

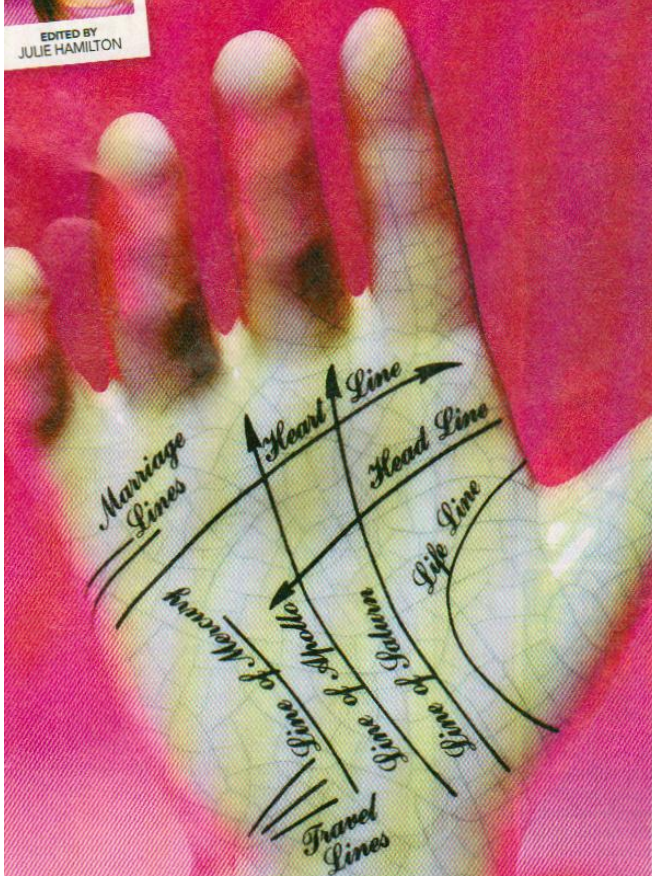
your

DESTINY



EDITED BY
JULIE HAMILTON

How to read what your hands say about you



Hands up FOR DESTINY

Experts in chiromancy, or palm-reading, believe our future is literally in our hands. They say palms are the map of our lives and through them we can unlock the secrets of our health, wealth and relationships. It's fortune-telling at your fingertips!

How to read hands

Choose your dominant hand (the one you write with) to tell you about personality and life issues; the other shows your potential.

Check the shape

There are four major hand types:

- **Earth** Broad palm, thick fingers. Caring, loving, pragmatic.
- **Fire** Wide palm, short fingers. Energetic, organised.
- **Air** Long, tapered fingers. Creative, sensitive, highly strung.
- **Average** Palm and fingers in proportion. Healthy, direct.

Look at the fingers

- If you have long fingers, you enjoy complex, detailed projects.
- Short means you get things done but can be impulsive.
- A crooked finger can mean a difficulty has to be overcome.
- Bent fingers flowing smoothly in the same direction mean you like to stand out in a crowd.

Primary lines

The primary lines are life, head and heart lines. A palm with multiple lines is a "full hand" and means you are sensitive. Red, broad lines suggest a stronger energy in this area of your destiny.

Heart lines

These show how you give and receive love. Smooth, strong heart lines indicate straightforward relationships. If the line is broken, feathered or dark, matters of the heart may be more complicated. Examine marriage lines – straight means you'll have normal relationships.

Life lines

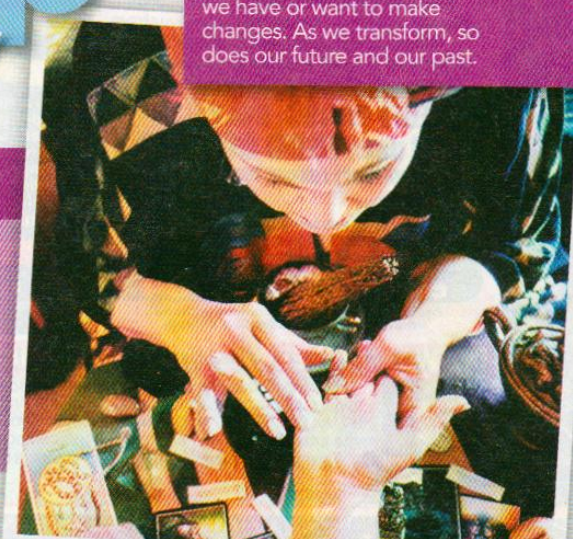
The length has nothing to do with how long you live. It's more about how simple your life will be and the quality of your health as you get older. Strong to the end indicates wellbeing; fading out means health issues later in life.

Head lines These reveal how you see the world and how independent you are. If you have a big space between your head and heart lines, you're likely to be a risk-taker. The closer they are, the more cautious you tend to be.

PICTURES: GETTY IMAGES

Is our destiny fixed?

According to palmist Max Coppa, the lines on our hands change over time. The right hand changes much faster than the left, and alterations in the major lines are a sign we have or want to make changes. As we transform, so does our future and our past.



HANDY TIPS

- A short index finger indicates a lack of confidence within a person.
- A long pinkie means you're a free thinker and love to express yourself, especially in relationships.
- A strong or big thumb indicates a stubborn will and a dynamic leader.
- Square palms show you tend to approach life in a logical way.
- A long middle finger indicates a gift for teaching.
- The bigger your mounds of Venus, which is the fleshy part at the base of the thumb, the more passionate you will be.
- Fingers that are much longer than your palms mean you need lots of facts and details before making a decision and have a tendency to procrastinate.