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Introduction to Hand Analysis

Hand General information

Ever since humans have been walking upright, the hands have had no other purpose than to feel and manipulate the immediate surroundings. Once freed from use in four footed walking, the hands soon started fashioning tools. The tools then increase the hands' effectiveness even more. This trend has evolved to the point now where a simple push of a button can operate a huge machine doing the work of many hands.

Difference Between Male and Female Hands

Over the eons some differences have evolved between the hands of both sexes. Man, the hunter, has developed a stronger grip and larger grasping area than the female. Typically a man can grip approximately 90 pounds, and possibly increasing up to 120 pounds with special training. The female's grip is approximately half as strong but is more precise in movement. The male's strong grip evolved in primeval times as the men made tools (and weapons) and used them to hammer, twist, tear, cling, and carry. The male's power grip is achieved by opposing the whole thumb against all the fingers at once. The female developed a more delicate and precise touch and control for gathering foods and tending the children. This led to thinner and more flexible fingers, and use of the digit tips rather than the whole finger surface. Since the Stone Age these differences have been a major factor in determining the physical division of labor between the sexes for best survival.





Hand Construction

The hand's construction is both complex and marvelous. There are 14 digital bones, 5 bones in the palm, and 8 in the wrist. These 54 bones are controlled not only by the muscles in the hand, but also by the muscles in the forearm. This arrangement provides for a wide range of movement, strength, and precision. The human has the only hand that can touch the tip of the thumb to each of the fingertips. No animal can do this. This simple achievement is the main reason humans have evolved beyond the animals in controlling their way of life using tools and materials.



Hand Physiology

The hand palms (and feet soles) do not get sun tanned. Nor do the palms sweat when you get too hot. They only sweat when you are stressed. No matter what the temperature, if you are relaxed you will normally have dry palms. Get stressed out on the arctic tundra and you will have sweaty palms. This unusual pattern evolved for better survival in stressful situations when increased grasping action of weapons was needed. When the hand and fingers sweat, the little ridges swell and provide better gripping action.

And speaking of the arctic, one may think that the humans living in extreme cold would have frozen hands often. This may seem probable since the hands are so far from the warm blood source and they are so actively involved with the cold environment. Don't worry. During the Ice Ages, most likely, an ingenious emergency plan was developed for survival. In extreme cold, the hands first reduce the blood flow to the surface in order to minimize loss of total body heat. This lasts for approximately 5 minutes, and during this time the hands turn blue. Next the blood flow is greatly increased to the hand surfaces for another 5 minutes, and they turn red. This blue and red cycle is repeated over and over. This minimizes chances of the hands freezing completely and also conserves body heat.



Hands are Valuable External Sensors

The hands are the most active part of our extremities. They are always busy sensing our world around us. The fingertips are extremely accurate in determining pain, pressure, temperature, and texture due to the thousands of nerve endings per square inch. When the hands are not gathering data, they are most often manipulating things to improve the quality of our lives. They are indeed marvelous servants! In spite of their nearly constant activity and service to the whole body, our hands seldom feel tired or “complain”, as other parts of our body often do.

How Hand Analysis Works

Our body shape and movement are affected greatly by our emotional energy. A person with depression has a body that looks depressed. She or he stands and moves in a way that we have learned to recognize as depressed. Conversely, we can easily recognize a person who feels happy. We hold and move our body to signal others how we feel. This ability to consciously or subconsciously send and read body language is a universal trait developed by humans and many animals.

Body signals are displayed in ever changing patterns as our energy changes. Whether we want to or not, every second our body is signaling to the world our needs, wants, fears, pleasures, and unconscious feelings. These different energy patterns are most easily recognizable in the face and hands.

Our bodies even grow differently under the influence of long term emotional energies. A long standing negative emotional energy state causes the body to grow out of balance. This even can result in medical problems and an early death. Conversely, positive long term energies produce positive physical growth and a more healthy body.

The patterns in the hands are valuable indicators for determining how life is being experienced. In Hand Analysis we use these indicators to



better understand ourselves and others. Hand Analysts analyze the lines, color, and shape to determine significant changes occurring in a person's emotional state and personal growth.

For example, when the majority of lines disappear or became weak over time, this indicates that the person is suppressing feelings and emotions. The body is symbolically hiding the emotions within its skin surface boundaries. Additionally, the color of the hands may be reddish, indicating suppressed energy such as frustration and/or anger. Or the hands may be blue, indicating sorrow. Also one or more fingers may be slightly bent, leaning, or weak. These each indicate certain types of stress in life. Such indicators in the hands are evidence of how life is being experienced at the subconscious level. No amount of



acting or denial can hide or change the indicators in the hands.

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Also revealed in the hands are a person's natural strengths and gifts for dealing with life stresses. Hand Analysis is a

valuable tool for identifying if stresses in life are affecting a person. Fortunately, Hand Analysis also can identify the positive resources available within the person to cope best with these stresses. This makes Hand Analysis a very powerful tool for self-understanding and personal growth.

Hand Analysis is a very powerful tool for understanding ourselves and others.



Why Hand Analysis Works

Hand Analysis is based on the concept that the universe and everything in it are made up of energy. Energy is increasingly consolidated from the subatomic level up to form “solid” material. Everything we see around us, as well as our body chemicals, bones, and tissues, is made up of energy fields. There are also forms of energy that do not consolidate into solid material but are nevertheless part of our body. These are not as easily observed and are therefore ignored by many. For example, Western medicine largely ignores the subtle energies in the body. However, Oriental medicine takes advantage of them with such practices as Acupuncture. Both the “solid” and the subtle energies are interconnected and interacting in the body, and even extend out into the environment around the body. We are a dynamic complex energy field constantly interacting with and responding to our environment.

The physical interface between the body and surrounding environment is primarily the skin. The skin is the largest organ of the body and serves many functions. It is the sensor of our immediate environment and has millions of nerve endings to do the job. Skin is a barrier against foreign toxic and infectious invaders. Also the skin is the body's largest eliminative organ. It works with the colon, kidneys, and lungs to cleanse our body of waste products and toxic substances. The skin is very much alive and constantly working in many ways to protect the body from the immediate environment.

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To do its job, the skin is always alert to its surroundings. The skin can change its chemistry, color, texture, and structure very rapidly in response to our surroundings. Although many of these skin changes are subtle and temporary, some changes are very evident and long lasting. Many of the changes occur localized in areas such as the face, chest, back, feet, and hands.



Because the face and hands are so rich in nerve endings, these two areas reflect many of the changes most noticeably. The hands' skin and muscle changes are used in Hand Analysis as indicators to determine how a person is responding to life's joys, sorrows, and threats.

It is important to note that the life threats may be either real, imagined, or unconscious. In any case, the skin and body respond equally. This is important for a Hand Analyst to remember. In some cases there may be indicators in the hands that do not seem to match the client's description of how life is experienced. For example, life may be described as carefree and joyous but the skin on exposed areas of the body may be extra thick, coarse, and hard. This is the body's way of protecting against a physical endangerment. Yet, there may be no awareness of real threats of bodily harm to the person in daily life. However, in this case the body certainly *perceives* a threat and is preparing a protective layer on the skin. The threat is most likely at the emotional or subconscious level. For example, it could be a fear of getting fired from the job. In this case the skin may be trying to provide a more protective barrier between the body and the threatening environment with "thicker skin". Although this threat may be only imagined, the body reacts as if it were an ongoing real threat of physical bodily harm.

Our unconscious body responses are something left over from our evolutionary development over the eons. Unfortunately, we are still using those same body responses that were developed for bodies living 30,000 years ago. At that time the threats were mostly about survival or death. Our bodies still react to real and perceived threats as if they are a matter of life and death.

Our unconscious body responses are something left over from our evolutionary development over the eons.





It's All In Your Hands

The threats today are much more complex and nebulous. They deal with such things as being fired from a job, being shamed, or being abandoned by a lover. These threats may not be real but only imagined. However, the unconscious mind does not know the difference between real or imagined and therefore treats everything as if it were real, here, and now. Because the body does not know how to respond appropriately to these modern day types of perceived threats, it responds with what worked 30,000 years ago. That ancient response is to prepare the body for flight or fight.

Energy Distribution in the Body

All of the energy consolidated in the body is different at each point in the body. On the most exposed areas of the body there are the energies appropriate for safety and protection from outside influences. These are barriers (skin, callous, hair), sensory detectors (nerve endings), and antibacterial and cleansing chemical sources (glands). In the more protected areas of the body the more subtle energies are at work. All of the bodies physical, chemical, and electrical systems are driven by some form of energy.



These energies all work in different ways and often are very evident. For example, consider the case when a person experiences anger or rage. The most evident skin surfaces of the face and hands develop a red skin color, higher than normal skin temperature, and tightened muscles. At deeper layers within the body other changes take place, also. Blood flow is increased to major muscles and hormones are released. At the even more subtle levels, the body chemistry changes as the housekeeping chores such as digestion, elimination, and routine rebuilding are shut down so that she or he can fight or flee to survive.

As we grow up we naturally, and unconsciously, learn to see the effects of these energies at work in another person's body. We learn this so that we can make accurate interpretations about another person's physical and emotional state. This ability to see another person's energies at work is probably an evolutionary development so that we might deal with others more effectively and safely. A Hand Analyst learns to see and interpret many of the effects of the body's energies which are evident in the hands.



Energy Distribution in the Hands

The energy in the hands and fingers also is distributed unequally. For example, the thumb side of the hand is most adapted to doing things in the physical world like grabbing, holding, pushing, etc. The thumb has very outgoing active energies. It wants to shape and control physical things. Compared to the rest of the hand, the thumb has the most active energy and the strongest energies for getting things done. In Hand Analysis we use the thumb as an excellent indicator of how ready a person is to make things happen and get the job done. This concept is so important that we will devote a whole chapter to the thumb, as well as each finger.



On the opposite side of the hand we find much more subtle energies. The little finger is much more passive than the thumb and is more suited for delicate tasks. The little finger energies are the most inner directed of the energies in the hand. In Hand Analysis we use the little finger, named Mercury, as an indicator for such subtle energies as truth, intimacy and communications. In a later chapter we will study Mercury's energies in greater detail. For now, just recognize how different the energies are between the thumb and the Mercury finger.

In Hand Analysis we use the thumb as an excellent indicator of how ready a person is to make things happen and get the job done.

For another example of how energy is distributed in the hands, consider when there is anger or rage. The muscles that primarily control thumb grasping movements will have more tension and be more red. The hands will be more inclined to be in a position of striking and smashing with the strongest parts. If the anger and rage persist for very long periods, the changed pattern of blood flow and muscle tension will cause the hands to change shape, color, and tension permanently. The prolonged and extreme change in energy in the hand can even cause physical problems and/or diseases. The medical world recognizes that many hand line patterns, hand shapes and colors relate to various medical problems. In medicine this field of study is called dermatoglyphics, meaning "skin carvings".



It's All In Your Hands

The energy associated with the fingertips is very different than the energy at the lower base of the palm, near the wrist. The fingertip energy relates to sensing the environment through pressure, texture, and temperature. The millions of nerve endings in the fingertips send their signals to the brain where the brain tries to figure out what is going on outside of the body boundaries. The fingertips try to make sense of the physical world by touching things. Therefore the fingertip energies are the most abstractly directed energies in all of the hand. In Hand Analysis we use the fingertips to give clues to how a person deals with her or his abstract, theoretical, conceptual, and spiritual world.



At the base of the hand, nearest the wrist, the energies are the most personally physical of all the hand's energies. Compared to the opposite end of the hands at the fingertips, there are very few nerve endings. This area relates to our most basic instinctual needs and behaviors for survival. In Hand

Analysis we use the lower area of the palm for indicators about the most physical and instinctual energies.

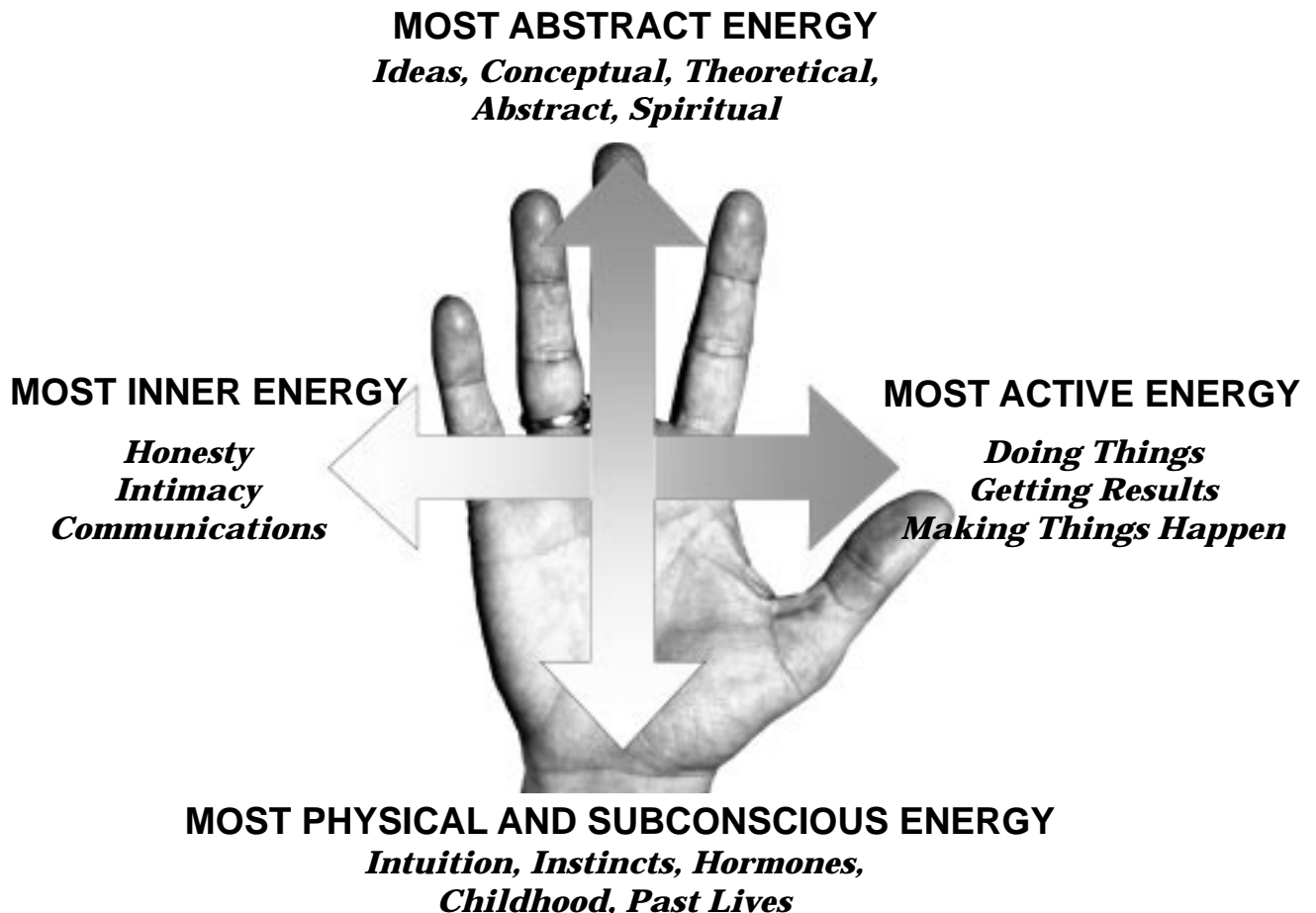
The areas in between the four edges of the hands also hold energies. Each area in the hand is filled with its own unique energy. We will study the different areas where energy is concentrated in mounds in later chapters. For now, it is important to understand that a specific type of energy is associated with each area of the hands and fingers.

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Why We Use Energy Words

The energy words used for specific areas of the hands are descriptive of the type of energy at that location in the hand. The words are not to be taken literally. The words associated with any one location may not always seem related to each other if read literally. Each word is the best way we have of describing the “flavor” of the energy at that location in the hand. For example, the subtle energies associated with the little finger are described by the words “truth”, “communication” and “intimacy”. Individually these words have a large number of definition possibilities. However, the three words help considerably to narrow down the type energy there . You may even have additional words that help describe the energy associated with a particular location.





What a Hand Analyst Looks For

One of the first things a Hand Analyst does is observe the overall way the hands are held and used. Are the hands held open and ready for reaching out, touching others, learning and giving? Or are the hands more closed, protected, and holding back? Are the fingers eagerly reaching out to receive and give information, or are they hesitant? There are countless ways a person can perceive her or his world. The way the hands move and are held give continuous clues to how the person feels moment by moment. In the following chapters you will learn specifically what to look for in order to do a good Hand Analysis.

Also the Hand Analyst studies the different areas of the hands for colors, shapes, strengths, and textures. Are the hands pale or a healthy color? Which shape do the hands have compared to the several classic types? Are the hands limp? Flexible? Stiff? Is the skin thin and delicate, or tough and thick? Each of these different indicators will provide more clues to how the person perceives her or his everyday world.

Self-understanding is the first and most important step to true success and personal growth.

The physical indicators in the hands may be positive or negative. The Hand Analyst's goal is to objectively take inventory of the individuals strong and weak traits, **without judgements**. The client should be shown where the indications are located and what type of energy is related to those indicators. When appropriate, the Hand Analyst

may need to help the client objectively identify what is happening in the client's life to produce any negative indicators. Once the source of the negative indicator is identified, the client may see other more positive options in life. Self-understanding is the first and most important step to true success and personal growth. **Therefore, a good Hand Analyst can be a valuable source of information and help for personal growth.**



Also a Hand Analyst can point out positive indicators on the hands. The Hand Analyst can encourage and support the use of strengths and gifts to overcome many negative patterns in life. For example, if a person is unusually sensitive and has a fear of criticism, this can suppress creativity and possible successes. Also there may be several indicators in the hands which indicate shutting down and “playing it safe”. All of these negative indicators are reflective of a state of mind in the client, at least at this time. This is not carved in stone as her or his destiny. It is here that the Hand Analyst can be of great service by searching for positive indicators of strengths and gifts. The Hand Analyst can point out these positive indicators and explain how they can overcome the limiting patterns in life. Perhaps there is exceptional creativity indicated in the hands.

Perhaps this knowledge might motivate the client to bring about needed confidence, behavior changes, and more successes. Often all that is needed for a rewarding breakthrough in life is an understanding that there are other options, and that the resources are within oneself to pursue those options. A good Hand Analysis can be priceless for helping make this happen.

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How You Can Be a Professional Hand Analyst

The information in this book may seem a little overwhelming for most people to remember on the first, second, or even the fifth time through it. Therefore it is not expected that anyone remember it all. This book is a “guidebook”. It is intended that you review it often, make notes in it, color the drawings, and **use it as a reference** as you practice doing Hand Analysis. The more complete and accurate the analysis, the more rewarding it will be to both you and the client. You will find that over time, with practice, you will be amazed at your accuracy and valuable insights for helping yourself and others. Your Hand Analysis may give a person (or yourself) the missing key to making major positive changes in life.



It's All In Your Hands

Hand Analysis is a powerful process because it *opens communication* between two people. When you do Hand Analysis, you can help people appreciate their uniqueness, true worth, and sense of purpose as you identify their different qualities. This lets them know how special they are, and encourages fuller use of their natural strengths and gifts.

***When the doors are open,
there are no limits to
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When you find indications in hands of stress or blockages to greater success, point these out as challenges. *Avoid making people wrong.* Give them acceptance and validation for where they are now on their path, and provide support for future growth.

Hand Analysis opens doors to understanding self and others. When the doors are open, there are no limits to finding the natural goodness and greatness in each of us. The art of really understanding another person is one of the strongest antidotes for prejudice. Every Hand Analysis contributes to creating a better world.

Hand Analysis is only a tool. But like any tool, with study, practice, skill, and loving care, it can produce marvelous results. As you develop your own style of Hand Analysis you will find that you can make a significantly positive difference in the lives of others — as well as your own.





Summary

Hand Analysis is similar to reading body language. Our emotional energy affects how our body moves, rests, and grows. That energy is distributed at different levels and strengths throughout the body – especially in the hands. Hand Analysts can detect and analyze the different energies in the hands to identify how a person is functioning unconsciously in life.

Hand Analysis helps us better understand ourselves and others. The first step necessary for personal growth is self-understanding. Strengths may go unrecognized and unused if unknown. Weaknesses can not be compensated for or corrected until identified and understood. Hand Analysis can help identify many personal traits of strength, weakness, preference, and character. This can help to better understand objectively how to find and support the best course and purpose in life.

The key to doing Hand Analysis is understanding how and which energies are displayed in the hands. The general distribution of energy is indicated on page 1-9. The remaining chapters will identify more specifically which energies are located in the individual fingers and palm areas, and what variations in these locations reveal about a person.

The purpose of doing Hand Analysis, on self or others, is to gain insight and understanding to more effectively pursue the highest goals and life purpose.

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