

The Rosicrucian Fellowship

Basic Palmistry Course



**The Study of the Hands to Reveal Insights
into Our Brother's Character, Life Path,
Heath, Success, and their Future**

Vol. 1: Hand and Finger Shapes

By G. E. Carlin

Introduction

The following seven lessons will introduce you to the basic understandings and readings of the hand and finger shapes in palmistry. As we shall discuss in these lessons, palmistry and astrology are quite closely linked and Max Heindel advocated the study of both arts. Therefore, when appropriate different section of Max Heindel's two books, *The Message of the Stars* and *Astro-Diagnosis, A Guide to Healing: A Treatise On Medical Astrology and Diagnosis From the Horoscope and Hand* have been included to better help connect the two arts.

In the course of completing these lessons it will be essential for you to consult online and hard copy resources on palmistry to collect relevant images, diagrams, and additional information that will better help you envision and understand the given lesson content. However, it is not simply about completing the lessons that will advance your understanding of palmistry, you will need to spend time looking at different people's hands and fingers. You can take pictures of the different hands and fingers as well as even print the entire palm so that you compile a portfolio of the different hand and finger shapes for your study that will allow you to revisit and re-evaluate classifications. As you will continue to find varying and better examples of hand and finger features and even change your method of classification based on real-life examples.

Reading the Fate of the Christ Child

Josefa de Óbidos



TRF Lessons on Palmistry and Healing

Lesson #1: Astrology and Palmistry

“The Rosicrucian Fellowship advocates the study of astrology and palmistry by all its members.” - Max Heindel, Teachings of an Initiate, pp. 127-128

Palmistry or the reading of palms is also called chiromancy and was initially strongly connected to astrology. In fact, in early times those who studied astrology almost always also practiced palmistry and palmist too were always strongly versed in astrology. Joannes Rothman's *Chiromantiae Theorica Practica* which was published in 1595 put forth the theme of palmistry as being “*astrology in the world of flesh of blood*” in which the birth chart and palm reading would be found to be interrelated and in agreement with their forecasts of one's character, their life, and future events. It wasn't until the nineteenth century that palmistry began to forge its independence from astrology with the introduction of additional symbolism distinct to its practice. However, the connection between the two forms of divination is still quite clear so that they still can be thought of as “*sister arts*”. For example, each finger and the mounts and zones of the hands are named after the seven planets in astrology. Therefore, it is of little wonder that Max Heindel advocated that the members of the *Rosicrucian Fellowship* study both, astrology and palmistry, in their spiritual work with the only restriction being that in order to be a member of the *Rosicrucian Fellowship* you could not use your knowledge of the spiritual sciences of astrology or palmistry for a livelihood or take money for the practice in helping others. As Max Heindel makes it clear, “*There is a reward that is much more than gold. If we use our knowledge to heal and to help we shall never lack means of living and we shall be laying up treasure in heaven where neither moth nor rust corrupt. Greater and better opportunities for service will be ours if we devote our talents to unselfish service.*” (*The Rosicrucian Philosophy in Questions and Answers*, Vol. 2, Question 154, p. 308)

However, the *Rosicrucian Fellowship* only provides specific in-depth training courses in astrology with currently no existing courses in palmistry. The only mention of the actual practice of palmistry in the *Rosicrucian Fellowship* comes from a chapter in Max Heindel's book *Astro-Diagnosis, A Guide to Health and Healing*, entitled, “*Diagnosing from the Hands and Fingernails*” (Chapter X, pp. 61-69) which contains information to determine the Ascendant from the hand. And since the Ascendant is the ruler of the physical body it can help diagnose many latent diseases. In addition, Heindel expressed the belief that the results of all of our actions from our past lives or from the time in which we were very young, our ripe or mature destiny, will be clearly evident in one's palm. The tendencies of the Ego will “*act in a manner conducive to adjustment of this mature destiny are inherent in the [physical] body and inscribed in the stars, for the stellar influences are the source of man's activity, and therefore this mature destiny may be seen from the horoscope at birth, standing out with exceeding clearness, so that it is very plain and patent to the spiritually minded astrologer or palmist.*”

Palm reading or chiromancy comes from the Greek words *kheiro* which translates to hand and *mantia* which means divination and put together becomes “*divination*”

from the palm of the hand". Its unclear about its origins but is assumed to have its started in India and China perhaps as early as 3000 BC and then continued to spread throughout Asia, Egypt, the Middle East, Mesopotamia, and Greece. Regardless, it is one of the earliest forms of divination based upon the analysis of specific hand features such as hand shapes, palm lines, marks, and mounts that then allows the practitioner to identify and interpret key personality traits as well as being able to predict events and outcomes in the subject's future life. Ideally, the palmist is able to use your hand to tell the story of your life form the past to the present and then the future. In addition, some cultures even used the presence of certain features of the hand to determine if a person is an acceptable candidate for higher-level training or position, to confirm their potential would make them worthy students or candidates, or from the character expressed by their hand assess their compatibility with a specific group of people or another person such as a spouse. So, while some people today may consider palm reading a parlor trick or at best pseudoscience we are left to wonder if the prehistoric palm prints of our ancestors which were left on their cave walls were not left as a record of their lives for future generations as their autobiographies.

"The hand is the visible part of the brain." - **Immanuel Kant**

As Rosicrucians we live by the maximum, *As above so below*, in which we envision ourselves as a microcosm of the universe (the macrocosm) and therefore as individuals we have a relationship with the universe and its bodies that clearly affects who we are and what will become of us. As astrologist this record of ourselves comes from our horoscope or birth chart while for the palmist it comes from the lines and marks that have been stamped into our hand and the effects of the stamping in terms of producing areas of highs and lows within the palm itself. However, we need to be perfectly clear, ***what the palmist see within the subject's hands is NOT the same as the subject's horoscope!*** The hands are a record of what someone has manifested or expressed from their natal horoscope, not simply a mirror. The horoscope offers a person the complete account of all the variables that have been placed within a person's life and could influence their outcome.

However, not every variable from our lives will be expressed and even some of those present may not be expressed as we still have our will and efforts to overcome and rise above them. Therefore, what we see in the palms are the things and energies that we have and will express from our natal horoscope, or the reality of the horoscope itself. Therefore, when we cast a horoscope for a person and then read their palm, we are considering the person from two completely different perspectives just as two reporters who cover the same news event but their reports may have different views of the event. As palmist what you see in someone's palm might be comparable to a chef who has been placed within a fully stocked kitchen and then asked to prepare one main course meal. The chef doesn't use all the ingredients from the kitchen for his dish, he or she selects what they need to prepare their one special dish. Thus, our hands represent what we made of ourselves from our given potential – or natal horoscope. Or perhaps, better stated, *"The hands record which parts of the natal horoscope are activated and provide a timing to significant life events."*

"If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people."

- Thich Nhat Hanh

As astrology is based on our birth date and the time and calculations from the movement of planets while palmistry tends to be more observational, many people conclude that astrology is the more accurate of the occult sciences. So, in looking at the accuracy and reliability of these two occult sciences, some might even say that palmistry is most practical in providing a "*general overview*" of the subject and their future while astrology has the ability to provide deeper insights and analysis of their personality, relationships, successes, and predictions and timing in their life events. While, both methods can indicate if we any health issues or concerns we should address. Therefore, in comparing both methods, we could infer that palmistry offers "*quick insights*" based upon "*short-term predictions*" while astrology provides "*in-depth analysis*" for our "*longer-term predictions*". However, it really shouldn't be a competition between the two methods to determine which is best but to discover how they can best be used together in working with a client.

"Often the hands will solve a mystery that the intellect has struggled with in vain"

– Carl Jung

"THE astrologer often finds himself at a great disadvantage in his reading and diagnosing in that the patient is frequently mistaken in the hour of birth or is not able to give any time. Also, in seven out of every ten cases in which the native thinks he has the right time, the horoscope when corrected by events or rectified is found to be wrong in this particular. People are constantly coming to the Rosicrucian Headquarters with horoscopes which they have erected or have had some professional astrologer set up, and in numerous cases in which they have been positive they had the correct time of birth the rising sign does not tally with their personal appearance and temperament."

– Max Heindel, *Astro-Diagnosis*, p. 61

In astrology, the exact date and time of birth is critical in the calculations, however, there will be times when a client does not know the date and/or time of their birth or is incorrect about in what when have been told and palmistry can be used to be confirm the estimated horoscope by matching the observed traits within the palm to the those suggested by the horoscope and to "*validate transits*" in terms of their timing and potential manifestation. While palmistry also excels as providing "*snapshots at given time*" of your client's well-being, their state of mind, and the patterns being expressed from the horoscope. A good example of the complementary use of palmistry and astrology would be seen in a doctor determining a health-related issue from your palm and then using the horoscope to determine the cause, onset, and progress of the disease and then to determine the success and timing of treatment and/or surgery and if there will be any obstacles to the patient's recovery.

Within the Bible, there are several scriptures that indicate that the palms of the hand hold valuable information about the person and the importance of the hand.

See, I have engraved you on the palms of my hands; your walls are ever before me (Isaiah 49:16)

He seals up the hand of every man, that all men whom he made may know it. (Job 37:7 ESV)

Long life is in her right hand; in her left hand are riches and honor. (Proverbs 3:16 NIV)

Your Palm is God's road map to your Soul. – Ellen Goldberg

Although palmistry is an ancient practice that has had its ups and downs in its popularity in history it still has its practical uses and applications today. Perhaps, one of the areas that it has tremendous potential is dealing with mental health issues. Often times it is difficult for therapists to get to the bottom of a patient's problem for effective treatment. However, by the use of palmistry doctors can find clues to understand a patient's underlying behaviors. While for medical doctors it often provides warnings of diseases before they occur within the body so that preventive measures and treatments can be applied to avoid future illness. Palmistry also provides individuals with the opportunity to create an inventory of their character traits with their positives and the flaws, talents, and potential abilities so they can work towards self-improvement, success, and healing in their lives. In addition, this information is invaluable in selecting or working towards one's goals and career. The palm provides invaluable information about our success in the profession we choose or the businesses we start as a lot of success also depends upon the ongoing decision we need to make, timing of all actions, and understanding of our role to maintain our success or transition to a new challenge. Palm reading is a tremendous indicator of compatibility which can be reflected in where and with whom you work, who you choose to assist in child care and elderly support services, who you might hire or choose to collaborate with, as well as determining the compatibility of a potential spouse.

As we have discussed, astrology and palmistry are excellent tools for helping to provide clients with needed information concerning their lives and when combined together in one's practice as a diagnostic tool their value exponentially increases. The connection between astrology and palmistry is obvious just from astrological nomenclature we find used in the structures and areas of the palm therefore, all palmist will utilize the astrological connections and applications to varying degrees. Palmist who most strongly utilize astrology in their readings view the palm as a microcosm of the universe in which "*our palms hold the energy of the entire universe*" and are generally referred to as "*Astropalmists*". In

fact, some advanced Astropalmists can use the lines of the palm to place the zodiac signs and planetary positions so that they can construct an entire natal horoscope using only one's palm. In the end, the Astropalmist is utilizing the two sister arts together to establish the highest degree of understanding for their client so that they can incorporate the flow of their body's energy with that of the universe to create a Oneness with the Creator and best understand how to serve the Creator within their lifetime.

Summary Questions

1. How are palmistry and astrology related?
2. What makes palmistry different from astrology?
3. How can palmistry and astrology be effectively used together?
4. What is “*Astropalmistry*” and how does it work?
5. How would knowledge of palmistry be helpful in the *Healing Center*?

Research Questions

1. What is the more in-depth history of palmistry?
2. Where do we find the planets and signs in the hand and fingers?
3. Watch an online video on “*How to Do a Palm Reading*”, and discuss what you learned?
4. Select a book on Palmistry and discuss what you like about it and why?
5. What was the work of Julius Spier?

Thoughts for Meditation

1. *The hand is the visible part of the brain.*
2. *The hands record which parts of the natal horoscope are activated and provide a timing to significant life events.*
3. *See, I have engraved you on the palms of my hands; your walls are ever before me (Isaiah 49:16)*
4. *Your Palm is God’s road map to your Soul.*
5. *The palm is a microcosm of the universe in which “our palms hold the energy of the entire universe”*

3-2-1 Reflection

3 Most Important Things about Palmistry
2 Things You Want to Explore Further About Palmistry
1 Connection You Make with Palmistry
<i>Key Takeaways:</i>

TRF Lessons on Palmistry and Healing

Lesson #2: Astrological Classification of the Hand, Part One

“The elemental shape of the hand often aligns with the weight of one’s astrological chart toward one of the four elements [air, water, fire, earth].”

In learning how to read palms, many people believe that the palmist primarily derives their reading from the lines in the subject’s hand. However, the palmist considers many other factors such as the shape of hand in terms of the size of the palm in relationship to the size of one’s fingers, the comparable size of each finger to the other fingers, shapes of the fingers and the finger tips and their prints, analysis of the finger nails, spacing between the fingers, how the fingers are set, the joints and phalanges of each finger, mounts in the hand, marks on the hand, the skin texture and flexibility of the hand, differences between the two hands, the zones of the palm and fingers, etc.

In the first step in the reading of the palm, the palm reader most often starts with the **overall shape of the hand** as this will provide an excellent overview of one’s personality traits and their potential for expression. One of the ways that hand shapes can be classified is by one of the four Zodiacal Elements: *Earth, Air, Fire, or Water* which are reflected in the size relationship between the palm and the fingers. In astrology we find that even before we construct a natal chart for someone just knowing their zodiacal element we can come to an understanding of their personality and temperament as reflected in the nature of the sign. Each element is represented in three of the astrological signs (i.e., **Fire**: *Aries, Leo and Sagittarius*) and is referred to as a triplicity. Therefore, just knowing when you were born determines your astrological sign and thus your zodiacal element. Use the table below to find your astrological sign, as this will tell you which element you are represented by and its state or quality:

Astrological Signs and their Elements and State			
Sign	Dates	Element	State
1. Aries	Mar 21 - Apr 19	Fire	Cardinal
2. Taurus	Apr 20 - May 20	Earth	Fixed
3. Gemini	May 21 - Jun 20	Air	Mutable
4. Cancer	Jun 21 - Jul 22	Water	Cardinal
5. Leo	Jul 23 - Aug 22	Fire	Fixed
6. Virgo	Aug 23 - Sept 22	Earth	Mutable
7. Libra	Sept 23 - Oct 22	Air	Cardinal
8. Scorpio	Oct 23 - Nov 21	Water	Fixed
9. Sagittarius	Nov 22 - Dec 21	Fire	Mutable
10. Capricorn	Dec 22 - Jan 19	Earth	Cardinal
11. Aquarius	Jan 20 – Feb 18	Air	Fixed
12. Pisces	Feb 19 - Mar 20	Water	Mutable

Each Zodiacal Element has its own **Proper Quality** (*Hot, Cold, Dry, and Moist*) and a group of three Astrological Signs (*Triplicity*).

*“The signs of the Zodiac are variously grouped to show certain of their qualities. One method segregates them into four groups of three signs each group having affinity for one of the elements ... These four groups constitute the four Triplicities.” – Max Heindel, **Simplified Scientific Astrology***

Fire (Hot):	(1) Aries, (5) Leo and (9) Sagittarius
Earth (Dry):	(2) Taurus, (6) Virgo, (10) Capricorn,
Air (Moist):	(3) Gemini (7), Libra (11), Aquarius
Water (Cold):	(4) Cancer, (8) Scorpio, (12) Pisces

The four elements represent our “*four basic principles of life*”. In Max Heindel’s *KEYWORD SYSTEM of Analyzing Character and Destiny* he states the following nature for each of the Elements:

Fire	<i>Spiritual power, impulse.</i>
Earth	<i>Materialism, practicality.</i>
Air	<i>Intellectuality, sociability.</i>
Water	<i>Spiritual and psychic qualities, emotion.</i>

In addition, Heindel also indicates that the four elements exist in one of the States or Qualities as either *Cardinal, Fixed or Mutable* (or Common) Signs. This also provides additional personality traits.

Cardinal	<i>Initiative, activity, action.</i> (creative surge)
Fixed	<i>Stability, persistence.</i> (little variation or movement)
Mutable (Common)	<i>Flexibility, adaptability.</i> (transition)

Here is where it gets interesting, as many people expect palmistry to confirm their natal horoscope so if they were born on March 30th then their palm would also confirm that they were a *Fire Sign* in a *Cardinal State*. However, as we discussed in Lesson 1, the palm is *not* a mirror of the natal horoscope, it can offer a different perspective of the horoscope in which your Zodiacal Element of your hand is showing a completely different energy from another element and its state.

In some cases, the Zodiacal Element from your hand might be a reflection of the primary element in your natal horoscope or its most common element, or an indication of your Ascendant or Moon sign. Therefore, it’s important to understand that you need to check and confirm the element of your hand as it may or may *not* be the same as your Sun sign (astrological sign determined by your birthdate). Regardless, whatever element is being reflected from your palm can be found somewhere in your natal horoscope – so when they don’t match you should spend some time with your horoscope to see if you can determine the source of your palm’s element!

Understanding Zodiacal Elements

Everything that exists in creation is formed from the four elements (*Fire, Earth, Air, and Water*). However, on Earth none of the elements exist in their pure form, it is a combination of elements that ultimately produce our physical world. Just as two atoms can joined to become a compound, zodiacal elements can also create compounds but they can always revert to their pure state. Yet, it is when different compounds from the elements come together as “*mixtures*” that can transform as they interact with out other mixtures that we experience the “*attributes of time, space, and substance*”, vibration, color, form, numeration, and attraction that exist hidden beneath our senses that provide the keys to our study of astrology.

Modalities

In addition, to placing the twelve signs of the zodiac into the four seasons of the year, they can also be divided into three groups of four that represent the “*beginning, middle and end*” of the seasons” as *Cardinal, Fixed, and Mutable Signs*.

Spring Months: (1) Aries, (2) Taurus, and (3) Gemini

Summer Months: (4) Cancer, (5) Leo, and (6) Virgo

Fall Months: (7) Libra, (8) Scorpio, and (9) Sagittarius

Winter Months: (10) Capricorn, (11) Aquarius, and (12) Pisces

Cardinal Signs: *Begin each season at solstices and equinoxes*

(1) Aries, (4) Cancer, (7) Libra, (10) Capricorn

Fixed Signs: *Middle of each season*

(2) Taurus, (5) Leo, (8) Scorpio, (11) Aquarius

Mutable Signs: *End of each season*

(3) Gemini, (6) Virgo, (9) Sagittarius, (12) Pisces

State	Attributes
Cardinal	Active, initiative, visionary, energetic, ambitious, self-motivated, creativity, leadership, independent, spontaneous, forceful
Fixed	Grounding, steady, reliable, stabilize, remain unchanged, persistent, consistent, stubborn
Mutable	Adaptive, transforming, divergent, restless, flexible, open-minded, easily adjust

Proper Quality

From a diagram of the Four elements in the *De Natura Rerum* by Isidore of Seville (ca. 560–636)

Fire: “*Sharp, Thin, and Mobile*”

Earth: “*Dense, Blunt/Dull and Immovable*”

Air: “*Mobile, Sharp, Dense*”

Water: “*Dense/Thick, Mobile, and Blunt/Dull*”

As we previously discussed, each element has its own proper quality. The elements are also interconnected themselves in that each element will assume a proper quality of another element so that each element is defined by two qualities.

Then the combination of the two qualities reflects the season of the year.

FIRE = **Hot** + **Dry** = **Summer**

EARTH = **Dry** + **Cold** = **Autumn**

WATER = **Cold** + **Moist** = **Winter**

AIR = **Moist** + **Hot** = **Spring**

	Dry	Moist
Cold	Dry and Cold EARTH <i>Autumn</i>	Cold and Moist WATER <i>Winter</i>
Hot	Hot and Dry FIRE <i>Summer</i>	Moist and Hot AIR <i>Spring</i>

Better Understanding of the Qualities of the Elements

The **Hot and Cold** Qualities are connected to energy so they are reflected in activity and expressed either inwardly or as outwardly. It is also descriptive of how expressive your personality is and how quickly you accept, make things happen, or how open to trusting yourself and others. Hot will produce motion and expansion which produces separation and leads to purification and is seen in outward expressions. Hot elements are trusting by nature, live their lives with adventure and passion and always take risks often without plans or caution. While Cold produces stillness and contraction so that movement is inhibited to produce unity. It takes everything within itself and expresses it inwardly first. They want to spend time in observation and considering their thoughts and emotions, Therefore, Cold signs cautiously observe and reflect before reacting, establish clear boundaries, and they prefer a peaceful life. Trust must be earned but their loyalty is solid.

Dry and Wet qualities speak to our willingness and openness to change and how flexible and adaptable we are willing to be. A Moist Quality is like water which is a solvent; therefore, moisture will dissolve and the boundaries that exist between different things will begin to blend together and even blur. Therefore, Wet elements are relaxed, love being with people, and easily connect with them. They will accept others points of view and opinions and are open to compromise. Moisture will explore new things, connect and put things together yet still allow them to maintain their individual identity even when blended so they can grow and continue to learn. While a Dry Quality tends to be firmly set in their ways which produces separation in which boundaries often with unwillingness to compromise so become more distinct and clearer in their personality so that its definition becomes apparent and any change would be difficult. Often life consists of well-set behaviors and extremely direct in how they handle their life and decisions which for some may be too much but they often successful in leadership positions as they are ambitious and goal oriented.

Two Qualities of an Element

Fire Signs (Hot and Dry): Extremely active, moving out from oneself, that is productive so that separation or refinement can occur. Have a purifying effect that move towards acquiring knowledge and utilizing intuition to bring understanding and clarity.

Air Signs (Hot and Moist): Filled with activity and motion with outward movement so that connections can be established that build one's perception that reflects the possibilities within one's understanding so thoughts and ideas can be shared and better understood.

Earth Signs (Cold and Dry): Here the energy moves inward to provide stability with limited change so as to bring forth well-established forms with discrete definitions. This leads to solid structure that endures and will be preserved.

Water Signs (Cold and Moist): Things slow down and contract and move inward so they may be absorbed and retained while also blending and changing form so as to adapt as this produces sensitivity so you may understand the world through experience, influences, and the impressions it imparts within you.

As an example, let's consider **Aries** which is a **Fire Sign**. As a Fire Sign it consists of two qualities of **Hot** and **Dry**. Being Hot indicates activity and movement to action while being Dry it has a strong desire toward independence of its actions. In being in the **Cardinal State** it is strong bent towards activity and initiative.

Elements and Temperaments

Temperament is the emotional character that we are born with, while our personality is both innate and a result of our environment. Each of the elements has a Temperament (*Choleric, Sanguine, Phlegmatic, or Melancholic*) with positive and negative attributes which is determined by the “*season and Moon phase ... ; [the] prominent planets in the chart; and the phase of [prominent] planet relative to the Sun*”.

Element	Temperament	(+) Attributes	(-) Attributes
Fire	<i>Choleric</i>	Active, bold, extroverts, confident, goal/results oriented, creative, visionary, hard-working, passionate	Prone to anger and stress, dominant, inflexible, insensitive, impatient,
Air	<i>Sanguine</i>	Social, outgoing, curious, playful, lively, enthusiastic, optimistic, hopeful, charismatic, independent	Indulgent, party to excess, unfiltered speech, must be popular
Water	<i>Phlegmatic</i>	Faithful, good-natured, calm, sensitive, patient, empathetic, adaptable	Mind can become slow, boughed down, and passive at times.
Earth	<i>Melancholic</i>	Introspective, realistic, analytic, detail-oriented, organized, creative, reliable, cautious	Withdrawn, frugal, sad moods, nervousness and prone to exhaustion

Elemental Hand Shape Descriptions

***** FIRE *****

Long rectangular palms with short fingers
Middle finger less than $\frac{3}{4}$ length of palm
Palm has diamond or teardrop-shape (when fingers are together)
Distinctive creases, many red lines, with well-defined mounds.
Thick fingers
Reddish hue to skin and rough

***** AIR *****

Small square thick palms with long fingers (equal or longer than palm)
Slight hands with thin spindly fingers
Bony appearance with well-defined knuckles that protrude
Dry palm
Soft and smooth skin with numerous lines

***** EARTH *****

Large square broad palms, with short fingers
“Squished or compressed” appearance due to wideness
Resistance is firm and solid, fleshy to the touch
Distinct dermal ridge pattern on surface of skin
Heavy towards the base of the wrist
Thicker fingers especially on joint closest to the palm
Thick skin that is rough or coarse

***** WATER *****

Long narrow rectangular palms and long narrow fingers
Width of palm is less than $\frac{3}{4}$ its length
Resistance is soft, moist or clammy palms
Hands are graceful and delicate
Soft, shiny skin, with many crisscrossing lines

Determining the Elemental Energy of the Hand

Method #1

The first method to determine the prominent energy (*Earth, Air, Fire, or Water*) from the shape of the hand is to compare the size of the palm to the middle finger (third finger between the index and ring finger).

Measure the Palm from its base to the top: _____ cm

Measure the Middle Finger _____ cm

Condition:

Might Indicate:

Middle Finger < the Palm

Fire or Earth

Middle Finger > the Palm

Air

Middle Finger = the Palm

Water

Method #2

The second method to determine the prominent energy (*Earth, Air, Fire, or Water*) from the shape of the hand is to use a simple dichotomous key in which you first determine if the palm is *square* or *rectangular* and then consider the *size of the fingers*.

In a dichotomous key you start with the first set of paired statements for #1 (1a and 1b) and select the one that best determines the palm shape (square or rectangle).

If the palm is *square* that then you Go to #2 and select the best statement that represents the fingers from either statement 2a or 2b. If the fingers are *long* (2b) then the subject has *Water Hands*.

Dichotomous Key to Determine Palm Type

- | | |
|-------------------------------------|-------------|
| 1a. The palm is square | Go to 2 |
| 1b. The palm is rectangular | Go to 3 |
| 2a. Fingers have similar proportion | Earth Hands |
| 2b. Fingers are Long | Water Hands |
| 3a. Fingers are Long | Air Hands |
| 3b. Fingers are Short | Fire hands |

Method #3

The Third Method to determine the prominent energy (*Earth, Air, Fire, or Water*) of the hand is to use a *2 x 2 Table* with the two choices for hand width across the top: **Broad** (wide or square) or **Narrow** (rectangular) and the two choices for finger length along the side: **Long** or **Short**. The outcomes of the two choices in terms of the hand description and zodiacal element is in the white boxes. For example, if a person has a *Broad Palm* (choice #1) with *Short Fingers* (choice 3) the result is Broad and Short and therefore, the Element of their hand is *EARTH*.

	Broad	Narrow
Long	Broad and Long AIR	Narrow and Long WATER
Short	Broad and Short EARTH	Narrow and Short FIRE

Practice the Three Methods

Spend some time determining the Elemental Energy of different people's hands and determine which method worked best for you in terms of producing "correct" results. **It will be helpful if you find a picture of hand shapes for the four zodiacal elements so that you can compare your results to the pictures.**

[illegible]

Understanding the Elemental Hand Types

AIR HANDS:

Intellectual, Communitive, Adaptable, and Social

Those with the Air Element are the intellectuals as they are curious, detail oriented, and need constant mental stimulation in their lives. They are highly observant, always processing things that they see and hear, responding with exceptional communication skills so they can adapt to any situation. The Air element means that they are free-spirited and have a strong social nature and are unafraid to speak their mind. However, they can also be tender and have great respect for developing and maintaining relationships. Yet, with deep thinking also comes the potential for worry, getting stuck in one's own heads, and being somewhat detached at times. People with Air energy are often seen in all areas of the communication and media fields and tend to be excellent writers.

EARTH HANDS:

Practical, Stable, Focused and Grounded

If you have Earth Hands then you are reliable and hardworking and focused on your goals that you demonstrate endurance in achieving. Yet, you are quiet and patient and a reliable friend. As you are grounded in your nature your reactions to difficult situations tend to be slow and quiet, even overly cautious so that you take any unneeded risks. By slowing things down, you can take greater pleasure in those things that come into your life. As an Earth person you are deeply grounded and extremely practical, patient, dedicated and a person of great common sense that appreciates repetition and routines and you will only change after a long time. You are the one who can be counted upon in the most difficult of times and will deal with all issue in a pragmatic fashion. With you there is security especially in all attempts to sustain life. Yet, Earth people can be impatient and obstinate sometime stuck in the present so that they have difficulty in long-term goal planning and its follow through. Earth people love to work their hands, be outdoors in nature, working as builders and engineers.

FIRE HANDS:

Passionate, Energetic, Confident, and Bold

Fire hands indicate that you are passionate and powerful with a personality that is enthusiastic and highly energetic. You are bold and courageous willing to take risks and at times even be impulsive. Your confidence, ambition, and industriousness make you an excellent leader. As an extrovert, you enthusiastic always full of life and ready for excitement by accepting challenges and risks. You

have a strong imagination and believe that your special, the center of the world. Fire people are independent, creative, that are strongly motivated by their passions and desires. The fire energy makes you spontaneous and apply yourself completely to a cause. However, Fire people often lack empathy and tact and patience if things do not move quickly enough for them. They excel as athletes, actors and performers and in high energy or challenging professions.

WATER HANDS:

Emotional, Intuitive, Compassionate and Sensitive

Water hands are a strong indication of highly sensitive person with a vivid imagination who are emotional, empathetic, compassionate, and gentle by their nature. Even though their personality is quiet they have an overwhelming source of inner feelings and emotions. They are creative, intuitive, and highly spiritual. And in some cases, even possess psychic abilities and are deeply in tune with the universe. Even though they tend to be people of culture and refinement they are the least materialistic of the four elements. Water people are kind-hearted and vulnerable and can be easily hurt in relationships as they need to feel sufficiently loved at all times or sometimes, they lose control of their emotions or they become overwhelmed by their emotions. And due to their deep sensitivity, they can be high strung, impressionable, and moody. Ultimately, they use their energies to best serve their fellow man. Water people prefer low-pressure jobs and often find careers as artists, musicians, poets, counselors, and healers.

Palmistry/Astrology Portfolio: Visuals

During this self-study course many concepts, ideas, definitions, procedures, etc. will be presented. It will be helpful if you search out additional supplemental information to better help you understand the material presented.

Finding visuals: pictures, diagrams, tables, charts, etc. that reflect the information being presented are perhaps most helpful in understanding, learning, and internalizing information. Especially visuals that connect multiple pieces of information using different colors to better help you envision what is being shown. You can download the images or take screenshots and place them into a folder on your computer and then organize the pictures into various sub-folders so you may more quickly locate the images you want to work with at a future time.

Collect visuals on the same topic so you can decide which is most helpful and why. Then as you find new visuals you change your mind on which visual is best and why. You can also add information to a visual by labelling, highlighting, including new content or variables, writing your own caption or summary, etc.

******For this lesson, it would be helpful if you collected visuals showing the different hand shapes for each zodiacal element. ******

Summary Questions

1. What is the nature of the four zodiacal elements?
2. How are the three methods of determining the zodiacal element of the hand similar and different?
3. What is a triplicity and why are they important?
4. How can we describe the core qualities of the elements?
5. What can you learn from each elemental hand type?

Research Questions

1. How can you describe each sign for the Fire triplicities?
2. How can you describe each sign for the Air triplicities?
3. How can you describe each sign for the Earth triplicities?
4. How can you describe each sign for the Water triplicities?
5. How did C. G. Jung show the elements corresponded to four basic functions of the psyche?

Thoughts for Meditation

1. *“Understanding the elements in astrology gives you the core building blocks of this healing art [palmistry].”*
2. *“The elemental shape of the hand often aligns with the weight of one’s astrological chart toward one of the[se] four elements.”*
3. *“Fire doesn’t relate—it asserts and perceives directly.”*
4. *“Air’s intellect is plural—it creates perspective through relation”*
5. *“Water perceives not by logic or direct knowledge, but through resonance and continuity”*

3-2-1 Reflection

[illegible]

TRF Lessons on Palmistry and Healing

Lesson #3: *Astrological Classification of the Hand, Part Two*

“The first branch of palmistry [cheirognomy] deals with the shape of the hands and fingers and relates to the influence of heredity on the character of a person.

In **Lesson #2** we discussed how to classify the hand shapes using the four zodiacal elements (*Earth, Air, Fire, and Water*). In this lesson (#3) we shall discuss another method by which the hand shapes can be classified into seven types of hands based upon Casimir Stanislas D’Arpentigny’s, book “*La Chiromonie, Ou l’Art de Reconnaître Les Tendances de l’Intelligence d’Après Les Formes de la Main*”, which was then translated as ***The Science of the Hand*** by Edward Heron-Allen in 1886. It is a very popular method that many palmists use to place the hands into seven types: elemental (rudimentary), spatulate, square (practical), knotty (philosophical), conical (artistic), psychic (idealistic), and mixed.

Each hand shape is associated with one to three Astrological Signs (as indicated). Therefore, as an Astro-Palmist you should also consult the person’s horoscope to determine where in the astrological chart that the specified sign(s) occur and what they are associated with, i.e., the *House to which it belongs, the planets that occur within it, the transits of other planets, relationship to the Ascendant, Midheaven, Fortune, etc.* In the case of the Elementary Hand, it is only associated with one sign, *Taurus*. While the Philosophical Hand is associated with three signs: *Sagittarius, Aquarius, Capricorn* and also heavily influenced by the planet *Saturn*. Therefore, it will be important to consider what each of these three signs as well as planet Saturn are telling us with that person’s horoscope so that we may more fully understand the person at that given point in time.

For each Astrological Sign indicated for the seven hand types, the ***Basic, Positive, and Negative Keywords*** from the Rosicrucian Fellowship’s ***ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*** are provided as well as Max and Augusta Foss Heindel’s description of a person for each sign taken from their book, *Message of the Stars*.

1. Elementary Hand (Rudimentary)

These are the people who are quite instinctual in which they might be slow thinking and slow to perceive but their instincts and strong connection to nature allows them to effectively deal with all aspects of life. They often excellent craftsman and with any outdoor work especially with plants and animals.

Description:

- Large, square, thick and heavy (muscular or meaty) palm
- Hand has a coarse, brutal or ugly look
- Hard and stiff hands

- Short, thick stubby fingers
- Short, straight, rigid thumb that is set low into the palm
- Few lines on palm
- Rough Skin

Indications and Tendencies:

- Lowest mentality
- Prefer to simply view the world
- Keep feelings within
- Stubborn, indifferent, aggressive with a violent temper
- Limited ambition or passion (beyond satisfying basic needs), sentimentality, imagination or feelings
- Behave instinctually, slowly
- Unable to control their desires and passions
- Often clever in their ways (but not smart)
- Use physical strength rather than intelligence
- Seen predominately in males
- Connected to nature

Work and Profession

- Capable of hard work and physical effort
- High pain tolerance
- Dependable
- Like to work with plants and animals
- Laborers, farmers, construction work, agriculture, mining

Key Words

- Hard working
- Nature-lovers
- Stubborn
- Dependable
- Direct

Astrological Sign: *Taurus, The Bull*

Basic: Determination, interest in mundane affairs.

Pos: Endurance, thoroughness, conservatism, patience.

Neg: Obstinacy, argumentativeness.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Taurus is represented by a Bull in the Zodiac, and the bodies generated under this sign are usually short and stocky. They have a strong neck with the bump of amativeness well developed, large lobe of the ear, heavy jaws, full face; nose short and stubby. Dark eyes and wavy hair frequently give them considerable beauty. The eye of the Taurean may never dart bolts of fire such as those wherewith the Arian would annihilate his enemies; it is softer, but under provocation it becomes sullenly expressive of the passive resistance wherewith these people win their battles. It then marks the difference between the impulsive Aries and the stubborn Taurus. The inner phalange of the thumb is large and heavy, the calves well developed and the foot chubby. In walking the Taurean usually plants his heel first, and heaviest.

Taurus people are pre-eminently "thorough and steadfast" in everything they do: In love, in hate, in work or play, they persist in a given direction, and neither reason nor argument will turn them. They are verbose and argumentative in defense of their actions or opinions; they grasp new ideas slowly, with difficulty and conservatively, but once comprehended and espoused, they always remember what they have learned and defend their opinions to the last ditch.

The Sun rising in Taurus gives an unusually firm physique, and accentuates the Taurus pride in strength. The Moon, being the planet of fecundity, is exalted in this exceedingly fruitful sign; hence people with the Moon in Taurus have large families, particularly if the configuration is in the fifth house, for that designates children.

Venus, the ruler of Taurus, rising in that sign, makes the form beautiful as well as strong, also giving artistic ability and musical inspiration.

- Max and Augusta Foss Heindel, *The Message of the Stars*

2. Square Hand (Practical)

People with a square hand are quite logical and set in their ways. Often quite determined and methodical they always remain patient and levelheaded. Not fond of new situations or ways as they prefer routines. Somewhat reserved and not prone to public displays of affection.

Description:

- Average size firm, smooth hands with square palms
- Hand edges and base of hand are straight
- Finger size (long or short) is proportional to the palm size
- Square fingertips and base of fingers
- Long thumb that is high on the palm and extends out from the palm
- Fingers are rigid and don't bend easily
- Large knuckles
- Square and straight wrist

Indications and Tendencies:

- Practical, determined, self-disciplined, organized, persistent, and analytic
- Logical, orderly, conservative and precise
- Materialistic and good money makers
- Level-headed and develop strong friendships
- Difficulty in expressing their affection
- Follow rules, regulations, and laws with a strong sense of fairness and justice, easily deal with difficult situations
- Religious and/or superstitious
- Limited imagination, lack spontaneity
- Avoid confrontation but can be obstinate

Work and Profession

- Excellent, reliable, trustworthy workers
- They are methodical, meticulous, and concerned about precision
- Doctors, engineers, business men, stock traders, bankers, lawyers, scientists, police, and armed forces

Key Words

- Logical
- Precise
- Level-headed
- Trustworthy
- Disciplined

Astrological Signs: *Capricorn, Virgo, some Aries*

CAPRICORN, THE GOAT

Basic: Position, honors, ambition.

Pos: Justice, organization, caution, economy, authority.

Neg: Pride, suspicion, resentfulness, pessimism, unforgiveness, justice without mercy.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Capricorn rising gives a short, slender, narrow-chested body with a thin neck, thin silky dark hair, a pale peaked face with small, weak eyes. It makes the chin pointed and turned upwards, the nose pointed and turned downwards, an impediment in the speech, ill formed lower limbs and an awkward walk. The vitality is very low, and these children are reared with great difficulty, but once infancy is past, they exhibit a tenacity that is truly amazing, and often become

very, very old; they seem to dry up into a mass of wrinkled skin and bone that is all but imperishable, this, on account of the Saturn ray which rules Capricorn. It is noticeable also, that all who have that planet prominent in the nativity show the before mentioned wrinkling of the skin, even though they may retain corpulence conferred by other configurations.

Ambition and suspicion are ruling characteristics, an inordinate desire for recognition of their claims to superiority and advancement; also suspicion that others are trying to subvert or withhold the coveted prize, is ever with these people. It causes them much unnecessary worry, and may result in habitual melancholy, particularly if Saturn is afflicted. They ought to seek amusement outdoors, read funny stories and otherwise try to cultivate a sense of the humorous from childhood, for this is one of the saddest signs, and needs all possible encouragement.

Capricorn people are successful in detective work, where secret practices are used to trap others. and persistence is required to ferret out a mystery, for they never give up. The afflicted Capricorn is very revengeful, and if by Mars, may shed blood to satisfy a grudge. The Sun rising brings out the Justice, Purity and Honor of the sign, makes Captains of Industry such as forward the great enterprises of the world.

- Max and Augusta Foss Heindel, *The Message of the Stars*

VIRGO, THE VIRGIN

Basic: Service, mentality.

Pos: Discrimination, analysis, studiousness, hygienics, purity.

Neg: Criticism, cynicism, introspection, fear of disease.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

People born when Virgo is rising are above middle stature. The upper part of the head is much more developed than the lower, the weak chin, showing lack of will and the large brain indicating greatness of intellect, being therefore earmarks of the Virgo. The face is thin, the complexion sallow, the hair brown and the eyes hazel or gray. The feet are small, the toes turn inwards and give these people a peculiar labored walk.

Virgo people are very quick and active in youth, they learn with facility, and do not work hard for knowledge; they seem to breathe it in without an effort. They acquire linguistic and elocutionary powers most readily, are fluent writers but are often cynical, cold and unforgiving when they have been injured. They are extremists in their food, and make hygiene a fad; they often fancy that they have every imaginable disease, because Virgo is the sixth sign and has a certain affinity with the sixth house, denoting health and disease.

Mercury, the ruler, is also exalted here and gives pronouncement of all the good which otherwise might be expected from the Sun.

Virgo people are slender in youth, but when the Sun of Life passes the Meridian and begins to throw its shadows toward the East, we find in them a tendency toward corpulence of body, particularly of that part ruled by Virgo, namely, the abdomen. They neglect to take exercise, and naturally on this account a sluggish condition of the intestines may set in which retains the poisons in the body and robs life of its joys, making one indifferent. In this fact lies the greatest danger of the Virgo people. Once they get into the rut of sickness, they actually "enjoy" poor health. They love to talk over their symptoms with other people, and they resent any thought or suggestion given to them that they are not sick, or that they can get well. The presence of Saturn in Virgo, or the sixth house, accentuates this tendency in the very highest degree, and therefore it is an almost infallible sign that the native will have or be subject to chronic illness, the nature of the disease being denoted by the aspect, and the afflicting planets.

In order to deal successfully with Virgo people when they have once become subject to disease, and get them out of it at all, it is necessary to be firm almost to the verge of cruelty. But though one may seem cruel in enforcing upon them the regime that is necessary to bring them away from themselves, this is really the greatest kindness that can be shown, for once these people are in the grip of sickness they stubbornly refuse to let go; they will resort to the most cunning, even childlike schemes to excite sympathy, particularly from strangers, and they will represent any effort to show them that they are not helpless invalids. At the very slightest suggestion of a hopeful nature, they sometimes lost their temper in the most unwarranted manner. But when at last they are given the deaf ear by everybody, when people who are in their immediate environment can be persuaded to show them no sympathy, then they may come to themselves. They need a shock to bring them out and away from their condition. And until they get that they never can be cured.

The Virgos make splendid nurses, if they can keep from taking on the conditions of the patient. The Virgo people never can bear to see blood shed or touch dead things. They feel bodily injury to others more than harm done to themselves, and are in fact splendidly described by the word "chicken hearted."

- Max and Augusta Foss Heindel, *The Message of the Stars*

ARIES, THE RAM

Basic: Self-esteem, initiative, pioneering.

Pos: Ambition, courage, enterprise.

Neg: Self-will, temper, brusqueness, overbearance.

- *ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*

Aries is mythologically represented as a ram and the symbol describes most accurately those born under its influence; a pointed and protruding sheep like nose, wide forehead, pointed chin and the resultant triangular face noted in many people, are unmistakable indications of their rising sign. Light brown or reddish

tint of the hair is a pronounced characteristic of the Arian,; the body is slender and well formed; if the first part of the sign is rising the body is shorter, and the complexion darker than given by the latter degrees.

Planets in the rising sign will modify the description however, and the student must use his knowledge of the character of the planets in conjunction with the description of the Sign. The Sun and Mars make the complexion more florid, the Moon and Saturn make it paler and darker, Jupiter and Venus make the body more portly. Saturn shortens. Uranus and Mercury lengthens. This applies to all the signs, but is especially marked when a planet rises in the sign it rules. Mars in Aries rising would give fiery red hair and a face full of freckles. The Sun rising in Leo would give a florid complexion with flaxen hair, but if Saturn were there, instead it would shorten the body and darken the hair.

Aries people are bold, self-confident and impulsive; they aim to lead, dislike to follow, are always ready to take the initiative in any movement that appeals to them, but often lack persistence to carry their projects to a conclusion over serious obstacles.

The Sun, and Mars the Ruler, rising in Aries would intensify the above, but as a thorough explanation will be given under the heading "The Intrinsic Nature of the Planets," the student is referred thereto. We may mention it here, however, as a peculiarity that Aries people live through fevers to which others succumb. We have known their hair to fall out, and the temperature to remain four degrees above the usual maximum for many hours without fatal result.

- Max and Augusta Foss Heindel, *The Message of the Stars*

3. The Spatulate Hand

People with a spatulate hand are high energetic and independent. Their minds are always discovering new ways to solve problems so they can bring change to the world. They clearly understand how to leverage all situations to their advantage. Often restless, they require action in their lives. They exude confidence and creativity and always fun to be with.

Description:

- Average to large square shaped hand
- Broad palm with large knuckles
- Flattened hand with irregular or crooked look
- Flattened, large fingertips or pads
- Large thumb
- Thick, irregular-shaped palm – wider at either end (base of fingers wrist)
- Spatula-like appearance with deep lines

Indications and Tendencies:

- People of action, extroverted, social
- Energetic, excitable, and enthusiastic
- Creative with inventive minds that tend to be inventive visionaries
- Excellent imagination
- Practical, confident, and determined while being independent and original
- Always interested in acquiring new knowledge
- Impatient and is quickly excited or unsettled

Work and Professions

- Active and/or adventurous professions
- Athletes, commerce, inventors, doctors, teachers, artists, poets, painters

Key Words:

- Imaginative
- Confident
- Social
- Inventive
- Adventurous

Astrological Signs: Sagittarius, Gemini, Capricorn

SAGITTARIUS, THE CENTAUR

Basic: Aspiration, idealism, orthodox religion, law, philosophy.

Pos: Generosity, love of outdoor life and athletics.

Neg: Over-confidence, dogmatism, fanaticism.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

People born with Sagittarius rising are even taller than those born under the opposite sign, Gemini, the men in particular having large hands and feet. The size and weight of the bony frame is often too much for the ligaments of the spine to support, so these people often develop a decided stoop in later years. The face is long and well formed, the nose well proportioned, dark kindly eyes and dark chestnut hair. The body is very active, but requires much rest, as the recuperative powers are below the average.

The symbol of this sign shows that there are two widely different classes born therein. One, designated by the animal body of the Centaur, is frankly in for "a good time," they are sporty, soldiers of fortune, of roving proclivities, fond of games of chance, and ready to risk their all on the turn of a card, the speed of a horse, or a game of ball, while Aries or Scorpio people may become pugilists, and

Taurus people take up wrestling as a profession. The sports of Sagittarius have no element of cruelty in them. Sagittarians when afflicted may become criminals, their crimes are never violent, however, but rather results of their indulgence of the animal nature.

The other class is the extreme opposite, symbolized by the human part of the sign. Here is the man rising above the animal nature, bending the bow of aspiration and aiming at limitless space, signifying the loftiest longing of that immortal spark of incipient divinity we call the soul. This class is law abiding and of the highest morals; from it come the pillars of the church and beloved rulers of state famed for integrity, benevolence and justice.

The Sun rising in this sign is sure to bring preferment even to those born in lowly and obscure circumstances, and accentuate all good shown in the sign; so will Jupiter, the ruler.

Sagittarius rules the thighs and therefore, naturally, configurations from this sign, if afflicted are likely to cause accidents to those parts. And it is notable fact that Sagittarius are very liable to broken bones under circumstances where people under other signs seldom meet injury.

In the eighth degree of Sagittarius we have the fixed star Antares, which has a very evil effect upon the sight. Two other nebulous spots in the Zodiac have a similar influence. One is Ascelli in Leo 6, the other Pleiades in Taurus 29. The Sun, or Moon, in one of those places and adversely configured with one of the malefics, Saturn, Mars, Uranus, or Neptune gives trouble with the eyes, according to the nature of the evil aspect; or vice versa, if Saturn, Mars, Uranus or Neptune are in one of the nebulous spots adversely configured to the Sun or Moon a similar trouble will be experienced. Should a planet like one of the above named be in retrograde motion the aspect is much worse, for when the planet has ceased to retrograde and goes direct in the Zodiac again, it will pass over which ever one of these nebulous spots it is close to a second time and thereby cause an added damage. There may be, however, a compensating side to this aspect, for it sometimes happens that while an evil configuration to one of these nebulous spots, (and Antares is the worst,) deprives a person of his sight, a benevolent configuration awakens in him a second-sight which will mitigate the loss in a degree that only those who have that sight can appreciate.

The Sagittarian must learn to realize his ideals within instead of seeking them without. We are in this school of experience for the purpose of overcoming, and it is not by running away from one place to another that we gain experience. By staying in one place, by doing our very best to attain our ideals where we are, we make our ideals come true.

- Max and Augusta Foss Heindel, *The Message of the Stars*

GEMINI, THE TWINS

Basic: Intellectuality, literary affairs, work with the hands, dualism.

Pos: Versatility, curiosity.

Neg: Changeability, indecision, superficiality.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

When Gemini is rising the body generated is tall and slender, the arms and limbs are particularly long, fingers slender, hair dark, eyes hazel. Gemini people are quick, active and alert in all their movements, habitual restlessness being noticeable in the expression of the eyes, which differs in that respect from more fixed tendencies of the eyes of those born under the two preceding signs, although of course we do not mean that the Arian always looks angry and the Taurean stubborn, nevertheless, there is a settled tendency in those directions noticeable when these people are not occupied in a certain direction; but the Gemini people have an expression which is much more vivid, changeable and past finding out. They have acutely inquiring minds, and always want to know the reason why, but often lack persistence to follow clues to the end, and thus they meet disappointment. Being tactful they avoid giving offense even under provocation, and are therefore generally liked by all; though their own affections are not deep. Two distinct classes are born under this sign; one, too fond of reading, should cultivate independent thought, instead of repeating other people's ideas, or aping their manners; the other is scientific, well balanced and reserved; a model for any person.

The Sun rising in Gemini brings out all the noblest traits of the sign; it makes the nature more settled and contented, gives more persistence and a particularly healthy and active body.

Mercury, the ruler, rising in Gemini, sharpens perception, gives ability as a writer, or speaker, but makes the person born with that position extremely irritable, vacillating and fond of change of scene and employment. Such people are best fitted for traveling salesmen.

- Max and Augusta Foss Heindel, *The Message of the Stars*

CAPRICORN, THE GOAT

Basic: Position, honors, ambition.

Pos: Justice, organization, caution, economy, authority.

Neg: Pride, suspicion, resentfulness, pessimism, unforgiveness, justice without mercy.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Capricorn rising gives a short, slender, narrow-chested body with a thin neck, thin silky dark hair, a pale peaked face with small, weak eyes. It makes the chin pointed and turned upwards, the nose pointed and turned downwards, an impediment in the speech, ill formed lower limbs and an awkward walk. The vitality is very low, and these children are reared with great difficulty, but once infancy is past, they exhibit a tenacity that is truly amazing, and often become very, very old; they seem to dry up into a mass of wrinkled skin and bone that is

all but imperishable, this, on account of the Saturn ray which rules Capricorn. It is noticeable also, that all who have that planet prominent in the nativity show the before mentioned wrinkling of the skin, even though they may retain corpulence conferred by other configurations.

Ambition and suspicion are ruling characteristics, an inordinate desire for recognition of their claims to superiority and advancement; also suspicion that others are trying to subvert or withhold the coveted prize, is ever with these people. It causes them much unnecessary worry, and may result in habitual melancholy, particularly if Saturn is afflicted. They ought to seek amusement outdoors, read funny stories and otherwise try to cultivate a sense of the humorous from childhood, for this is one of the saddest signs, and needs all possible encouragement.

Capricorn people are successful in detective work, where secret practices are used to trap others. and persistence is required to ferret out a mystery, for they never give up. The afflicted Capricorn is very revengeful, and if by Mars, may shed blood to satisfy a grudge. The Sun rising brings out the Justice, Purity and Honor of the sign, makes Captains of Industry such as forward the great enterprises of the world.

- Max and Augusta Foss Heindel, *The Message of the Stars*

4. The Conic (Artistic, Rounded) Hand

People with conic hands are the artists who are always looking to express new and different ideas. For them, life lies in experiencing the newness of what the relationships or the world has to offer. Constantly moving and driven by impulses they often never finish what they start. Romantic and sensuous, yet, they struggle with commitment.

Description:

- Medium-sized, graceful-looking hand with a broad base
- Soft, full and fleshy hands
- Rectangular Palm that has a slight upward taper
- Narrowing of the palm to the wrist
- Long smooth flexible fingers which are full at the base and taper to rounded (conical) tips
- Curve or bulge on outer edge of palm
- Fine skin texture with many fine lines

Indications and Tendencies:

- Have great creativity and artistic talent for self-expression
- Their nature is emotional, impulsive and they react by instinct
- Excellent communicators, flexible, yet easily influenced

- Can be irresponsible, selfish, with a quick temper
- Appreciate the life's physical pleasure
- Strong desire for personal and spiritual growth and advancement
- Sentimental and romantic
- Inconsistent with little follow through
- More common with women

Work and Professions:

- Painters, musicians, any of the other creative arts

Key Words:

- Creative
- Instinctual
- Emotional
- Romantic
- Pleasure-seekers

Astrological Signs: *Cancer and Libra*

CANCER, THE CRAB

Basic: Love of home, capacity for home building, tenacity, impressionability.

Pos: Sympathy, sensitiveness, artistry.

Neg: Clannishness, timidity, restlessness, indolence.

- *ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*

The chief peculiarities of the crab are a clumsy body, slender limbs and powerful claws.; people born with Cancer rising express them all. They have a large upper body, augmented in later years by a prominence of the abdomen acquired by over-eating. The mandible or lower jaw is powerfully hinged to the cranium, the face is therefore widest between the ears, the mouth is also large, and the whole construction similar to the crab's claw. The face is full, the hair brown, the eyes blue, complexion pale and sickly, for the Cancer person has the least vitality of any. The limbs are extremely slender in proportion to the large upper body, so the structure appears "top heavy," and he walks with a "rolling" gait.

Cancer people are very fond of the home and its comforts, they are quiet, reserved and adapt themselves to conditions, hence they are easy to get along with; their anger is short-lived, and they hold no spite. Though lacking in physical prowess, they are no hypocrites, but always have the courage of their convictions; they voice and defend them too.

The Sun rising in Cancer brings out and accentuates all the good qualities mentioned above, giving more ambition and pride; it also increases the vitality, and is a particular boon in that respect to people with Cancer rising on account of their very low life force. Cancer, with its ruler, the Moon, governs the stomach and hence alimentation; Leo and its ruler, the Sun, have charge of the heart and circulation. If these signs and planets are well placed in the horoscope, they counteract most other afflictions and a long lease of life is assured, but if they are afflicted, much sickness results unless intelligent care is applied to modify the omen.

The Moon, the ruler, rising in Cancer, will give much instability to the natures, and Jupiter, being exalted there, will bring fortune and fame.

- Max and Augusta Foss Heindel, *The Message of the Stars*

LIBRA, THE SCALES

Basic: Capacity for partnership, art.

Pos: Balance, justice, courtesy, artistic ability.

Neg: Indecision, lack of poise, emotional fluctuation.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Elegance may be said to express in one word the physical peculiarities of the Libran. The body is slender and graceful in youth, it becomes more plump as life advances, but even the portliness of the Libra body is pleasing. The complexion is smooth and clear, eyes are soft and blue with a kind expression; the mouth is unusually well formed and the teeth particularly fine and even.

Libra people have extremely strong conjugal affection, so strong, in fact, that it overshadows all other considerations. The Leos love their families, but their hearts take in all the world besides; not so the Librans; they are ready for any sacrifice to give comforts to those in their own immediate home circle, but they are also prepared to sacrifice any other family for their own, if necessary.

In most other traits the Librans express aptly the symbolism of their sign, a pair of scales, and their characteristics might be expressed in the word: "Changeability." They are people of "moods," because Saturn is exalted here and weighs upon the mind; the changes are sudden and extreme; they may follow a fad with as much zest as if their life depended upon it, and then without a moment's warning, drop it and take up something entirely opposite there are no half-way measures in the swing of the scales. Being naturally given to change, they are most adaptable to circumstances, and do not fret over reverses, but set about with vim and vigor to restore their fortunes.

Aries and Libra may be said to be the battlefields of the Sun and Saturn: Life and Death, Joy and Sorrow. The Sun is exalted in Aries, and vanquishes Saturn;

hence the intrepidity of Aries people. In Libra the scales tip the other way; there Saturn is exalted, and conquers the Sun; this gives a softer tone to the Libran, whose kindly politeness contrasts markedly with the Arian's brusque address. Venus, the ruler of Libra, is not alone responsible for this trait, Taurus people are blunt, though Venus rules. Venus rising in Libra gives artistic ability, Saturn turns the mind in scientific directions.

Librans usually have well shaped hands and feet, and are very proud of them.

- Max and Augusta Foss Heindel, *The Message of the Stars*

5. The Philosophical (Knotty) Hand

People with a philosophical hand feel their emotions to the deepest level and being independent and quite impractical makes them somewhat difficult to spend time with unless they make an effort to bring forth their charm. They clearly understand how to figure things out so they can navigate their way to the top within a leadership position. In a room of people they will always stand out due to their dignified presence and pride of themselves.

Description:

- Small to Average hand that is long and angular with a pointed-shape
- Square palm with slight narrowing at base and fingers
- Long, thin bony (knotted joints) fingers
- Large Thumb
- Clearly visible veins in hand

Indications and Tendencies:

- Most developed, least materialistic
- Thoughtful people that are reflective, deep thinking, idealistic, perceptive, and introspective
- Independent and difficult to understand and deal with
- Quick learners and scholarly especially towards science and philosophy
- Studious mind with a love of literature
- Rational thinkers with creative thoughts and ideas sometimes eccentric
- Desire to explore life's mysteries, spiritual pursuits, and wisdom
- Charming when needed, dignified, proud and good manners
- Associate with religion and spiritual movements

Work and Profession:

- Researchers, scientists, academic scholars, psychiatrists
- Sedentary professions

- Spiritual positions

Key Words:

- Reflective
- Scholarly
- Spiritual
- Perceptive
- Independent

Astrological Signs: *Sagittarius, Aquarius, Capricorn
and also heavily influenced by Saturn*

SAGITTARIUS, THE CENTAUR

Basic: Aspiration, idealism, orthodox religion, law, philosophy.

Pos: Generosity, love of outdoor life and athletics.

Neg: Over-confidence, dogmatism, fanaticism.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

People born with Sagittarius rising are even taller than those born under the opposite sign, Gemini, the men in particular having large hands and feet. The size and weight of the bony frame is often too much for the ligaments of the spine to support, so these people often develop a decided stoop in later years. The face is long and well formed, the nose well proportioned, dark kindly eyes and dark chestnut hair. The body is very active, but requires much rest, as the recuperative powers are below the average.

The symbol of this sign shows that there are two widely different classes born therein. One, designated by the animal body of the Centaur, is frankly in for "a good time," they are sporty, soldiers of fortune, of roving proclivities, fond of games of chance, and ready to risk their all on the turn of a card, the speed of a horse, or a game of ball, while Aries or Scorpio people may become pugilists, and Taurus people take up wrestling as a profession. The sports of Sagittarius have no element of cruelty in them. Sagittarians when afflicted may become criminals, their crimes are never violent, however, but rather results of their indulgence of the animal nature.

The other class is the extreme opposite, symbolized by the human part of the sign. Here is the man rising above the animal nature, bending the bow of aspiration and aiming at limitless space, signifying the loftiest longing of that immortal spark of incipient divinity we call the soul. This class is law abiding and

of the highest morals; from it come the pillars of the church and beloved rulers of state famed for integrity, benevolence and justice.

The Sun rising in this sign is sure to bring preferment even to those born in lowly and obscure circumstances, and accentuate all good shown in the sign; so will Jupiter, the ruler.

Sagittarius rules the thighs and therefore, naturally, configurations from this sign, if afflicted are likely to cause accidents to those parts. And it is notable fact that Sagittarius are very liable to broken bones under circumstances where people under other signs seldom meet injury.

In the eighth degree of Sagittarius, we have the fixed star Antares, which has a very evil effect upon the sight. Two other nebulous spots in the Zodiac have a similar influence. One is Ascelli in Leo 6, the other Pleiades in Taurus 29. The Sun, or Moon, in one of those places and adversely configured with one of the malefics, Saturn, Mars, Uranus, or Neptune gives trouble with the eyes, according to the nature of the evil aspect; or vice versa, if Saturn, Mars, Uranus or Neptune are in one of the nebulous spots adversely configured to the Sun or Moon a similar trouble will be experienced. Should a planet like one of the above named by in retrograde motion the aspect is much worse, for when the planet has ceased to retrograde and goes direct in the Zodiac again, it will pass over which ever one of these nebulous spots it is close to a second time and thereby cause an added damage. There may be, however, a compensating side to this aspect, for it sometimes happens that while an evil configuration to one of these nebulous spots, (and Antares is the worst,) deprives a person of his sight, a benevolent configuration awakens in him a second-sight which will mitigate the loss in a degree that only those who have that sight can appreciate.

The Sagittarian must learn to realize his ideals within instead of seeking them without. We are in this school of experience for the purpose of overcoming, and it is not by running away from one place to another that we gain experience. By staying in one place, by doing our very best to attain our ideals where we are, we make our ideals come true.

- Max and Augusta Foss Heindel, *The Message of the Stars*

AQUARIUS, THE WATER BEARER

Basic: Humanitarianism, science, new systems, corporations, universality, universal friendship.

Pos: Progressiveness, cooperation, diplomacy.

Neg: Impracticality, undervaluation of personal friendships, dictatorship.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

The stateliness and pride of those born under the sign of Leo are not missing in the typical Aquarian, but while in the Leo these qualities are of a lower, more bestial nature agreeable to the sign, they are manly pride and stateliness in the true Aquarian. Libra generates a beautiful body but more effeminate as it were, whereas the Aquarian beauty is truly manly or womanly; the fearless eye is kindly and drooping eyelashes are peculiar to this sign. The forehead is square, and the well-developed poise tells of intellect, the large domed head shows the spiritual side of the nature and the chin is sufficiently developed to give purpose to all actions. Thus, the typical Aquarian is the highest grade of humanity; but therefore, also exceedingly rare, for the variants produced in each sign from the typical, by the interposition of one or more planets are so different that the type is often unrecognizable in the majority of its features. Aquarians are most loyal to friends; therefore, they attract many, keep them through life, and are much benefited by them. Like Capricorn, this sign is ruled by Saturn, and he gives to the Aquarian the same retiring nature and tendency to melancholy which marks the Capricornian, but also the persistence in the following a given course; and whatever financial success comes to these people is the result of continued and patient effort; Aquarians are very deliberate and long suffering; they never act in a hurry, and therefore seldom have cause to regret their actions, save when reason has been stilled through play upon their sympathies, for under such circumstances they are readily imposed upon. the love nature is very strong, but they are not as demonstrative as the Leo. It is noteworthy that the qualities of opposite signs are always reflected; Leo in Aquarius, reflects love; Taurus mirrors the passion of Scorpio; the Gemini body is a reflex of the bony Sagittarius frame, etc.

The Sun and Saturn bring out more prominently the good traits of Aquarius; this sign, where Saturn rules and Libra, where he is exalted, are therefore under his most benign influence. The Sun in Aquarius adds much hope and life to the nature, and thus counteracts the melancholy trait previously mentioned.

- Max and Augusta Foss Heindel, *The Message of the Stars*

CAPRICORN, THE GOAT

Basic: Position, honors, ambition.

Pos: Justice, organization, caution, economy, authority.

Neg: Pride, suspicion, resentfulness, pessimism, unforgiveness, justice without mercy.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Capricorn rising gives a short, slender, narrow-chested body with a thin neck, thin silky dark hair, a pale peaked face with small, weak eyes. It makes the chin pointed and turned upwards, the nose pointed and turned downwards, an impediment in the speech, ill formed lower limbs and an awkward walk. The vitality is very low, and these children are reared with great difficulty, but once infancy is past, they exhibit a tenacity that is truly amazing, and often become

very, very old; they seem to dry up into a mass of wrinkled skin and bone that is all but imperishable, this, on account of the Saturn ray which rules Capricorn. It is noticeable also, that all who have that planet prominent in the nativity show the before mentioned wrinkling of the skin, even though they may retain corpulence conferred by other configurations.

Ambition and suspicion are ruling characteristics, an inordinate desire for recognition of their claims to superiority and advancement; also suspicion that others are trying to subvert or withhold the coveted prize, is ever with these people. It causes them much unnecessary worry, and may result in habitual melancholy, particularly if Saturn is afflicted. They ought to seek amusement outdoors, read funny stories and otherwise try to cultivate a sense of the humorous from childhood, for this is one of the saddest signs, and needs all possible encouragement.

Capricorn people are successful in detective work, where secret practices are used to trap others. and persistence is required to ferret out a mystery, for they never give up. The afflicted Capricorn is very revengeful, and if by Mars, may shed blood to satisfy a grudge. The Sun rising brings out the Justice, Purity and Honor of the sign, makes Captains of Industry such as forward the great enterprises of the world.

- Max and Augusta Foss Heindel, *The Message of the Stars*

SATURN, THE PLANET OF SORROW

KEYNOTE: OBSTRUCTION

Basic: Contraction, persistence, caution.

Pos: Faithfulness, stability, concentration, analysis, system, building qualities, tact, diplomacy, justice, thrift, economy, deliberation, conservatism, endurance, discipline.

Neg: Crystallization, obstruction, selfishness, slowness, fearfulness, limitation, materialism, melancholy, pessimism, avarice, secretiveness, suspicion, severity, cynicism.

- *ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*

A fruitful method of acquiring knowledge is by comparison of similars and contrasts of opposites; thus, lights and sidelights are brought out, which otherwise may escape attention.

Applying this method to the Sun and Saturn, we remember that the keyword of the Sun is "Life," and at the vernal equinox when the Sun is in Aries, the sign of its exaltation, we may readily note the powerful effect of the crestwave of vital fluid then poured over the earth. Nature is vibrant with life, which races through the forms of all kingdoms and endues them with such abundance of vitality that they are compelled to generate in order to take care of the overflow. Life

manifests as motion; but the keynote of Saturn is Obstruction, therefore that is the planet of decrepitude and decay, and consequently when the Sun is in Libra, the sign of Saturn's exaltation, at the fall equinox, Nature is tired and ready for its wintry sleep. The human frame also is energized by the solar life contained in our food, which enters our system through the head and throat, governed by the exaltation signs of the Builders, the Sun and Moon, and is eliminated by the Sun and Moon, and is eliminated by the activity of the liver and kidneys ruled by Saturn and his exaltation sign, Libra.

In youth, when the Sun forces surge through the frame, assimilation and excretion balance, but as time goes on, "Chronos" or Saturn accumulates obstructions in the organs of excretion, and elimination is gradually restricted, the avenues of life are dammed up, and decrepitude and decay turn the scales of life (Libra) towards the realm of death.

Similarly in other departments of life; where the Sun makes the social favorite, by imbuing him with optimism and a bright sunny smile, Saturn makes recluses and sours existence with frowns and pessimism; where the Sun furthers our worldly affairs and makes things run smoothly, Saturn causes provoking delays of the most inexplicable nature; all the world seems to conspire to frustrate our plans.

In the Kingdom of God all things are balanced to produce the highest ultimate good to all, and so the influence of Saturn is used to offset the exuberant life of Mars. The intrinsic nature of Saturn is obstruction; he is slow and persistent as Mars is impulsive and quick to change; he takes no chances, but looks before he leaps, and his cold, calculating reason misses no flaws in any scheme.

In the horoscope of a young soul Mars is dominant and the man grows along physical lines much as animals do under the law of the survival of the fittest, but gradually the thumbscrews of Saturn are put on, squares and oppositions bring sorrow and suffering; Saturn is placed above Mars in the horoscope, to frustrate and check him, till it seems as if every effort were futile because of the Saturnian obstruction.

Elijah could not hear the voice of guidance in the fire, the storm nor the earthquake, but when the tumult was over he heard "the still small voice" to cheer him; and likewise with us, while we yield to the unchecked Mars impulses our lives are too turbulent to admit of communion with the Higher Self, but when the sorrows of Saturn have chastened the unruly Mars spirit, when the night seems darkest, as in Elijah's cave, then we also hear the voice that shall speak peace after the storm.

The leash of Saturn is not pleasant; we sometimes chafe, fret and fume while being thus held in leash, but meanwhile we ripen and are more fitted, when the obstruction is removed, to have or use that which Saturn delayed, for as we develop physical muscle by overcoming physical obstacles, so we cultivate soul power by the resistance spiritually engendered by Saturn. The teaching which he gives may be summed up in the motto: "Patient persistence in well doing."

Most of us when considering Saturn in the horoscope are inclined to look upon him as evil on account of the affliction he brings, but that is only a one-sided

view, for there is nothing evil in God's Kingdom. What appears so is merely good in the making. When we remember that the destiny shown by our horoscope is of our own making in past existences then we shall understand that Saturn only marks the weak spots in our horoscope, where we are vulnerable and liable to go wrong. When the weak points have been brought out through temptation, and we have yielded, the punishment follows automatically as a natural and logical sequence, for every wrong acts carries in itself the seed of punishment which brings home to our consciousness the mistakes we have made. We must hold clearly before our mind's eye that through the planets incline to a certain life of action we, as evolving Egos, are supposed to discriminate between good and evil and choose only that which is good. If we fail in this respect and yield to the temptation the transgression merits a just recompense under the laws of nature and these are the things signified by Saturn. We are not punished because we are tempted but we are punished because we yielded. Supposing for instance that Saturn is in Cancer, then it is plain that in the past we have yielded to an inordinate desire for food, that in consequence our digestive organs have become impaired and that if we do not learn frugality and discrimination in the choice of our food, we shall be punished by digestive disorders. We will then be tempted to indulge in dainties and perhaps we will have an aversion for the simple foods which are best for us. The temptation, however, will cause no trouble to the stomach unless we yield and satisfy our appetite. Then the food, and not an avenging Deity, automatically punishes us until we learn to curb our appetite. Similarly in other departments of life, if Saturn is on the Ascendant or in the Third or Ninth Houses and adversely aspected to Mercury or the Moon, it causes us to brood over our troubles and fills our lives with gloom. It gives an obstruction there to warn us that we should be more sociable and not turn our faces away from the sunshine of life. God is at the helm of the universe, His ministers are continually working with us for good, there is really no reason for blues and if we cannot see it today Saturn is going to tighten his grip tomorrow and crush harder and harder until with the sheer courage of desperation, we burst his bonds and jump out into the joy and sunshine of life.

If it were not for the chastening, subduing influence of Saturn we should be liable to run amuck and burn out the lamp of life quickly in the exuberance of spirits. Saturn is well symbolized as Father Time with his hour-glass and scythe. He does not permit us to leave the school of life until the time has been run and the course is finished. Furthermore, he gives to humanity many of its noblest qualities. When he lays a restraining hand upon the flighty Moon or Mercury, the swift "messenger of the gods," he deepens the mind and makes it more serious and better able to concentrate upon the problems of life. He makes the mind resourceful and better able to cope with the difficulties of our existence. Tact and diplomacy, method and system, patience and perseverance, honor and chastity, industry and mechanical ability, justice and fair-mindedness all come from Saturn when he is well-aspected and it is only when we transgress the principles for which he stands that under the influences generated by his adverse aspects he punishes us until he has brought us to our knees to pray to our Father in Heaven for forgiveness and strength to overcome our lower nature.

- Max and Augusta Foss Heindel, *The Message of the Stars*

6. The Psychic (Idealistic) Hand

These people tend to be quite idealistic and sometimes struggle to function in the real world. Often, they are too trusting of others and then fail to learn when a given issues arise again. They are visionaries who are extremely sensitive and often present with psychic abilities, a vivid imagination, and a keen interest in beauty. While looking to spiritually advance they also need to learn the ways of their everyday life.

Description:

- Smaller sized hand that are soft to touch
- Long, narrow, elongated and pointed hand
- Beautiful smooth appearance
- Smooth, slender, flexible Fingers that taper
- Pointed fingertips
- Small graceful thumb
- Skin is pale and has a very fine texture with many lines

Indications and Tendencies:

- Benevolent, pure-hearted, gentle and quiet
- Strong intuition, spiritual outlook, and dreamers
- Occult and divination interests
- Visionaries and Likely to develop psychic abilities
- Not physically strong
- Driven by feelings and uninterested in business
- Poor self-discipline, common sense, and punctuality
- Empathetic and quite sensitive so they can be impressionable
- Need help to function in real world
- Somewhat rare

Work and Profession:

- Healers, therapists, philosophers, spiritual guides

Key Words:

- Psychic
- Intuitive
- Visionary
- Benevolent
- Dreamer
- Sensitive

Astrological Signs: *Aquarius, Pisces*

AQUARIUS, THE WATER BEARER

Basic: Humanitarianism, science, new systems, corporations, universality, universal friendship.

Pos: Progressiveness, cooperation, diplomacy.

Neg: Impracticality, undervaluation of personal friendships, dictatorship.

- *ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*

The stateliness and pride of those born under the sign of Leo are not missing in the typical Aquarian, but while in the Leo these qualities are of a lower, more bestial nature agreeable to the sign, they are manly pride and stateliness in the true Aquarian. Libra generates a beautiful body but more effeminate as it were, whereas the Aquarian beauty is truly manly or womanly; the fearless eye is kindly and drooping eyelashes are peculiar to this sign. The forehead is square, and the well-developed poise tells of intellect, the large domed head shows the spiritual side of the nature and the chin is sufficiently developed to give purpose to all actions. Thus, the typical Aquarian is the highest grade of humanity; but therefore, also exceedingly rare, for the variants produced in each sign from the typical, by the interposition of one or more planets are so different that the type is often unrecognizable in the majority of its features. Aquarians are most loyal to friends; therefore, they attract many, keep them through life, and are much benefited by them. Like Capricorn, this sign is ruled by Saturn, and he gives to the Aquarian the same retiring nature and tendency to melancholy which marks the Capricornian, but also the persistence in the following a given course; and whatever financial success comes to these people is the result of continued and patient effort; Aquarians are very deliberate and long suffering; they never act in a hurry, and therefore seldom have cause to regret their actions, save when reason has been stilled through play upon their sympathies, for under such circumstances they are readily imposed upon. the love nature is very strong, but they are not as demonstrative as the Leo. It is noteworthy that the qualities of opposite signs are always reflected; Leo in Aquarius, reflects love; Taurus mirrors the passion of Scorpio; the Gemini body is a reflex of the bony Sagittarius frame, etc.

The Sun and Saturn bring out more prominently the good traits of Aquarius; this sign, where Saturn rules and Libra, where he is exalted, are therefore under his most benign influence. The Sun in Aquarius adds much hope and life to the nature, and thus counteracts the melancholy trait previously mentioned.

- **Max and Augusta Foss Heindel, *The Message of the Stars***

PISCES, THE FISHES

Basic: Sensitiveness to superphysical influences, sense of unity with all life, mysticism, ripe destiny.

Pos: Intuitiveness, inspiration, compassion, renunciation, sacrifice.

Neg: Psychic negativeness, introspection, lack of confidence, secretiveness, sorrow, procrastination.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

The typical Piscean is short, flabby and fleshy with a waddling gait not unlike those born under the sign Cancer, but differs from them by having a stouter body. The feet are often turned in, but larger than those born under Virgo. The body is weak and deficient in recuperative force. The complexion is medium, the eyes blue, watery and expressionless, the nose large and flat.

There is a strong tendency to mediumship among the Pisces people, and therein is a danger greater than any other on earth. No one should "sit for development" and degenerate into the tool of low spirits, but Pisces people in particular are "lost" if taken control of. They cannot free themselves, either in this life or the next, because generally inert and devoid of willpower. They are timid, and even the mean are tearful on the slightest provocation; they love leisure more than comfort, and do no work which is not absolutely necessary to keep body and soul together. They love change of scene, rove about considerably, generally in an aimless manner. Being fond of good things to eat and drink, particularly the latter, and lacking will to curb their appetite when afflicted, they frequently indulge their craving to such an extent that they become habitual drunkards.

The Sun rising in Pisces gives more energy and ambition, Jupiter, the ruler, strengthens the morals, and Venus exalted in this sign, gives great musical talent, but accentuates the tendency to alcoholic indulgence, which mars the lives of so many splendid musicians.

When many planets are in Pisces, the person will have a hard life, because he or she will not want to take up life's burden, but will love to dream; such people become recluses; they seek to master the hidden arts, occultism and mysticism; are not guided by reason, but rather by their likes and dislikes, and unless they can find an occupation that is otherwise isolated from the ordinary business and trend of life they will feel out of place. They are prone to incur the enmity of people with whom they come in contact intimately, nobody seems to get along with them, and nearly everybody, whether he or she shows it or not, will take a dislike to them.

There is, however, a higher side to Pisces; the person who finds himself with Pisces on the ascendant is at the end of one cycle of progress and at the beginning of a new. He stands, as it were, upon the threshold of something higher. Therefore, he is usually not able to live up to the possibilities of the sign which requires self-sacrifice and non-resistance in absolutely Christ-like fashion. The tendency is therefore to drift upon the sea of life and dream dreams of future greatness. This tendency must be counteracted by every effort of the will, for otherwise life will be a failure, and later the stern whip of necessity will be applied to goad him or her into action.

- Max and Augusta Foss Heindel, *The Message of the Stars*

7. The Mixed Hand

Most hands are actually mixed hands and do not exist purely as one of the six previously described hand types. These hands are a combination of two or more hand types in which one type may (or may not) be more obvious than the others. Therefore, as we will explore in future lessons, we will then need to look to other characteristics beyond the hand shape to obtain the person's character traits. But in general, these are highly adaptable and versatile people who are receptive to change and they understand what it means to be constantly challenged. Occasionally temperamental and inconsistent but more often looking to only take care of themselves.

Description:

- Mixture of all hand types
- Hand *"may be primarily squarish, yet one or two fingers spatulate. The overall shape of the hand may be conic, yet it also may contain elements in the more practical square hand."*
- Individual fingers can vary in shape
- Demonstrates varying degrees of each included hand type
- Observed in a large number of people

Indications and Tendencies:

- Friendly with a well-rounded nature so they can work their way through all of life's situations
- Versatile and strongly adaptive but focused is lost in constant change
- Unable to develop talent due to their changing nature
- *"Jack of all trades and master of none"* so lack of depth in understanding and success
- Willing to follow leadership
- Can be selfish at times

Key Words:

- Versatile
- Adaptive
- Kind
- Well-rounded
- Superficial

Astrological signs: *Gemini, Cancer, Aries, and Pisces*

GEMINI, THE TWINS

Basic: Intellectuality, literary affairs, work with the hands, dualism.

Pos: Versatility, curiosity.

Neg: Changeability, indecision, superficiality.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

When Gemini is rising the body generated is tall and slender, the arms and limbs are particularly long, fingers slender, hair dark, eyes hazel. Gemini people are quick, active and alert in all their movements, habitual restlessness being noticeable in the expression of the eyes, which differs in that respect from more fixed tendencies of the eyes of those born under the two preceding signs, although of course we do not mean that the Arian always looks angry and the Taurean stubborn, nevertheless, there is a settled tendency in those directions noticeable when these people are not occupied in a certain direction; but the Gemini people have an expression which is much more vivid, changeable and past finding out. They have acutely inquiring minds, and always want to know the reason why, but often lack persistence to follow clues to the end, and thus they meet disappointment. Being tactful they avoid giving offense even under provocation, and are therefore generally liked by all; though their own affections are not deep. Two distinct classes are born under this sign; one, too fond of reading, should cultivate independent thought, instead of repeating other people's ideas, or aping their manners; the other is scientific, well balanced and reserved; a model for any person.

The Sun rising in Gemini brings out all the noblest traits of the sign; it makes the nature more settled and contented, gives more persistence and a particularly healthy and active body.

Mercury, the ruler, rising in Gemini, sharpens perception, gives ability as a writer, or speaker, but makes the person born with that position extremely irritable, vacillating and fond of change of scene and employment. Such people are best fitted for traveling salesmen.

- Max and Augusta Foss Heindel, *The Message of the Stars*

CANCER, THE CRAB

Basic: Love of home, capacity for home building, tenacity, impressionability.

Pos: Sympathy, sensitiveness, artistry.

Neg: Clannishness, timidity, restlessness, indolence.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

The chief peculiarities of the crab are a clumsy body, slender limbs and powerful claws.; people born with Cancer rising express them all. They have a large upper body, augmented in later years by a prominence of the abdomen acquired by over-eating. The mandible or lower jaw is powerfully hinged to the cranium, the face is therefore widest between the ears, the mouth is also large, and the whole construction similar to the crab's claw. The face is full, the hair brown, the eyes blue, complexion pale and sickly, for the Cancer person has the least vitality of any. The limbs are extremely slender in proportion to the large upper body, so the structure appears "top heavy," and he walks with a "rolling" gait.

Cancer people are very fond of the home and its comforts, they are quiet, reserved and adapt themselves to conditions, hence they are easy to get along with; their anger is short-lived, and they hold no spite. Though lacking in physical prowess, they are no hypocrites, but always have the courage of their convictions; they voice and defend them too.

The Sun rising in Cancer brings out and accentuates all the good qualities mentioned above, giving more ambition and pride; it also increases the vitality, and is a particular boon in that respect to people with Cancer rising on account of their very low life force. Cancer, with its ruler, the Moon, governs the stomach and hence alimentation; Leo and its ruler, the Sun, have charge of the heart and circulation. If these signs and planets are well placed in the horoscope, they counteract most other afflictions and a long lease of life is assured, but if they are afflicted, much sickness results unless intelligent care is applied to modify the omen.

The Moon, the ruler, rising in Cancer, will give much instability to the natures, and Jupiter, being exalted there, will bring fortune and fame.

- Max and Augusta Foss Heindel, *The Message of the Stars*

ARIES, THE RAM

Basic: Self-esteem, initiative, pioneering.

Pos: Ambition, courage, enterprise.

Neg: Self-will, temper, brusqueness, overbearance.

- ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny

Aries is mythologically represented as a ram and the symbol describes most accurately those born under its influence; a pointed and protruding sheep like nose, wide forehead, pointed chin and the resultant triangular face noted in many people, are unmistakable indications of their rising sign. Light brown or reddish tint of the hair is a pronounced characteristic of the Arian,; the body is slender and well formed; if the first part of the sign is rising the body is shorter, and the complexion darker than given by the latter degrees.

Planets in the rising sign will modify the description however, and the student must use his knowledge of the character of the planets in conjunction with the description of the Sign. The Sun and Mars make the complexion more florid; the Moon and Saturn make it paler and darker, Jupiter and Venus make the body more portly. Saturn shortens. Uranus and Mercury lengthens. This applies to all the signs, but is especially marked when a planet rises in the sign it rules. Mars in Aries rising would give fiery red hair and a face full of freckles. The Sun rising in Leo would give a florid complexion with flaxen hair, but if Saturn were there, instead it would shorten the body and darken the hair.

Aries people are bold, self-confident and impulsive; they aim to lead, dislike to follow, are always ready to take the initiative in any movement that appeals to them, but often lack persistence to carry their projects to a conclusion over serious obstacles.

The Sun, and Mars the Ruler, rising in Aries would intensify the above, but as a thorough explanation will be given under the heading "The Intrinsic Nature of the Planets," the student is referred thereto. We may mention it here, however, as a peculiarity that Aries people live through fevers to which others succumb. We have known their hair to fall out, and the temperature to remain four degrees above the usual maximum for many hours without fatal result.

- Max and Augusta Foss Heindel, *The Message of the Stars*

PISCES, THE FISHES

Basic: Sensitiveness to superphysical influences, sense of unity with all life, mysticism, ripe destiny.

Pos: Intuitiveness, inspiration, compassion, renunciation, sacrifice.

Neg: Psychic negativeness, introspection, lack of confidence, secretiveness, sorrow, procrastination.

- *ASTROLOGICAL KEYWORD SYSTEM of Analyzing Character and Destiny*

The typical Piscean is short, flabby and fleshy with a waddling gait not unlike those born under the sign Cancer, but differs from them by having a stouter body. The feet are often turned in, but larger than those born under Virgo. The body is weak and deficient in recuperative force. The complexion is medium, the eyes blue, watery and expressionless, the nose large and flat.

There is a strong tendency to mediumship among the Pisces people, and therein is a danger greater than any other on earth. No one should "sit for development" and degenerate into the tool of low spirits, but Pisces people in particular are "lost" if taken control of. They cannot free themselves, either in this life or the next, because generally inert and devoid of willpower. They are timid, and even the mean are tearful on the slightest provocation; they love leisure more than comfort, and do no work which is not absolutely necessary to keep body and soul

together. They love change of scene, rove about considerably, generally in an aimless manner. Being fond of good things to eat and drink, particularly the latter, and lacking will to curb their appetite when afflicted, they frequently indulge their craving to such an extent that they become habitual drunkards.

The Sun rising in Pisces gives more energy and ambition, Jupiter, the ruler, strengthens the morals, and Venus exalted in this sign, gives great musical talent, but accentuates the tendency to alcoholic indulgence, which mars the lives of so many splendid musicians.

When many planets are in Pisces, the person will have a hard life, because he or she will not want to take up life's burden, but will love to dream; such people become recluses; they seek to master the hidden arts, occultism and mysticism; are not guided by reason, but rather by their likes and dislikes, and unless they can find an occupation that is otherwise isolated from the ordinary business and trend of life they will feel out of place. They are prone to incur the enmity of people with whom they come in contact intimately, nobody seems to get along with them, and nearly everybody, whether he or she shows it or not, will take a dislike to them.

There is, however, a higher side to Pisces; the person who finds himself with Pisces on the ascendant is at the end of one cycle of progress and at the beginning of a new. He stands, as it were, upon the threshold of something higher. Therefore, he is usually not able to live up to the possibilities of the sign which requires self-sacrifice and non-resistance in absolutely Christ-like fashion. The tendency is therefore to drift upon the sea of life and dream dreams of future greatness. This tendency must be counteracted by every effort of the will, for otherwise life will be a failure, and later the stern whip of necessity will be applied to goad him or her into action.

- Max and Augusta Foss Heindel, *The Message of the Stars*

Summary Activities

1. Describe the personality for each of the seven different hand shapes - in your own words.
2. Write a summary in your own words for each of the Astrological Signs presented by Max and Augusta Foss Heindel.
3. Draw a diagram for each of the seven different hand shapes.
4. Collect 2-3 additional diagrams that show the seven different hand shapes from online and/or text sources (add to your *Palmistry Portfolio*).
5. Take pictures of people's hands and determine which of the seven hand shapes they belong to and why (add to your *Palmistry Portfolio*).

Research Activities/Questions

1. Who was *Chiero* and why was he famous?
2. What are the Five Hand Types in *Chinese Astrology* and their meaning?
3. How are *calipers* used to measure angles and where would they be used on the hand?

4. Describe the basic anatomy of the hand (bones, muscles, nerves, etc.)
5. Which hand should you “read” in palmistry and why?

Thoughts for Meditation

1. **Hard work:** *“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.” - Dale Carnegie*
2. **Precision:** *“There is no science in this world like physics. Nothing comes close to the precision with which physics enables you to understand the world around you. It's the laws of physics that allow us to say exactly what time the sun is going to rise. What time the eclipse is going to begin. What time the eclipse is going to end.” - Neil deGrasse Tyson*
3. **Imaginative:** *“Logic will get you from A to B. Imagination will take you everywhere.” - Albert Einstein*
4. **Creativity:** *“Creativity itself doesn't care at all about results - the only thing it craves is the process. Learn to love the process and let whatever happens next happen, without fussing too much about it. Work like a monk, or a mule, or some other representative metaphor for diligence. Love the work. Destiny will do what it wants with you, regardless.” - Elizabeth Gilbert*
5. **Scholarly:** *“The mind of the scholar, if he would leave it large and liberal, should come in contact with other minds.” - Henry Wadsworth Longfellow*

3-2-1 Reflection

3 Most Important Things about the 7 Different Hand Shape
2 Things You Want to Explore Further About the 7 Hand Shapes

1 Connection You Made with the 7 Hand Shapes
<p><i>Key Takeaways:</i></p>

TRF Lessons on Palmistry and Healing

Lesson #4: The Four Fingers, Part 1: Finger and Phalanges Length

““The fingers are channels capable of emitting and absorbing different energies.”

In this lesson we shall consider the four fingers (excluding the thumb for a later lesson) with their astrological connections and association to our personality characteristics.

In numbering of the four fingers:

the Index Finger is **1**,
the Middle Finger is **2**,
the Ring Finger is **3**, and

the Little Finger or Pinky is 4.

Each of our fingers is associated with a planet (*Jupiter, Saturn, Sun, and Mercury*) and an element (*Water, Earth, Fire, and Air*).

The Index Finger is the **Jupiter Finger** associated with the **Water** element, the Middle Finger is the **Saturn Finger** associated with the **Earth** element, the Ring Finger is the **Sun (or Apollo) Finger** associated with the **Fire** element, and the Little Finger or the Pink is the **Mercury Finger** associated with the **Air** element. In their book, *Message of the Stars*, Max and Augusta Foss Heindel discuss the meaning of: Jupiter, Saturn, Sun, and Mercury in terms of how they may affect our personality and actions. Thus, that same information will also be reflected in our fingers as the entire finger and/or in the individual finger bones of each finger.

****Taken from the *Message of the Stars* by Max and Augusta Foss Heindel****

INDEX FINGER (1):

JUPITER THE PLANET OF BENEVOLENCE

From each of the divine Hierarchies which have ministered at birth and evolution of humanity we have received certain qualities and faculties upon which we are being nursed from nescience to omniscience and from impotence to omnipotence in life's great school. From the Lords of Venus, we received the priceless gift of love which links humanity in the tenderest affection of varying degrees and makes life beautiful. From the Lords of Mercury, we received the no less valuable gift of mind which enables us to conquer the material world and provide ourselves with the comforts of life, but something more is needed. The divine spark within us is every seeking an outlet and the greater the two qualities of love and intellect grow, the stronger the upward urge, but this cannot be fully satisfied either if the Spirit seeks to raise itself to its divine source only through the love nature expressed by Venus and culminating in its higher octave Uranus. The religious fervor then expresses itself as devotion of the most sublime nature but there is still a lack. Feeling without knowledge is incomplete. Nor can the inner urge be satisfied if through the mercurial channel of intellect, it attempts to raise itself to the spiritual perception of Neptune, the higher octave of Mercury, for though the intellect be sharp as a razor it is of no account when it is devoid of love. It therefore follows that only by the wedding of love and intellect can wisdom be born. The mercurial knowledge in itself, through neither good nor evil, may be used for one purpose or the other. Even genius shows only the bent of this knowledge. We speak of a military genius, one who has a wonderful knowledge of the tactics of war, but a man of war, whether he be a Napoleon or a common soldier, is not to be classed as wise because he deliberately crushes the finer feelings of which we take the heart as symbol. Only when the mercurial faculty of mind is tempered, blended and balanced by the heart-born faculty of love generated by the Venus ray, is wisdom born of the union. And this is the quality which the planetary spirit of Jupiter is seeking to infuse into mankind to aid them in their spiritual evolution that they may rise above the material plane and soar to higher spheres. Therefore, the Jupiterian ray makes people human, honorable, courteous, refined and generous, law-abiding and religious, cheerful and optimistic. The true Jupiterian is aptly described as a jovial fellow, and he is

usually large but his heart is almost too big to find room even within his capacious chest. The corners of his mouth are always turned upward with a broad smile that can only be described as radiant and in his hearty good-feeling he is so demonstrative that when he shakes your hand the ligaments of your arm are almost sprained. He is "hail fellow well met" with everybody, always ready to give anything or anybody a boost. He seems actually grateful to you when you ask him to do you a favor and is never so happy as when working hard to help others. He would not harm a child and never gets angry on his own account but when moved to righteous indignation on account of the wrongs of others then he may be terrible in his wrath, yet he will never be cruel to the aggressor or the oppressor, but show mercy and kindness even to them as soon as they have been vanquished. Such is the pure Jupiterian, but of course he is very seldom found at the present time. Nevertheless, an increasing number of people are beginning to walk the way of wisdom and show the Jupiterian traits.

It is said that "Opportunity knocks at every man's door," yet we often hear people bewail their fate because they "never had a chance." Saturn is blamed for our misfortunes when we have learned to study Astrology; we are so intently on the lookout for evil that we usually forget to look for the good, and thus miss our opportunity. It takes Saturn thirty years to go around the horoscope, by transit, and form aspects to all planets, but Jupiter, the most beneficent influence in the solar system, goes around once in eleven years and thus the good fortunes which he may bring are at least three times as numerous as the misfortunes brought by Saturn's evil aspects.

As a matter of fact, we get from others just what we give, each is surrounded by a subtle auric atmosphere which colors our views of others, and the thoughts, ideas and actions of others towards us. If we harbor meanness in our hearts, that colors this atmosphere so that we see meanness in others and in their actions towards us, we awaken this trait in them, as vibrations from a tuning-fork start another of the same pitch to sing. On the other hand, if we cultivate the Jupiterian qualities of benevolence, his expansive smile, his cordial attitude of mind, etc., we shall soon feel the response in our circle of acquaintances and the beneficent aspect of Jupiter will then have greater effect in making our life and work pleasant.

Jupiter is essentially dignified when found in Pisces, or in Sagittarius, the sign of aspiration. He is exalted in Cancer, the house of the Moon, for the seed-atom which furnishes the body of the incoming Ego is protected by the Moon into the sphere of Cancer but in Jupiter represents the spiritual part and therefore he presides at the ingress of the Ego itself into the body. He also rules the blood in which the indwelling spirit finds expression, though his activities are confined principally to the arterial circulation. He furthers assimilation and growth, and therefore he also rules the liver. (Saturn rules the gall bladder.) Jupiterians are very fond of show and display. In their religious observances they love ceremonial and they are rather partial to the established church but often dislike any "ism" not sanctioned by society or correct form.

When Jupiter is afflicted, his influence makes the person lawless, sensuous, self-indulgent, gluttonous, extravagant and careless in the payment of his obligations, hence liable to loss of health, trouble with the law and consequent

social disgrace. An afflicted Jupiter makes people sporty, fond of horse-racing and gambling.

MIDDLE FINGER (2):
SATURN, THE PLANET OF SORROW

A fruitful method of acquiring knowledge is by comparison of similars and contrasts of opposites; thus, lights and sidelights are brought out, which otherwise may escape attention.

Applying this method to the Sun and Saturn, we remember that the keyword of the Sun is "Life," and at the vernal equinox when the Sun is in Aries, the sign of its exaltation, we may readily note the powerful effect of the crest wave of vital fluid then poured over the earth. Nature is vibrant with life, which races through the forms of all kingdoms and endues them with such abundance of vitality that they are compelled to generate in order to take care of the overflow. Life manifests as motion; but the keynote of Saturn is Obstruction, therefore that is the planet of decrepitude and decay, and consequently when the Sun is in Libra, the sign of Saturn's exaltation, at the fall equinox, Nature is tired and ready for its wintry sleep. The human frame also is energized by the solar life contained in our food, which enters our system through the head and throat, governed by the exaltation signs of the Builders, the Sun and Moon, and is eliminated by the Sun and Moon, and is eliminated by the activity of the liver and kidneys ruled by Saturn and his exaltation sign, Libra.

In youth, when the Sun forces surge through the frame, assimilation and excretion balance, but as time goes on, "Chronos" or Saturn accumulates obstructions in the organs of excretion, and elimination is gradually restricted, the avenues of life are dammed up, and decrepitude and decay turn the scales of life (Libra) towards the realm of death.

Similarly in other departments of life; where the Sun makes the social favorite, by imbuing him with optimism and a bright sunny smile, Saturn makes recluses and sours existence with frowns and pessimism; where the Sun furthers our worldly affairs and makes things run smoothly, Saturn causes provoking delays of the most inexplicable nature; all the world seems to conspire to frustrate our plans.

In the Kingdom of God all things are balanced to produce the highest ultimate good to all, and so the influence of Saturn is used to offset the exuberant life of Mars. The intrinsic nature of Saturn is obstruction; he is slow and persistent as Mars is impulsive and quick to change; he takes no chances, but looks before he leaps, and his cold, calculating reason misses no flaws in any scheme.

In the horoscope of a young soul Mars is dominant and the man grows along physical lines much as animals do under the law of the survival of the fittest, but gradually the thumbscrews of Saturn are put on, squares and oppositions bring sorrow and suffering; Saturn is placed above Mars in the horoscope, to frustrate and check him, till it seems as if every effort were futile because of the Saturnian obstruction.

Elijah could not hear the voice of guidance in the fire, the storm nor the earthquake, but when the tumult was over he heard "the still small voice" to cheer him; and likewise with us, while we yield to the unchecked Mars impulses our lives are too turbulent to admit of communion with the Higher Self, but when the sorrows of Saturn have chastened the unruly Mars spirit, when the night seems darkest, as in Elijah's cave, then we also hear the voice that shall speak peace after the storm.

The leash of Saturn is not pleasant; we sometimes chafe, fret and fume while being thus held in leash, but meanwhile we ripen and are more fitted, when the obstruction is removed, to have or use that which Saturn delayed, for as we develop physical muscle by overcoming physical obstacles, so we cultivate soul power by the resistance spiritually engendered by Saturn. The teaching which he gives may be summed up in the motto: "Patient persistence in well doing."

Most of us when considering Saturn in the horoscope are inclined to look upon him as evil on account of the affliction he brings, but that is only a one-sided view, for there is nothing evil in God's Kingdom. What appears so is merely good in the making. When we remember that the destiny shown by our horoscope is of our own making in past existences then we shall understand that Saturn only marks the weak spots in our horoscope, where we are vulnerable and liable to go wrong. When the weak points have been brought out through temptation, and we have yielded, the punishment follows automatically as a natural and logical sequence, for every wrong act carries in itself the seed of punishment which brings home to our consciousness the mistakes we have made. We must hold clearly before our mind's eye that through the planets incline to a certain life of action we, as evolving Egos, are supposed to discriminate between good and evil and choose only that which is good. If we fail in this respect and yield to the temptation the transgression merits a just recompense under the laws of nature and these are the things signified by Saturn. We are not punished because we are tempted but we are punished because we yielded. Supposing for instance that Saturn is in Cancer, then it is plain that in the past we have yielded to an inordinate desire for food, that in consequence our digestive organs have become impaired and that if we do not learn frugality and discrimination in the choice of our food, we shall be punished by digestive disorders. We will then be tempted to indulge in dainties and perhaps we will have an aversion for the simple foods which are best for us. The temptation, however, will cause no trouble to the stomach unless we yield and satisfy our appetite. Then the food, and not an avenging Deity, automatically punishes us until we learn to curb our appetite. Similarly in other departments of life, if Saturn is on the Ascendant or in the Third or Ninth Houses and adversely aspected to Mercury or the Moon, it causes us to brood over our troubles and fills our lives with gloom. It gives an obstruction there to warn us that we should be more sociable and not turn our faces away from the sunshine of life. God is at the helm of the universe, His ministers are continually working with us for good, there is really no reason for blues and if we cannot see it today Saturn is going to tighten his grip tomorrow and crush harder and harder until with the sheer courage of desperation, we burst his bonds and jump out into the joy and sunshine of life.

If it were not for the chastening, subduing influence of Saturn we should be liable to run amuck and burn out the lamp of life quickly in the exuberance of spirits. Saturn is well symbolized as Father Time with his hour-glass and scythe.

He does not permit us to leave the school of life until the time has been run and the course is finished. Furthermore, he gives to humanity many of its noblest qualities. When he lays a restraining hand upon the flighty Moon or Mercury, the swift "messenger of the gods," he deepens the mind and makes it more serious and better able to concentrate upon the problems of life. He makes the mind resourceful and better able to cope with the difficulties of our existence. Tact and diplomacy, method and system, patience and perseverance, honor and chastity, industry and mechanical ability, justice and fair-mindedness all come from Saturn when he is well-aspected and it is only when we transgress the principles for which he stands that under the influences generated by his adverse aspects he punishes us until he has brought us to our knees to pray to our Father in Heaven for forgiveness and strength to overcome our lower nature.

RING FINGER (3): ***THE SUN, GIVER OF LIFE***

The Sun, being the center of the solar system, is recognized by all as the physical life-giver even when they do not believe in anything superphysical; it is patent to everyone from personal observation that the horizontal ray of the morning sun affects us differently from the perpendicular noon ray, and that in summer the rays carry a life-force which not only brings forth the verdure upon the fields, but also affects the human temperament, and endows us with vital energy, courage and a hopeful spirit foreign to the dark and gloomy winter months. This gloom is permanently noticeable in the temperament of people living in the far north, where the absence of sunlight makes life a struggle that saps the spirit of frolic, while in countries where abundance of sunlight lessens the cares of existence, the temperament is correspondingly vivacious and hopeful and sunny.

In the horoscope, the angel of each planetary ray at birth determines the department of life it will affect. If the child is born at the noon hour when the sun is at the Zenith, the daystar will appear in the 10th house of the horoscope and bring preferment professionally. If the child were born at midnight when the sun is directly under the place of birth its influence would be through the Fourth House, and it would brighten the old age of the child then born.

There are three unfortunate angels for the sun; Children born shortly after sunset have it in the Sixth House, which indicates sickness, and as the Sun is life-giver this position lessens the vitality and recuperative powers. Birth in the middle part of the afternoon places the Sun in the Eighth House. This is the house through which the death-dealing forces act, and logically, the Lord of Life is out of place in the House of Death. The Second House shows what income we obtain by our own efforts, and as the Eighth House is opposite the Second it reveals the sources of revenue for which we do not personally exert ourselves, that is to say, legacies, pensions or grants of a public nature. We have known people with the Sun in the Eighth House to acquire vast sums, millions in one case, by speculation in municipal necessities. Such persons are often threatened by death and sometimes have many hairbreadth escapes, but even with the best of aspects to the Sun, a ripe age is seldom attained.

When a child is born shortly after sunrise the Sun is in the Twelfth House, which is the avenue whence we reap our sorrows, and it has been our experience

that the early life of such a person is encompassed by trouble of one kind or another.

When the ascendant of a person is in doubt and the place in the Zodiac which seems to fit nearest brings the Sun into the Twelfth House, the writer has often found that the exact ascendant may be ascertained by asking the person if his childhood's life was clouded by poverty of the parents and consequent limitation for a number of years just after birth. This in all the cases where it has been found that all other events fitted in the horoscope proved a successful method of determining the true ascendant, so that the number of degrees from the ascendant to the Sun, the latter located in the Twelfth House, would indicate the years of poverty, for the Twelfth House makes for limitation in that respect, especially when the Sun is there at birth. When the Sun by progression has passed through the Twelfth House and comes into the ascendant, things begin to brighten for the person involved, and when in time it passes through the Second House, he will have a period of financial success; but as stated the Sun in the Twelfth House, just above the ascendant, usually makes a very poor home for the child during the early years of life. If Pisces is there the cause will generally be found in slothfulness and a desire for drink on the part of the parents, which make them thus neglect their offspring.

The qualities imparted by a well-placed Sun are dignity, strength of will and courage, both physical and moral, a lofty pride and a keen sense of honor and responsibility which make a person eminently reliable, a sterling honesty and a hatred of anything small, underhanded or tricky. It makes him steadfast in love, staunch in friendship and generous even to enemies. A dignified, exalted or well-placed Sun brings friendship from people in a position to bestow substantial favors and aids the person materially in his endeavors to advance in life.

When the Sun is afflicted and weak by sign and position the opposite qualities are manifested; bombastic self-assurance, and bluster, love of adulation and a desire to rule or ruin, but no courage to face opposition; indulgence of the lower nature and a waste of the vital force with a consequent loss of health and strength. When the Sun is weak the person is not to be depended on; he regards his promises as pie-crusts, made to be broken, and because of these traits such people always remain in obscurity.

In the world at large the Sun signifies employers and those in immediate authority over the person, such as judges and other government officers, and when the exigencies of life bring a person in contact with them, he will receive at their hands whatever treatment is merited by his Sun.

The Sun being masculine is significator of the marriage partner in a woman's horoscope (and the feminine Moon serves a similar purpose in a man's figure), hence a well-placed Sun is one of the indications that a man will make a good husband, and an unaspected, weak or afflicted Sun gives him a tendency to neglect his hearth and home.

As a general significator of health the Sun rules principally in masculine figures (and the Moon in feminine horoscopes), but both lights are important. It may be said however, that the health of a man is not so much endangered by afflictions of

the Moon as by a weak Sun, and vice versa, a woman suffers more if her Moon is afflicted than if her Sun is evilly aspected.

PINKY or LITTLE FINGER (4)
MERCURY, THE PLANET OF REASON

Mythologically Mercury is represented as a "Messenger of the Gods" and this is the line with the occult facts, for when infant humanity had been led astray by the marital Lucifer spirits and had fallen into generation it became necessary for the other divine hierarchies to take steps looking to a future regeneration and to further that object the Lords of Venus were brought to the earth to educate humanity in such a manner that love might be substituted for lust and men might thus be induced to aspire to something higher. While the Lords of Venus dealt with mankind in general the most precocious among them were taken in hand by the Lords of Mercury; whose wisdom-teaching is symbolically represented by the caduceus or "Staff of Mercury," consisting of two serpents twining around a rod and indicating the solution of the riddle of life, or "Whence have we come, why are we here, and whither are we bound?" showing the pupil the spiral path of Involution by which the divine spark has buried itself in matter, also the spiral path of Evolution by which humanity will eventually again reach the Father's bosom, and the short road of Initiation represented by the central rod around which the serpents twine. But to understand these Mysteries requires mind and reason. Mercury then is the mental educator of men and its place and position in the horoscope shows the status of the person's mind for whom it is cast.

Being the Messenger of the Gods to the other planets Mercury has no voice of its own and is even more dependent for expression upon the aspects of other planets than the Moon which rules the instinctual mind. So Mercury is really a focus through which the faculty of reason finds expression in the human being to act as a brake upon the lower nature and assist in lifting us from the human to the divine. Many may and do feel deeply, they may also have valuable knowledge, but they will be unable to express their feelings or share their knowledge with others if Mercury is lacking in aspects. Even a so-called evil aspect of Mercury helps to bring out what is within and is therefore better than none.

When Mercury is so placed in relation to the Sun it goes before the luminary it has the effect of materially brightening the mind, for the Sun represents the Ego and it may therefore be said that then its path is illuminated by the lamp of reason. On the other hand, if Mercury is so placed that it rises later than the Sun and thus follows after the luminary The Ego learns more by afterthought than by forethought for it walks comparatively speaking in the dark and must learn a great many of its lessons by experience.

As we have found that it is difficult for a number of young students to determine when Mercury goes before or after the Sun we may say in farther elucidation of that subject:

When Mercury is in a lower degree of the same sign as the Sun or in any degree of the previous sign then as a matter of course he rises before the Sun. To illustrate: If the Sun is in twenty degrees of Cancer and Mercury is in five, ten or

fifteen degrees of that sign or if he is in any degree of Gemini, then he rises before the Sun.

But if he is in twenty-five degrees of Cancer which is a higher degree of the same sign, or if he is in any degree in Leo which is the sign succeeding Cancer, then he rises after the Sun and loses part of his good influence.

A retrograde Mercury is also a detriment to the faculty of reason. But in the year of life when Mercury by progression again turns direct, the reasoning faculties will improve correspondingly. Mercury is strong in the airy signs, Gemini, Libra and Aquarius, but he is exalted and therefore most powerful in Virgo. Mercury has special rule over agents and messengers, salesmen, postmen and other common carriers, people engaged in advertising or printing, literary men, writers, reporters, secretaries, clerks, stenographers and typewriters, commission men and other middle men, demagogues, confidence-men and thieves.

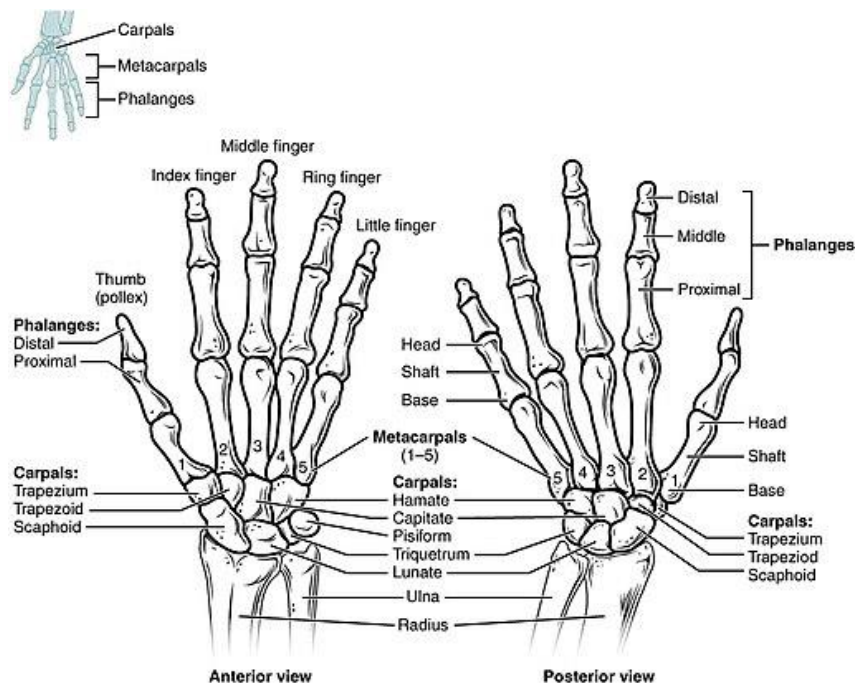
FINGER BONES: The Phalanges

In terms of the anatomy of a finger, each finger consists of three bones (phalanges).

The finger bone closest to the palm of the hand is said to be *proximal* and is termed Phalange 3 (**P3**). It is connected to the Earth element and our **physical body**.

The Middle bone of the finger is termed Phalange 2 (**P2**) and is connected to the Fire element and our **mind**.

The finger bone that is at the end of the finger is said to be *distal* and is termed Phalange 1 (**P1**). It is connected to the Air element and our **Spirit**.



Each of the three bones (phalanges: P1, P2, and P3) of the fingers is also associated with its own **astrological sign** and **ruling planet** (see table below).

Therefore, the fingers and their individual bones (phalanges) provide important details about our temperament, strengths and abilities, and possible opportunities available to us.

	(1) INDEX	(2) MIDDLE	(3) RING	(4) LITTLE/PINKY
	Jupiter	Saturn	Sun/Apollo	Mercury
	Water	Earth	Fire	Air
P1 Distal	Aries	Capricorn	Cancer	Libra
Air	Mars ruler	Saturn ruler	Moon ruler.	Venus ruler.
Spirit				
P2 Middle	Taurus	Aquarius	Leo	Scorpio
Fire	Venus ruler	Uranus/Saturn rulers.	Sun ruler.	Pluto/Mars ruler.
Mind				
P3 Proximal	Gemini	Pisces	Virgo	Sagittarius
Earth	Mercury ruler	Neptune/Jupiter rulers	Mercury ruler.	Jupiter ruler.
Body/ Physical				

Artus Wolffort - *The Four Elements*



Each of our four fingers is connected to specific personality traits and characteristics and the influences they may have in our lives. In order to understand the potential influence of each finger we will need to consider various factors such as their length (*long or short*) and their shape (i.e., *bent, curved, or straight*, etc.)

Indications of Each Finger's Characteristics			
INDEX (1)	MIDDLE (2)	RING (3)	PINKY (4)
Leadership Authority Confidence Autonomy Ambition Determination Spirituality Positive Attitude Wisdom Ego Pride Success Drive Patience Courage	Responsibility Discipline Conformity Work Ethic Duty Values Seriousness Balance Introspection Boundaries Conscientiousness Finance Morality	Creativity Artistic Abilities Self-Expression Success Potential Purpose Happiness Idealism Practicality Recognition/Fame Emotions Beauty Friendliness	Communication Relationships Intellect Social Skills Adaptability Perception Mental Ability Intuition Business Sexual behavior Healing Honesty

Fingers Collectively Long or Short

In order to determine whether a finger is short or long the length of each finger must be determined to the size of the palm. In speaking about the fingers collectively as being long or short it is only necessary to measure the middle finger. If the middle finger is equal to or greater than $\frac{7}{8}$ of the length of the palm than the fingers are considered Long. If the fingers are less than $\frac{7}{8}$ the length of the palm then they are considered Short. For example:

Palm Length of 10 cm ($\frac{7}{8}$ of 10 cm = 8.75 cm)

Long Fingers = 8.75 cm or greater

Short Fingers = Less than 8.75 cm

Short Fingers	Long Fingers
Doers Enthusiastic Blunt and to the Point, Concise Outgoing Energetic, Lively and Happy Warm Dynamic Intuitive Must Always be Moving/In Action Quick Actions and Thinkers Easily Determine Falsehoods Little Time for Analysis or Details Results-Focused Difficult to Deal With Impetuous Have a Bad Temper Diligent Extravagant	Thinkers Detail-Focused/Oriented Suspicious Sensitive Thorough Slow to Respond Idealistic Loyal Spiritual Contemplative Slow to Trust Easily Offended Careful Nature Hold Grudges Excellent Memory Fastidious

Individual Finger Length

However, it is also important to consider the length of each finger which can be normal or average, short, or long and this too will valuable information about a person's character. Finger size is only long or short depending upon your own fingers. A quick way to determine whether each finger is Long or Short is place your open hand upon a flat object and "*Normal or Average*" would be:

Index Finger: Middle of First Phalange of the Middle Finger

Ring Finger: Equal to the Index Finger

Little Finger (Pinky): Equal to the Crease Line (back of hand) for Ring Finger

Anything above these indicators for each Finger would be considered Long. While anything below these indicators would be considered Short. As there is no basis of comparison for the Middle Finger, then measurement will be needed:

Middle Finger: Equal to or greater than $\frac{7}{8}$ of Palm length

Individual Finger Size: Normal, Long, and Small

There are several factors to consider about the fingers (*i.e., thickness, flexibility, spacing, fingertip shape, joins, nails, etc.*). A good place to start to collecting additional personality information is with the length of the individual fingers. Often, finger length is a good indicator of how someone deals with life's different situations. For example, the Middle Finger can tell you how well you might handle the responsibility of a given relationship. Will you be dependable and trustworthy (*Long Middle Finger*) or will you be lazy and promise everything and never deliver on your promises (*Short Middle Finger*).

	(1) INDEX Jupiter	(2) MIDDLE Saturn	(3) RING Sun/Apollo	(4) PINKY Mercury
Normal	Self-Confident Healthy Pride	Responsible Hard Working	Artistic Creative Sociable Shows Emotions	Easily Communicates
Long	Leader Strong Ambitions for Success Egocentric Arrogant Self-Confidence High Self-Esteem	Serious Trouble relaxing Dependable Trustworthy Business Acumen Overly Responsible Lonely	Strong Emotions Strongly Artistic Makes People Feel Better and Happy Take Risks Gambler Lucky	Gifted Communicator Good Instincts Talkative Amusing Entertaining Sexual Confidence Unconventional
Short	Shy Withdrawn Subordinate to the desires and opinions of others Intolerant Dislike Criticism Lack of Confidence	Fears Responsibility Lack of Confidence or Initiative Laziness Over Promise with Little or Nothing Given Careless	Little Art Ability or Creativity Appearance is Unimportant Difficulty Expressing Emotions Lack Energy, Inspiration, or Drive Pessimistic Imitator	Difficulty Expressing Yourself or thoughts No Self-Confidence Always Looking for Happiness Follow Others Sexually Shy

The Individual Finger Bones (Phalanges)

While each individual finger can give us specific personality information about a person, the individual finger bones (phalanges) can help us to better understand the specific aspect(s) that are being indicated in the individual fingers. For example, a person's Jupiter finger may indicate strong leadership qualities but from the second phalange (P2) we determine it is strongly tied to their high degree of intelligence.

	(1) INDEX Jupiter	(2) MIDDLE Saturn	(3) RING Sun/Apollo	(4) PINKY Mercury
P1 Distal Spirit	Leadership Dignity Spirituality and Religion * <i>I Am ...</i>	Philosophical Occult Interest Pursue Knowledge Studious Superstitious * <i>I Use ...</i>	Drawn to Beauty Art Individuality Protectiveness Mental Brilliance * <i>I Feel ...</i>	Persuasive Strong Oral Communicator Artistic Eloquence * <i>I Relate ...</i>
P2 Middle Mind	Ambition Pride/ Egotistical Practicality Intelligence * <i>I Have ...</i>	Money Materialistic Organization Sciences * <i>I Know ...</i>	Business Interest and Money Making Fine Arts and Acting Criticism * <i>I Act ...</i>	Science and Medicine Aptitude Problem Solver Industry * <i>I Desire ...</i>
P3 Proximal Body	Physical Strength In Charge personality Lack of refinement Indulgence Sensuality * <i>I Think ...</i>	Tradition and Convention Idealism Financial Aptitude Concentration * <i>I Believe ...</i>	Decorative or distinguishing in taste and décor Ostentatious Formal and Serious Performer Vanity * <i>I Analyze ...</i>	Independence Business Mind Cunning and Crafty Adaptability * <i>I See ...</i>

Overall Meaning of the Phalanges

There are different ways to interpret the meaning of the three groups of phalanges (P1, P2, and P3) collectively. The key in determining which set of terms to use is first to decide which set of terms (at a given time) makes sense to you based upon what you want to learn about the personality of the person you are working with.

For example, for **Set 1** it may make sense to you that first set of phalanges represent the *spiritual* characteristics you want to work with followed by the second phalanges that tell us about how we can place those characteristics within our mind or make them *mental*, and finally how we can manifest those characteristics in our *physical* world.

While, for Set 2 you might be working with the energy of your thoughts in the mind (**mental**), and as you draw that energy within how will you make it **practical** and finally how you made it either a pattern of your behavior (**instinctual** – Set 2) or something that became real within your life (**material** – Set 5) or something fundamental in your world (**baser** – Set 6).

	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
P1	Spiritual	Mental	Intuitive	Mental	Mental	Mental
P2	Mental	Practical	Mental	Thought	Practical	Practical
P3	Physical	Instinctual	Material	Intuitive	Material	Baser

In a simple sense, if phalange 1 (P1) is the longest in a finger than the person is a thinker. When the middle phalange (P2) is the longest the person tends to be action driven by nature, while if the P3 is the longest then the person is grounded in a specific material aspect of life.

While in a more specific look at individual fingers, when a given phalange is longer than the others, than it will to a greater extent express the characteristics of that phalange through the given fashion of that phalange from the Set of terms you are using. For example, if first phalange (P1) of the index finger is clearly longer than the P2 and P3. Then the P1 characteristic of *Leadership* will be expressed in a *Spiritual, Mental, or Intuitive* way depending upon which set of terms you are working with. While a phalange that is clearly shorter than expected will reduce its given characteristics in terms of which term of the Set applies to that specific phalange.

Understanding Each Phalange

Each of the phalangeal bones can also be understood by the sentence starter (*Incomplete sentence ...*) that has been given in the previous table. For example, the Index or Jupiter Finger uses “*I Am ...*” for P1, “*I Have ...*” for P2, and “*I Think ...*” for P3. To which you might read, **I am** a strong leader, **I have** ambition, and **I think** I could be physically more aggressive.

Individual Phalangeal Length

The three bones (phalanges) in each finger are not the same size. The first phalange (P1) of each finger is the largest followed by P2 and then P3. If you measure the length of a finger then you expect:

P3 = 45% of the total finger length
P2 = 35 % of the total finger length
P1 = 20% of total finger length

For example, in a 10 cm Middle Finger

P3 = 45% of the length = 4.5 cm
P2 = 35 % of the length = 3.5 cm
P1 = 20% of the length = 2.0 cm

The phalanges can also be either Long or Short from their expected length and this is also an indicator of the characteristics that are part of our personality. For, example the P3 of the Jupiter finger reflects an “*in-Charge Personality*” but a Long P3 of the Jupiter Finger will further expand this characteristic to indicate a “*over-bearing*” characteristic.

Finger	Phalange	Length	Meaning
1 Jupiter Index	3	S	Practical, Reasonable
	3	L	Over-bearing, Authoritarian
	2	S	Procrastination, Apathy
	2	L	Ambitious, Goal-oriented
	1	S	Intuitive, Insightful
	1	L	Obstinate, Opinionated
2 Saturn Middle	3	S	Selfish, Egocentric
	3	L	Materialistic, Greedy
	2	S	Idealistic, Romantic
	2	L	Practical, Reasonable
	1	S	Hasty, Careless
	1	L	Logical, Problem-solver
3 Sun Ring	3	S	Lack of Imagination or Interest in the Arts
	3	L	Materialistic, Covetous
	2	S	Skillful, Handy
	2	L	Intelligent, Studious
	1	S	Dreamer, Impractical
	1	L	Inventive, Creative
4 Mercury Little	3	S	Unimaginative, Uninspired
	3	L	Talkative, Gossipy
	2	S	Conversational, Outgoing
	2	L	Dependable, Loyal
	1	S	Strong-memory, Retentive
	1	L	Quick-witted, Resourceful

Summary Activities

1. Describe the anatomy of the hand and its relation to palmistry.
2. What are the different ways that finger and phalangeal size is measured?
3. What do the four planets of the fingers indicate?
4. What do the element (previous lesson), astrological signs and ruling planets indicate for each phalange?
5. In simplest terms what do the long and short fingers represent for each type of finger?
6. In simplest terms what do the proximal, middle, and distal phalanges indicate for each finger?

Research Activities/Questions

1. What is the meaning of wearing *rings* and different types of rings on your four fingers?
2. What do *gaps* between the different fingers indicate?
3. What does *knotty* and *smooth* fingers indicate?
4. Describe the different *fingertips* and their meaning.
5. Measure the fingers of different people to determine if they collectively have Long or Short fingers and if the phalange of each finger is expected size or Long or Short and what that means.

Thoughts for Meditation

1. *“The index finger is associated with ambition, leadership, and self-expression. The middle finger is associated with discipline, responsibility, and authority. The ring finger is associated with creativity, success, and fame. The little finger is associated with communication, intellect, and business acumen.”*
2. *“The fingers are channels capable of emitting and absorbing different energies. When we place a ring on a certain finger, we are moving its energy flow and if the ring also has a stone, the effects are enhanced.”*
3. *“The fingertips are an important factor to consider when analyzing the hands because the shape of the fingertip is indicative as to what type of energy is attracted to the individual.”*
4. *“Because each finger represents specific aspects of living in regards to its planetary rulership (i.e., Jupiter= spirituality, Saturn=wisdom, Sun=creativity and Mercury=communication), each finger should be analyzed separately to fully understand the significance of the fingertip shape.”*

5. *“The ridges on the finger tips are formed when the baby is in the mother's womb. The five ridge patterns are loop, arch, tented arch, whorl and composite. The four shapes of finger tips include square, rounded, pointed and spatulate.”*

3-2-1 Reflection

[illegible]

TRF Lessons on Palmistry and Healing

Lesson #5: *The Four Fingers, Part Three: The Fingertips*

“Each finger has certain characteristics, but the nature of how those traits are being put to use will be shown by the shape of the fingertips.”

In this lesson we shall consider the different shapes of the fingertips. There are five fingertip shapes: *square, spatulate, rounded, conic and pointed*. Each fingertip shape will provide additional information about the personality, especially as to how each fingers energy is being expressed and the mind works.

Shape	Fingertip Description
Square	Straight, even fingers with square or broad base with a blunt or flat tip.
Spatulate	Flat and spread out (widens) at the tips like a spatula
Round	Most common tip. Narrow fingers that are rounded at the tip
Conic	Taper to a cone-shaped tip.
Pointed	Extremely rare. Long narrow fingers that taper to pointed tips

The table below provides the Qualities and Characteristics of each of the five Fingertip Shapes. It is important to consider the fingertip of each finger as they all will not be the same! Make sure to compare both hands.

Square	Spatulate	Conic	Rounded	Pointed
Practical	Energetic	Sensitive	Balanced	Psychic
Reliable	Enthusiastic	Intuitive	Adaptable	Sensitive
Orderly	Independent	Impulsive	Well-rounded	Compassionate
Confident	Creative	Idealistic	Intuitive	Visionaries
Perseverant	Assertive	Dreamers	Innovative	Imaginative
Frugal	Adventurous	Flexible	Open	Love givers
Punctual	Innovative	Receptive	Enjoy the new	Impractical
Careful	Social	Nature lovers	Enjoy change	Dreamers
Business mind	Action-oriented	Imaginative	Neutral	Unrealistic
Traditional	Hard Working	Love of beauty	Diplomatic	Artistic nature
Conservative	Curious	Art lovers	Easy going	Creative
Down to Earth	Inventive	Quick wit	Uncomplicated	Intuitive
Sensible	Intelligent	Spontaneous	Thinker	Idealistic
Wise	Imaginative	Impressionable	Planner	Insightful
Disciplined	Intuitive	Persuasive	Empathetic	Fragile
Patient	Risk-takers	Sarcastic	Seek harmony	Daydreamer
Realistic	Travelers	Understanding	Value	Spiritual
Analytical	Outdoorsmen	Empathetic	Relationship	Unwise
Problem solvers	Thinkers	Emotional	Sociable	Aesthetic
Duty bound	Seek Variety	Expressive	Skilled at	Poetic
Grounded	Flattering	Gentle	dealing with	No executive
Methodical	Communicators	Romantic	social	Ability
Logical	Self-confident	Cautious	situations	Easily inspired
Rational	Original	Whimsy	Creative	High strung
Conventional	Restless	Sympathetic	Generous	Superstitious
Structured	Humanitarian	Strong instincts	Laid back	Strong beliefs
Rational	Self-centered		“Normal”	Easily hurt

Finger Joints: *Smooth and Knotty*

When considering the fingers in palmistry it is also important to look at the joints between the phalanges (i.e., P3 and P2 & P2 and P1) to determine if the joints are smooth or knotty (bumpy) as this can help us to understand how the energy will flow from each fingertip and then through each phalange (P1 to P2 to P3) to the palm. Therefore, you can think of each joint in a finger as an “*energy valve*”. An excellent analogy is that these are “*checkpoints, places where incoming information is stopped and checked.*” In the table below we can contrast the different qualities of the smooth and knotty joints.

Smooth Joints	Knotty (Developed) Joints
Intuitive	Exactness
Instinctive	Analytical
Rely on inspiration	Careful thought
Rely on gut feelings and hunches	Slow and deliberate
Impulsive, spur of the moment	Philosophical
Quick thinkers	Logical
Artistic	Critical
Natural	Lack spontaneity
Work from impressions	Detail oriented
Not detail oriented	Difficulty expressing feelings
Easily express feelings	Worriers
Versatility	Search for meaning and truth
Easy Going	Patient
Take things for granted	Methodical and systematic
Great fondness for beauty	

Knot Location on the Finger

To check a finger for knots simply run your fingers along the side the finger you are examining and it will be readily apparent if the finger is smooth or bumpy (has knots). A finger may have knots in both joints (P1/P2 and P2/P3) or in only one of the joints.

The Knot of Mental Order

The joint between P1 and P2 (closest to the fingertip) is called the *Knot of Mental Order* and is associated with thinking that is methodical and relies upon the analysis of the thought before coming to an action. It makes use of the mind’s “*symmetrical qualities*”.

The Knot of Material Order

The joint between P2 and P3 (closest to the palm) is called the *Knot of Material Order* and is associated with a compulsion for order that leads to accuracy and precision.

In more advanced lessons we will discuss the meaning of different combinations of smooth and knotty joints in terms of the qualities that they express.

Summary Activities

1. Write a summary of the five types of fingertips in terms of what they indicate who might have them (*i.e., profession, gender, personality type, etc.*)
2. How does fingertip shape reflect our “*practicality*”?
3. What would you cite as the two main qualities or characteristics for each finger, and why?
4. Why do you think that smooth fingers are commonly found on young people and knotty joints on the more mature (excluding arthritis)?
5. What would you cite as the two main qualities or characteristics for smooth and knotty fingers, and why?

Research Activities/Questions

1. From online/text sources collect samples diagrams of the five fingertip shapes.
2. Observe the fingertips for several people and record in the Fingertip Observation Table.
3. Research the meaning of different combinations of smooth and knotty joints in terms of the qualities that they express for each finger.

Thoughts for Meditation

1. “*You can understand what the shape of each finger means simply by combining the meaning of the finger shape with the meaning of the finger itself.*”
2. “*Palmist usually consider the lack of knots as an indication of artistic temperament, especially when accompanied by conic fingertips.*”
3. “*Each finger has certain characteristics, but the nature of how those traits are being put to use will be shown by the shape of the fingertips.*”
4. “*Fingertips tell the style of execution, which is only a small clue when considering the person’s behavior as a whole.*”
5. “*A knotted upper joint can mean the person holds onto ideas; while a knot on the middle joint can mean he’s more likely to hold onto material possessions.*”

3-2-1 Reflection

[illegible]

Fingertip Observation Table

	1	2	3	4
Person 1 RH				
Person 1 LH				
Person 2 RH				
Person 2 LH				
Person 3 RH				
Person 3 LH				
Person 4 RH				
Person 4 LH				
Person 5 RH				
Person 5 LH				
Person 6 RH				
Person 6 LH				
Person 7 RH				
Person 7 LH				
Person 8 RH				
Person 8 LH				
Person 9 RH				
Person 9 LH				
Person 10 RH				
Person 10 LH				

TRF Lessons on Palmistry and Healing

Lesson #6: *The Four Fingers, Part Three; The Fingernails*

“Consider the nail as windows into the bloodstream.”

In observing the fingernails, we find there are six basic shapes; square, rectangular (vertical long and wide), round (oval), almond, triangular (spatulate) and sword (dagger) as well as many variations upon those shapes. In addition to the personality characteristics of each type of nail, the fingernails also provide important information about our health. Interestingly, all the nails on a hand may not be the same so you need to check each fingernail to confirm their shape.

In terms of the fingernail shape the two most important factors to consider are the length (*long or short*) and the width (*narrow or wide*). Generally, the shape of the fingernail will closely match the shape of the finger while its texture should match the texture of the skin which tend to reflect our attitude about the world.

The fingernails can be thought of as a *“pictorial representation of who we are and what we are capable of accomplishing.”* Ultimately, the fingernail is the vehicle by which our bodies communicate with us. In the two tables below are the characteristics, indicators, and truths revealed by the different fingernail shapes:

Table 1: Fingernail Shapes and Personality Traits

SQUARE	ALMOND	ROUND/OVAL	TRIANGULAR
Good Leaders	Honest	Adaptable	Keen observation
Brave	Kind	Excellent social skills	Attentive
Strong	Well-mannered	Lovable	Detail focused
Serious	Reliable	Stable	Oversensitive
Sober-minded	Imaginative	Good communicator	Stubborn
Good luck	Loyal	Sometimes	Creative
Focused	Faithful	misunderstood	Good looking
Fear change	Sincere	leading to a poor	Elegant
Perfectionists	Quiet	impression	Intellectual
Sharp-minded	Docile	Go at your own pace	Cautious
Pleasant	Sweet	Courage	Defensive
Good temper	A tough side	Easily make good	Excellent
Goal-oriented	Innovative	decisions	Communicators
Emotionally closed	Prone to stress	Trustworthy	Easily influenced
Straight forward	Poor Health	Professional success	Greater effort in
Firm	Full of ideas	Adjust to all	areas
Patient	Seldom in act ideas	situations	of love
Trustworthy	Justice minded	Admired by others	Constant new ideas
Persistent	Controlled temper	More opportunity	Dislike people
Robust health		than	without
Common sense		Others	Good sense
		Flexible	Always find mistakes
		Efforts produce	
		fortune	

Table 2: Fingernail Shapes and Personality Traits, continued

RECTANGULAR <i>Long Vertical</i>	RECTANGULAR <i>Wide</i>	SWORD/DAGGER
Calm	Natural debaters	Goal-oriented
Objective	Open-minded	Focused
Attractive personality	Think from the heart	Driven
Pleasing	Direct	Leader
Rational	Many friends	Impatient
Honest	Popular	Not geared towards
Cold	Confident	Teamwork or team spirit
Creative	Easily express love	Idealist
Artistic	Easily show feelings	Need to learn to cooperate
Imaginative	Remind yourself to be patient	Determined
Naïve	Excited	Success driven
Hurt easily	Cheerful spirit	Prone to stress
Judge by actions	Vocal in thoughts and opinions	Need to learn to
Easily believe	Brave	Compromise
Insecure about appearance	Appear short-tempered	Undeterred by difficulty
Loyal	Work on restraint	Expect others to keep up
High expectations	Emotional at times	No hesitation
Over feeling	Unafraid to speak your mind	Interest is unimportant in
Appear annoyed to others		goals

The Moon (lunula) of the Nail

The moon on the fingernail which is found at the base of the fingernail (unless covered by your cuticle) represents your feelings and perception. In some cases, when the moon is not visible it represents the hiding of your feelings and keeping them in the unconscious mind or it may indicate a health warning of oncoming illness. As longer fingernails on some people brings their unconscious mind to the surface.

When looking at a “*well-balanced nail*” we find that the moon of the fingernail should have a clear white, half-moon-shaped appearance. In most cases, the moon of the fingernail is largest for the thumb and Jupiter (index) finger. Generally, the appearance of prominent moons on the nails indicates good health and happiness.

The color of the moon can be used to identify specific health concerns:

- Reddish: heart issues or inflammation,
- Bluish: vascular problems such as poor circulation
- Brownish: kidney disease,
- Yellowish: liver or digestive problems and
- Pale: anemia or poor nutrition.
- In addition, we also need to observe the moons overtime to see if the change shape or size (possible heart problems) or if the disappear (potential stroke).

Fingernail Size

Large: physical strength, sincerity, openness, tolerant, accepting, broad minded, excellent judgement

Small: energetic with nervous energy, critical, narrow-minded, curious, intuitive, impulsive, quick tempered

Heindel on the Fingernails in Palmistry

In Max Heindel's book *Astro-Diagnosis, A Guide to Health and Healing*, there is a short chapter on "*Diagnosing from the Hands and Fingernails*" in which he indicates that there is a different fingernail shape for each astrological sign (see Diagram A).

- Fixed sign nails (*Taurus, Leo, Scorpio, and Aquarius*) are broad, showing great persistence and determination.
- The signs ruled by Venus, Taurus and Libra, give a more rounded nail. The fingers are well-shaped and long, and the mount of Venus, which is at the base of the thumb, is quite rounded and full.

Diagram A

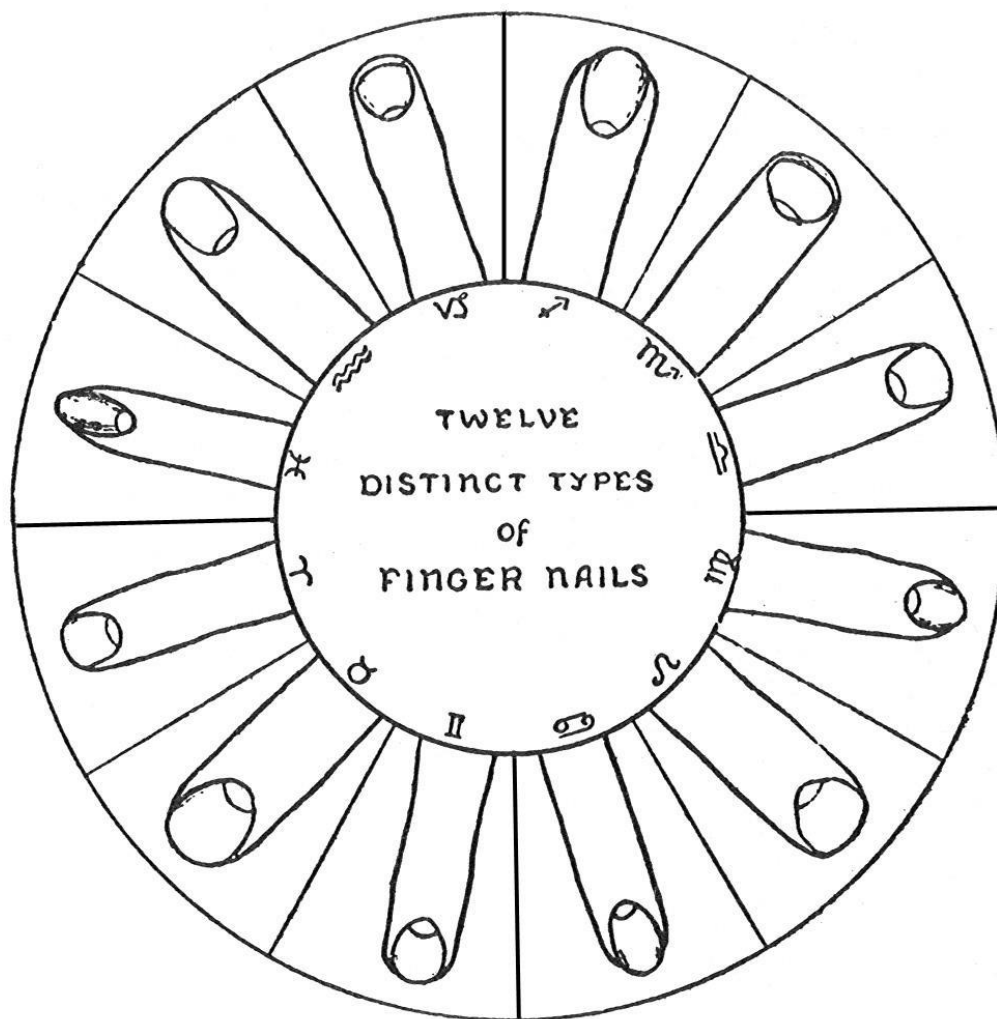
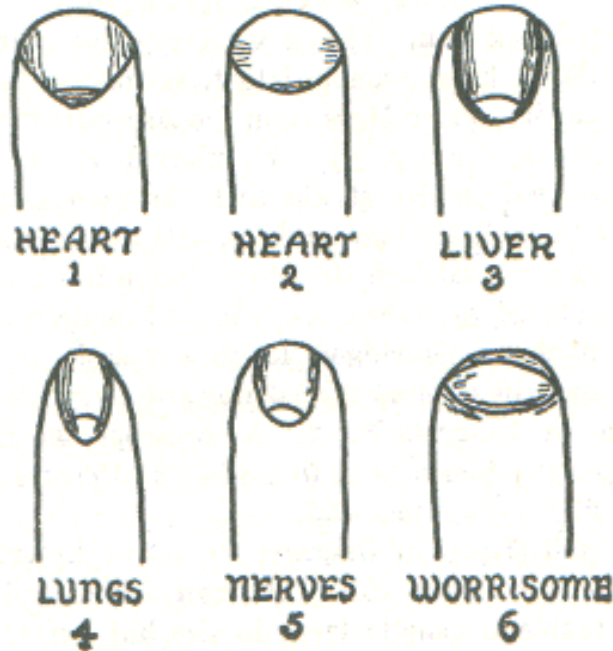


Diagram "A" will give the reader a key to the pure types of fingernails, correlated to the signs of the zodiac. Horoscopes with many planets in one sign will change

the nails. In time the student will be able by using this chart to detect the characteristics of any type. Note how the types harmonize.

Heindel on Fingernails and Disease



It is not very difficult to detect diseases which are latent. For instance, look at **Diagram No. 1**. We see a large, broad nail. This is similar to the pure Leo type. With heart trouble latent, ... we will find that the little half-moons at the base of the nail are blue in color, and the lines in the palms of the hands are also blue.

When heart trouble has developed to a chronic stage and is deep-seated, we find the nails ridged lengthwise, as in **Diagram No. 1**, and the corners turned upward away from the flesh, as in **Diagram No. 2**. A horoscope which will illustrate this case may be found in *The Message of the Stars*, figure 3 on page 625.

The nail shown in **Diagram No. 3** ... indicates liver trouble is usually large in size but longer than No. 1 or 2. The nail wedges into the flesh on the sides, and is usually of a yellowish tint. The lines of the palm are also yellow. Remember when looking into the palm of the hand that the color of the lines is a valuable clue to the health of the patient. If in good health the lines should be of a soft pink; if the blood is impoverished, the lines are pale and white; if the patient is feverish, the lines are red; if the liver is out of order, they are yellow; and if the heart action is wrong, the color is blue.

In **Diagram No. 4**, we have a nail which is generally found on the hands of people who have common or watery signs on the angles. Many planets in common or watery signs produce what is called the psychic type. People with long, slender, claw-like fingers and nails are supersensitive and lacking in strength and vitality. This type of nail is often found on the hands of the idle rich,

women who nurse a lap dog instead of a child and always have a box of chocolates at their side. Long, slender, well-shaped hands and nails belong to the psychic type, and when the nails are ridged lengthwise and the color of the nail is pale, it is an indication of a tendency to weakness of the lungs. People with long, slender nails are usually susceptible to colds and coughs.

Nail No. 5 belongs to the nervous person who is intellectually inclined and prone to overdo.

Diagram No. 6 is that of a nail which indicates the person who frequently bites his nails. It shows one who has little control over his temper and whose feelings are very easily hurt. Such people are always carrying a chip on their shoulder and always looking for slights.

INDICATIONS FROM THE FINGERNAILS

- Long, slender nails curving inward toward the flesh: scrofulous and impure blood, weakness of the lungs, and throat trouble.
- White spots on the nails: anemia, impoverished blood, nervousness.
- Long nails, thin and brittle: weak vitality, negativeness, timidity.
- Black or blue spots on the half-moons: poison in blood, obstructed circulation, or restricted heart action. The shape of the nails should be taken into consideration before making a decision; see diagrams on page 63.
- Well-rounded and clear-cut half-moons on nails indicate good circulation; if pale pink, they indicate health; if dark blue, see page 64 for meaning.
- Nails whose top surface is concave indicate spinal weakness.
- Patients who have long smooth hands, the flesh soft and smooth, the fingers flexible, the nails white in color, and especially when the nails wedge tightly into the side of the finger and the wedge portion is colored, may be said to have been born tired. They will make little attempt to help the healer; they would prefer to have the Invisible Helpers do the work for them.

Summary Activities

1. Write a summary of the six types of fingernails in terms of what they indicate and the truth they help us to understand.
2. What would you cite as the two main qualities or characteristics for each fingernail shape, and why?
3. What can the moons of the fingernails reveal to us about our personality?
4. Describe each fingernail type for the twelve astrological signs.
5. Draw and label the fingernail anatomy.

Research Activities/Questions

1. From online/text sources collect samples diagrams of the six fingernail shapes.
2. Observe the fingernail shape and Moon appearance for several people and record in the Fingernail Observation Table.
3. Describe the meaning of the different Nail Colors.
4. Identify the meanings of the different types of Nail Hardness.
5. Describe the meaning of other Nail Disorders, i.e., dents, white spots, convex-shape, concave-shape, ridges, stripes/lines, dark discoloration, etc.

Thoughts for Meditation

1. *“Changes in the nail could very indicate the onset of glandular disturbances.”*
2. *“Nail biters are indulging in self-criticism and might-have-beens, instead of taking the bull by the horns.”*
3. *“[Nail color] tells us what the stamina, enthusiasm, and blood circulation is like, and will indicate whether these people have the perseverance to finish what they start.”*
4. *“Consider the nail as windows into the bloodstream.”*
5. *“The cuticle is actually an organ of touch. It is a medium of external impressions to the nerves.”*

3-2-1 Reflection

[illegible]

Fingernail Observation Table

FINGERS				
	1	2	3	4
Person 1 RH				
Moon				
Person 1 LH				
Moon				
Person 2 RH				
Moon				
Person 2 LH				
Moon				
Person 3 RH				
Moon				
Person 3 LH				
Moon				
Person 4 RH				
Moon				
Person 4 LH				
Moon				
Person 5 RH				
Moon				
Person 5 LH				
Moon				

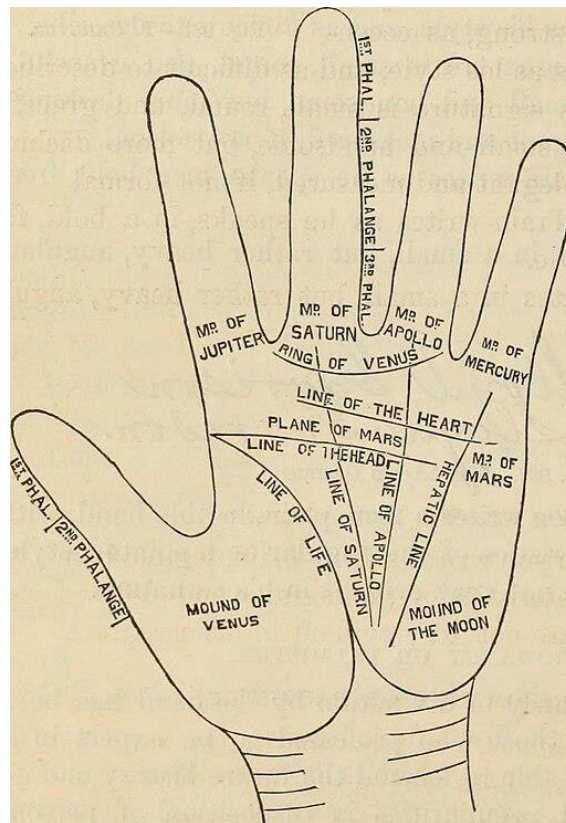
TRF Lessons on Palmistry and Healing

Lesson #7: *Introduction to the Thumb*

“Thumbs are thought to be connected directly to the brain, so its shape reflects where a person’s head is at and their default mind-set.”

Of all the fingers in palmistry, the thumb is by far the most important finger, “*the king of the Palm*”, hence it represents our “*signature*” that speaks to our nature in terms of how we approach life, face challenges, and make our decisions. In reading the palm the thumb reflects our will power, determination, personal drive, logic, self-control, and our ability to adapt to change. The thumb is said to be directly connected to the brain so it tells us about our mind, mental strength, and our spiritual life.

The thumb is different from the other fingers in that it contains only two phalanges (finger bones – see diagram below). However, when considering the thumb in palmistry it still consists of three sections: the Upper Phalange (First), the Middle Phalange (Second), and the Mount of Venus (sometimes referred to as the Third Phalange or Mound of Venus – see diagram below).



**The Hand: 1st and 2nd Phalanges of Thumb and the Mound of Venus
Encircled by the Line of Life**

The initial characteristics of the thumb to judge are its length (*long or short*) and flexibility (*straight/stiff*). Then you can also explore each section of the thumb in terms the size of the individual phalanges in comparison to each other, the tip of the thumb (same types of tips as discussed previously with the other fingers), its position on the hand, the spacing of the fingers, and the characteristics of its Mount of Venus. In the table below are the characteristics of people with Long and Short Thumbs.

Personality Characteristics of a Long and Short Thumb

Long Thumb	Short Thumb
Intelligent/Academic success Logical Strong, self-willed Determined Independent Confident Crave power/control Effective/Self-mastery Comfort with self Value knowledge and intelligence Selfish Professional success	Emotional Dependence upon others Weak disposition Lack of conviction Sensitive Unassertive Follow others Inability to complete tasks Difficulty making decisions Impressionable Difficult to deal with Slow and steady

Personality Characteristics of a Flexible and Stiff Thumb

Supple Jointed (Flexible) Thumb	Stiff (Firm) Thumb
Adaptability Open-minded Creative Broad minded Unconventional thinking Generous Humanitarian Honest Dependable Kind spirit Easily manage relationships Extravagant Materialistic Survive in most conditions	Stubbornness Disciplined Determined Practical Strong willed No compromise Adamant Authority issues Resist taking orders Difficulty adjusting Cautious/Proceed Slowly Secretive Obstinate Emotionally lacking

The Phalanges of the Thumb

The first (upper) phalange should be somewhat smaller (2/5 or 40%) than the second (middle) phalange (3/5 or 60%) in the thumb.

The first (upper) phalange of the thumb is the “*will section*” and it is connected to our will power and its ability to make the decisions that shape our lives, putting our plans into effect, and take charge especially in difficult situations.

First (Upper) Phalange	
Long	Short
Action oriented Self-willed Motivated for work Unconcerned with planning Difficulty in strategizing Over-zealous Strong fighters Head strong Depends only upon their will Stubborn Inflexible Firm resolve Acts in haste	Focused on Planning Followers Pessimistic Weak-willed Low energy Unmotivated to work No endurance Dull Unwilling to fight Lack of enthusiasm Depend on others Fail to take responsibility Lack of seriousness

The second (middle) phalange of the thumb is the “*logic section*” and it relates to our thinking and reasoning abilities. It represents our logical reasoning that help to shape how we create our strategies for our goal planning and to establish the rules and procedures we will follow.

Second (Middle) Phalange	
Long	Short
Smart/Clever Perseverance Strong energetic will power Force others to their will Confidence Cautious Care for others/Charity Stability Success driven Dominant	Weak will power Limited determination Fails to consider outcome Ineffective decision making Work without thought Take dangerous actions Problems with work Poor execution Lack leadership Ineffective during high stress

The Mount (Mound) of Venus

The pad at the base of the thumb encircled by our *life line* is the Mount of Venus which represents our personality in terms of our vitality, drive, energy, style, and sensuality as well as the love we will experience in our lives, our connection to pleasure and desire, and the feelings we have for the creative arts, music, and the good life. It is here that much is revealed about our love life or desire for companionship as expressed in one's romances, desires, passions, charm, love of our family, attraction to beauty, and even love of such things as food, our vices, and how all these aspects may apply to our morality. As the planet Venus is the warmest planet in our solar system (-880°F) it is also a good indicator of our warmth and generosity as a person in dealing with other people.

Generally, when observing the Mount of Venus, we start by looking at its width and height. Ultimately, the size of the Venus mount is a strong indicator of relationship compatibility.

Size of the Mount of Venus	
Prominent/Large	Small
Passionate/Seek sensual pleasure Sociability/Fun loving/Warm Great beauty/Sexy/Sense of beauty Attract opposite sex Sense of aesthetics Extremely kind and Forgiving Sympathetic Benevolent and Generous Nature lovers Physical Energy Enjoy luxury Strong sense of music/art	Reserved Cold Nature Somewhat unfriendly Hard-hearted Not a people pleaser Little physical passion Lack of vital energy Sluggish Lack mental energy In need of love Not sentimental Not as compassionate

Shape of the Mount of Venus	
Rounded	Flat
Romantic Emotionally Passionate Strong emotional energy Artistic expression Graceful Prone to sexual excess/jealousy Appetite for life's pleasures	Sensible/Realistic Approach Companionship based Friendly Mental preference for life Requires activity/exercise Reconsider outlook on life Low energy/libido

The traits of each mount in the palm are associated with the planets they are named for. Therefore, the Mount of Venus represents traits that are reflected by the planet Venus. In terms of Max Heindel's interpretation of Venus in his book *The Message of the Stars* he describes and explains the following about Venus:

VENUS THE PLANET OF LOVE

In the 13th Chapter of Paul's First Epistle to the Corinthians we find a eulogy of "love." The word used in the authorized version is "charity," but it ought to be read as "love." Love suffereth long and is kind, love vaunteth not herself, is not puffed up, believeth all things, endureth all things. . . Whether there be prophecies they shall fail, whether there be knowledge it shall vanish away." He concludes that in time faith and hope will pass away because we shall know the things in which we now have faith and our hopes will have been realized, but love, he contends, remains forever. The keynote of Venus is "love," "harmony," and "rhythm," and if we want to know her nature, we may profitably read that chapter and substitute "Venus" for "Love." Venus vaunteth not herself, is not puffed up, seeketh not her own, rejoices not in iniquity but in truth, beareth all things, believeth all things, endureth all things. These sayings are all true when applied to Venus for she furnishes the unifying bond between all members of the human family in whatever relationship they may be placed. It is the love-ray of Venus piercing deeply the heart of the mother which breeds in her the tender care wherewith she nourishes her offspring through helpless infancy. Venus sounds the love call of the youth and the maiden, gives and takes, smoothing out all the difficulties in the conjugal career. She is ever burning incense upon the altar of affection and from her garden of love comes the flowers which scent even the most sordid souls with celestial perfume and raise them for the time being to the stature of gods.

But when Venus is afflicted, all these sublime qualities become tainted and take a hideous aspect according to the nature of their affliction. Squares and oppositions turn love to lust which makes the person revel in sensual gratification; the perception of beauty which expresses itself as art becomes slovenliness, the tendency to self-sacrifice, the giving of oneself for others is turned to selfishness and the person will then seem to use others to escape any task or effort not to his or her liking, laziness being one of the most prominent characteristics of an afflicted Venus.

Being feminine, Venus never reaches out toward others, but exerts a magnetic energy which draws them to her. Therefore, she represents in a man's horoscope those of the opposite sex to whom the person is drawn, but in a woman's horoscope Venus describes the person's own attraction for the opposite sex and Mars the masculine planet shows who will be attracted by her charms.

Venus is essentially dignified in Taurus and Libra, and exalted in Pisces, and therefore her influence is most powerfully felt when she is placed in those signs. She is weak and afflicted when placed in either of the martial signs, Aries or Scorpio, where she is in her fall, or when she is in the mercurial sign, Virgo. The best House position for her is the Seventh where her influence will make the marriage serene and blissful.

THE THUMB

A well-balanced thumb indicates ability to control the emotions, including anger. But where the thumb is short and the end of it is club-shaped with a short nail, there is no control whatever over anger and things easily turn red before the eyes. The thumb is a wonderful indicator of character and must be taken into consideration when diagnosing from the hand. In Diagram B we see that the mount of Venus and the thumb are both a little too heavy. This is a typical Taurean thumb with the mount of Venus very large, indicating a very strong desire nature.

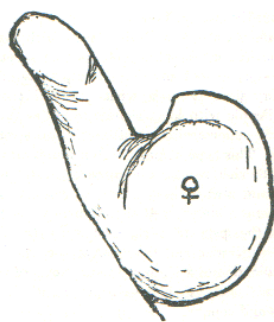


Diagram B

The thumb is short and thick, showing a lack of will power to rule the desires. When the thumb is long and well-shaped, it is an indication of high ideals and the will to carry them out.

In a well-proportioned thumb the first phalanx should occupy two-fifths and the second phalanx three-fifths of the length of the thumb. The tip of the thumb should reach the middle joint of the first finger. A very long thumb indicates that a person is obstinate, headstrong; a very short one indicates lack of logic and a constant changing from one thing to another. If the thumb is very thick throughout its entire length, the desires and tastes are more or less coarse and primitive, and the person is lacking in tact and refinement. If the thumb is very wide, especially at the tip, it indicates one who “sees red” easily, often one who has an ungovernable temper; it also indicates stubbornness. The patient who has a normally developed thumb will carry out the physician's orders.

If the first phalanx of the thumb is very long and the second one is short, it indicates one who is reckless and whose actions are not controlled by reason. If the first phalanx is short and the second very long it indicates a talker, but not a doer. Such a person is mistrustful of everybody and lacks self-control.

The mount of Luna is located on the little finger side of the palm and extends from about the middle of the palm to the wrist. When large and full it indicates excessive emotion and imaginations, but when properly proportioned it gives a well-balanced mind. It is this mount of the Moon and lines found upon it which give the diagnostician a clue to mental afflictions and designate the lunar person.

Summary Activities

1. Write a summary of the traits of the planet Venus according to Max Heindel.
2. What does Max Heindel indicate about the qualities of the different thumb types?
3. Describe the anatomy of the thumb and how the differences can affect our personality?
4. How is our *energy* related to the structure of the thumb?
5. Why is the thumb the most important finger in palmistry?

Research Activities/Questions

1. What is the *apex* of a finger mount?
2. What is the influence of the thumb on the Mount of Venus?
3. How does *color* affect the reading of the Mount of Venus?
4. What is a *Murder's thumb* and its meaning?
5. What is the "*Angle of Generosity*" and its meaning?

Thoughts for Meditation

1. "*Thumbs are thought to be connected directly to the brain, so its shape reflects where a person's head is at and their default mind-set.*"
2. "*The thumb is an important part of the hand because it is commonly associated with not only our physical health but also with our spiritual and past lives.*"
3. "*Ideally, the Venus mount should be of the same size as that of your partner.*"
4. "*In the case of saints, a well-defined and padded Mount of Venus is not necessarily indicative of heightened sensuality. Instead, it may signify the substantial energy required for meeting people, empathizing with their sorrows, managing organizational matters, and delivering extensive sermons.*"
5. "*The thumb's significance lies in its ability to balance emotion and reason, acting as the bridge between heart and mind. It's often said that the thumb sets humans apart, symbolizing our capacity for conscious action and self-control.*"

3-2-1 Reflection

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