

TODAY AND EVERY DAY IN THE PAPER THAT REALLY CARES ABOUT WOMEN

ALTERNATIVE HEALTH

Express Woman

Edited by LORNA FRAME

● MONDAY: ALTERNATIVE HEALTH ● TUESDAY: HEALTH & FITNESS ● WEDNESDAY: FASHION ● THURSDAY: RELATIONSHIPS ● FRIDAY: FASHION ● SATURDAY: BEAUTY

Picture: POWERSTOCK

Palm reading has been used for centuries to predict our future health, wealth and happiness. PRITI GUDKA discovers how to read the secrets of your palms

THE SCIENCE of palmistry is thought to have originated in ancient China around 3000BC, while evidence of the practice can also be found in ancient Indian scriptures. It's thought that the ancient Egyptians were students of the art but it's the Greeks who are believed to have brought it to Europe in the early 14th century.

Palmistry might predict what the future holds for us but it doesn't define our fate – only we can do that. "If we change, so do the lines on our palms," says Hardeep Rai, 34, who's been a palmist for 14 years since he learned the art from his mother in India.

"That's why we should have a reading every few years," he says. "I use palmistry to help encourage and motivate people to reach their potential and enhance the quality of their lives."

A complete reading of the palm not only takes into account the lines on the hand but also its shape, texture and suppleness, as well as finger and nail formation.

Below, Hardeep offers a beginner's guide to reading your own palm. Use it together with the diagram on page 36.

Start by identifying your dominant and non-dominant hands. If you're right-handed, then your right hand is dominant over your left.

Your dominant hand can tell you about the present and future. All the readings here refer to the lines on your dominant hand. Your non-dominant hand tells you about the past and the characteristics you were born with.

As a general rule, if the major lines in your palm have a number of crisscrosses over them, it can signify that you have a series of minor obstacles to overcome.

We all have four major lines – the life, heart, fate and head lines that provide the bare bones of the story of our present and future.

Palmists look at these, as well as other lines on the palm, and the way they are placed in relation to each other to gain a fuller picture.

We start by looking at the four major lines, then interpret the way they interact with other lines on the palm to tell us about various aspects of our future.

THE LIFE LINE

Indicates how fulfilled, healthy and stable your life is likely to be. A long, thick, deep life line without any breaks suggests you have a passion and love for life and that you're energetic and tend to use your full potential.

A shorter, fainter life line could indicate that you're not making the most of your skills and should try harder to achieve your ambitions or goals.

THE HEART LINE

This is symbolic of emotion and sensitivity. The longer and further towards the index finger the heart line goes, the more sensitive, kind, caring and emotional you are.

FATE LINE

A strong, straight fate line almost always indicates great success in your chosen career.

The fate line can have branches coming off it. These relate to small ventures on which you may embark.

A fate line that stops and then starts again in the middle of the palm can indicate a period of unemployment.

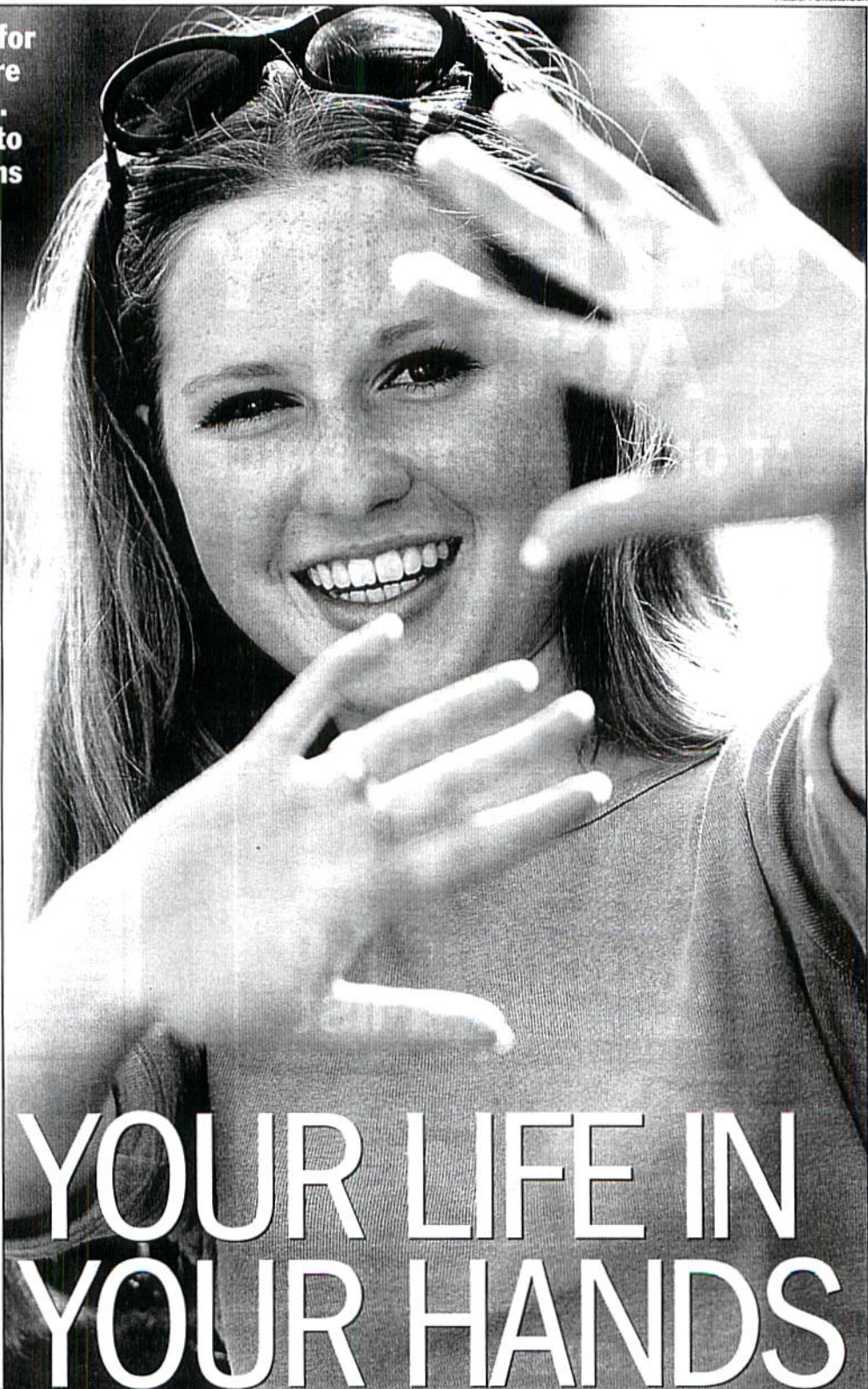
THE HEAD LINE

This signifies how intellectual, logical and headstrong you are. A head line that goes all the way across the palm signifies someone who is headstrong, dominant and driven by logic rather than by emotion.

It also suggests that you're a good judge of character and see things in straightforward, black-and-white terms.

If the head line has a downward arch, it shows that you tend to be more creative and often give people the benefit of the doubt.

TURN TO NEXT PAGE



YOUR LIFE IN YOUR HANDS