

## Our Personal Navigation System

As I wrote in my book *Palm Reading* (republished as *The Frank Guide to Palm Reading*), our hands are our personal autobiography, but not all the chapters have been written yet. In my view, the future is negotiable. Deciphering the messages written in our hands can help us to understand who we are and what fulfils us; we can make informed choices. Ironically, so many people think palmistry purports to reveal our future, when in fact it is a perfect tool to help us see which *possibilities* lie ahead and then to take steps in the direction that best suits us.

By interpreting the language of the hand, we can understand our character, our various needs and our expectations. We can gain an immediate 'aerial view' of our journey through life, a road-map of our individual life path. Palmistry can zoom in on the important aspects of this journey, make us aware of alternative routes and prepare us for the exciting road ahead.

But the hands are subjective mirrors, reflecting a summarized version of what's important to us, what we've been through and the events and people who have made their mark on us. Our palms are too small to display all of our life events and experiences. Imagine the palm as a satellite navigation system in our car: It'll show us general information about the road we're travelling along and, although we may see alternative routes ahead, it will generally leave out details that are not pertinent to our personal journey. With astrology, however, the birth chart may be likened to looking through the windscreen – we can see drivers in other cars, intricate designs on buildings, smell the coffee brewing in a nearby shop. Much more colour, detail and perspective is available to all of our senses. We're behind the wheel in the driver's seat in both cases, but whereas the horoscope can reveal much detail and a variety of layers and nuances, our hands show the general climate and overall landscape – always focusing on our main drives, temperament and who we are today from an accumulation of experiences and encounters. In that sense, the hands are more reliable and current indicators than the horoscope of what we've made of our potential and our circumstances.

## The Structure of Palmistry 4 Today

*Palmistry 4 Today* aims to introduce various aspects of hand analysis in detail, with the intention of helping you bring your own life experience, observations and personality to the subject. I hope that you will finish reading this book feeling confident that you can look at palms (and palm prints) and start making accurate assessments as well as to begin chronicling events on the hands. In time, you'll gather your own thoughts from observations and begin to synthesize the details found in the hands.

- **Part 1** demonstrates how much vital information can be read from simple, commonsense observations. Here you'll learn to grasp the essentials of hand analysis.
- **Part 2** introduces timing techniques to get you acquainted early on with learning to time and forecast accurately.
- **Part 3** provides an overview of how palmistry can help with specific areas of life.
- **Part 4** offers an opportunity to test your new skills on a selection of prints. I've presented a number of profiles including some quizzes to keep you on your toes.

In these four parts, we examine the four essentials of hand analysis (palm lines, hand shape, fingers and skin ridge patterns) and four priorities in life (love, work, health and timing). Along the way you'll also find the following:

- **Information Boxes** – introducing interesting facts about hand-reading and related research.
- **Synthesis Boxes** – explaining how to bring together the different elements shown in the hand.
- **Hot Tips** – offering useful suggestions on various aspects of reading the hand.
- **Print Focus** – revealing the information you can glean only from reading a palm print.
- **Noted Palms** – observations of markings found on the hands of famous, infamous and otherwise noteworthy people – who have *not* been clients – along with brief biographical information.
- **Palm Profiles** – analyses of palms, showing how to apply the knowledge given in this book.



In this new edition, I've also included various assignments for those who wish to learn online (or by correspondence) with me and gain a Diploma in Hand Analysis with the London School of Astrology. There are more details at the back of the book from page 254.