likely to suffer few health problems. The straighter this line is, the better your health. When it touches the life line this shows delicate health. People who have this line are often successful in business.

If your health line begins on the mount of the Moon or branches from your life line, it shows a good head for business. If it starts at the mount of Venus and crosses your life line, it suggests a career in caring.

When the health line is forked, you may have a tendency toward despondency.
Mounts

Mounts are the raised pads under the base of each finger and dotted around your palm. If you look at your open palm at eye level with your fingers extended, you will see them clearly.

There are nine mounts, each of which denotes your mental, physical, and emotional peculiarities. They are related to a corresponding planet that they share meanings with. The mounts show how you deal with the issues described by the planets and what your challenges are.

The highest mounts show your preferred behavior and interests. For example, if your Jupiter mount is prominent, this indicates that you are likely to be a leader. A sunken mount shows that you might feel limited in that aspect of your character. For example, a sunken Moon mount suggests that imagination doesn’t interest you much at this time. The mounts can change over time.

**Mount of Jupiter**

*At the base of the index finger.*

This mount represents your sense of self-worth, self-esteem, energy, ambition and desire to control.

If it is rounded, it shows that you are confident. When high, it indicates bossiness and that you may be over controlling. If it’s over-developed, you are prone to being arrogant, idle and proud. However, it also suggests strong leadership qualities and that you are honest, optimistic and sociable. If it covers a
wide area you are likely to be generous. When the Jupiter mount is weak, you lack confidence and a sense of direction.

**Mount of Mars**

*Located below the Jupiter mount and tucked into the crease of the thumb.*

This mount is associated with courage, aggression and energy. A strong Mars mount indicates that you can be very energetic with an outgoing nature. If it’s over developed, you may be aggressive and offensive.

**Mount of Saturn**

*Under the middle finger.*

This mount represents truthfulness, philosophy, conservative thoughts and interest in culture.

When this mount is prominent, it indicates that you have a good sense of responsibility and are concerned with seeking wisdom. An over large mount shows a negative and gloomy attitude and that you tend to disbelieve others. It additionally suggests that you prefer to be single and have little interest in the opposite sex. You may be cold and distant.

**Mount of the Sun**

*Under the ring finger.*

This mount represents your inclination toward arts, your social and professional reputation, your ego and your self-
image. When it’s strong, it suggests that you have high self-esteem and are ready to go to any length to create the social life that you desire. You are warm and optimistic and radiate enthusiasm. If this mount is over-developed, you can be brash and insensitive and loves to hear the sound of your own voice. When it’s weak, you tend to lead a disorganised life and are not good at learning things. If it’s flat, you tend to be cold and cynical.

**Mount of Mercury**

*Below little finger.*

This mount is associated with communication skills, money and your social behavior.

When this mount is strong, you tend to be self-centred. You are likely to have good communication skills and make friends quickly and easily. You like to be on the move and are a go-getter. If it is over-developed, you can be a consummate liar. When this mount is weak, it indicates that you struggle in your profession and try to avoid duties. If it’s flat, you tend to be shy.

**Mount of Moon**

*At the base of the palm, opposite the thumb.*

This mount signifies imagination, creativity and travel. When it’s strong, it shows that you enjoy travelling and have a creative nature. You are compassionate and caring with a strong love of life. When weak, it suggests that you are often frustrated. When flat, you have a strong imagination and sense of empathy.
Mount of Venus

At the base of the thumb.

This mount represents willpower and the ability to reproduce. This mount is important when looking for indicators of love.

When the Venus mount is strong, your health tends to be good and you have strong willpower. You are also warm and generous and lead an active social life. If this mount is over developed, you have a tendency toward greed and are ready to grab at pleasure with both hands. When it’s weak, you may suffer ill-health and tend to be a worrier.

The more fleshy this mount is, the stronger your sexual nature. When this mount is flat, it suggests that you lack passion and can be cold and selfish. Prominent lines on this mount show that have a lot of charm and plenty of fine lines suggests that you are complex when it comes to love and can be easily influenced.

If it is flat, it shows a lack of vitality and passion, and the person is cold and selfish.
Other Marks

In addition to the lines and mounts, other marks can be found on the palms and each of these has their own meaning, adjusted according to where they fall on the hand.

Square

A square is a mark of preservation. It shows that although you might meet difficulties in life, you can persevere and deal with them. A square that is visible on the break of a line is protective and shows that you can overcome the type of obstacles shown by that line. One that is on the life line points to a break in freedom, meaning that you can be trapped by circumstances and unsure what to do.

Bars

Bars are formed by crossing secondary lines. They are often negative and show that you waste time and energy on issues related to that line, because you don’t think things through properly.
Grilles

Grilles are very common on the mounts of the hand. They show points at which energies dissipate or escape out and represent obstacles against the success of that particular mount.

<table>
<thead>
<tr>
<th>Mount of Jupiter</th>
<th>Egotism, pride and dominative spirit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount of the Sun</td>
<td>Vanity, folly, and a desire for fame</td>
</tr>
<tr>
<td>Mount of Mercury</td>
<td>Instability and lack of principles</td>
</tr>
<tr>
<td>Mount of Mars</td>
<td>Hidden enemies and violent tendencies</td>
</tr>
<tr>
<td>Mount of Saturn</td>
<td>Misfortune, melancholy nature and morbid tendencies</td>
</tr>
<tr>
<td>Mount of Venus</td>
<td>Caprice in passion</td>
</tr>
<tr>
<td>Mount of the Moon</td>
<td>Restlessness and discontent</td>
</tr>
</tbody>
</table>

Triangles

Triangles are rare and represent how you think. They increase the qualities of the mount that they’re positioned on. Triangles suggest success in creativity.

<table>
<thead>
<tr>
<th>Mount of Jupiter</th>
<th>Success in handling people</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount of the Sun</td>
<td>Calm attitude toward fame and practical application of art</td>
</tr>
<tr>
<td>Mount of Mars</td>
<td>Calm in crisis</td>
</tr>
<tr>
<td>Mount of Mercury</td>
<td>Business and financial success</td>
</tr>
<tr>
<td>Mount of Saturn</td>
<td>Inclination toward and talent for mystical things</td>
</tr>
<tr>
<td>Mount of Venus</td>
<td>Calm and calculation in love</td>
</tr>
<tr>
<td>Mount of the Moon</td>
<td>Ability to practically use imagination</td>
</tr>
</tbody>
</table>
Circles

Circles on the palm are rare and are usually a sign of weakness. When a circle touches a line, it brings misfortune to the matters connected with that line. However, a circle on the mount of the Sun is lucky.

Stars

When a star appears on a mount, it shows that you can achieve in the area symbolized by that mount. It is a sign of accomplishment and enhances the qualities of the mount.

<table>
<thead>
<tr>
<th>Mount</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount of Jupiter</td>
<td>Honor and power</td>
</tr>
<tr>
<td>Mount of the Sun</td>
<td>Wealth and position</td>
</tr>
<tr>
<td>Mount of Mars</td>
<td>Patience and resignation</td>
</tr>
<tr>
<td>Mount of Mercury</td>
<td>Eloquence</td>
</tr>
<tr>
<td>Mount of Saturn</td>
<td>Success or distinction through something bad happening</td>
</tr>
<tr>
<td>Mount of Venus</td>
<td>Success in love</td>
</tr>
<tr>
<td>Mount of the Moon</td>
<td>Fame</td>
</tr>
</tbody>
</table>

Cross

A cross represents change that can be positive or negative, depending on what it falls near.
**Islands**

Islands are little ovals on the main lines. They can show disappointment and diffidence. Islands damage the qualities of the lines on which they are found.

<table>
<thead>
<tr>
<th>Location</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount of Jupiter</td>
<td>Weakens pride and ambition</td>
</tr>
<tr>
<td>Mount of the Sun</td>
<td>Weakens talent for art</td>
</tr>
<tr>
<td>Mount of Mars</td>
<td>Cowardice</td>
</tr>
<tr>
<td>Mount of Mercury</td>
<td>Too changeable to succeed</td>
</tr>
<tr>
<td>Mount of Saturn</td>
<td>Misfortune</td>
</tr>
<tr>
<td>Mount of Venus</td>
<td>Easily influenced by passion</td>
</tr>
<tr>
<td>Mount of the Moon</td>
<td>Weakness in working out the power of the imagination</td>
</tr>
</tbody>
</table>

Palmistry can be a great way of entertaining friends at parties, used for fund raising, done for fun or be a way of gaining more self-awareness and a different perspective on your situation. A palm reading helps you to be more aware of your strengths and weaknesses and can tell you things that your best friend might hesitate to say. You can use this knowledge to guide you into making better decisions and choices.
The more palms you read, the more skilled you will become. While there are numerous books and courses available that can help you to learn more, nothing competes with practice and experience.
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