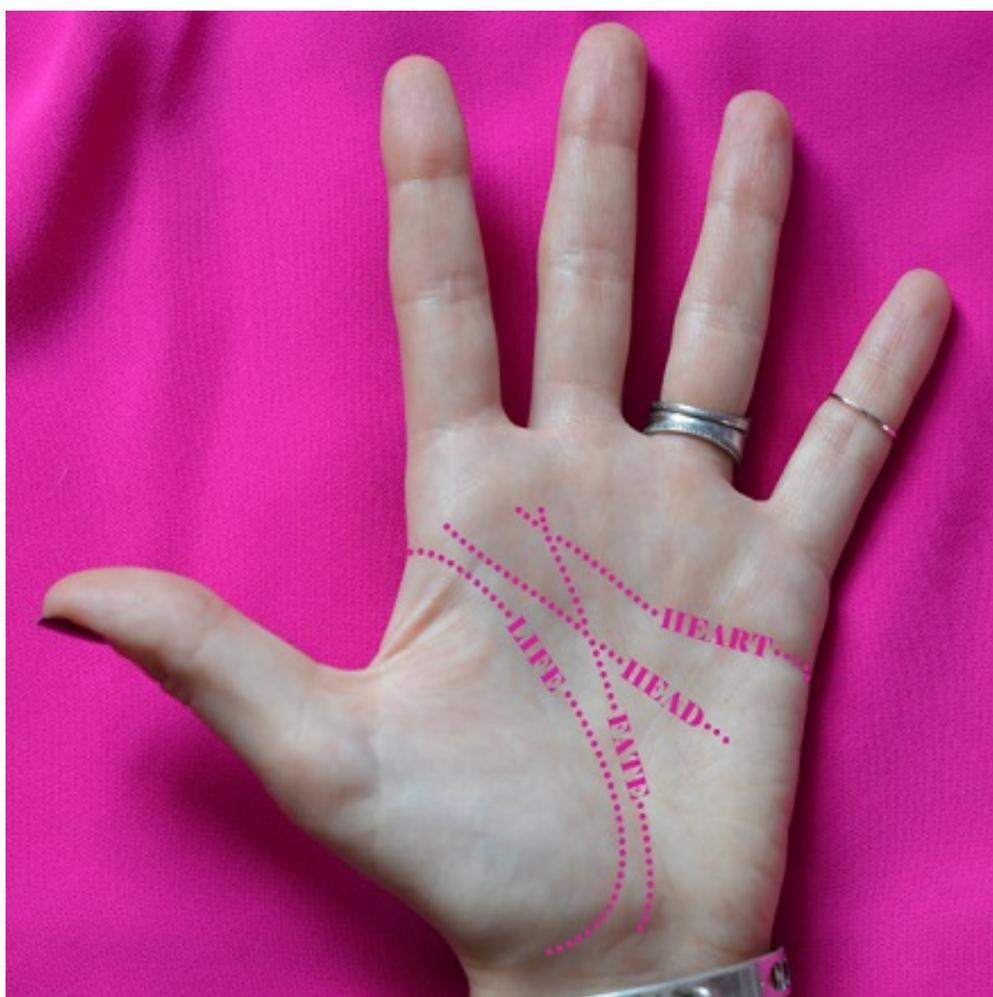


Do you want to know your future? Oh come on now, I know you do!

Palmistry has been around for thousands of years, and it's still popular today. No matter where you came from, everyone is at least a little bit curious about what their hands might tell them.



Obviously, the best way to create a future you're happy with is to take consistent, positive action every day. But if you want to dabble on the metaphysical side of things, it can be really fun to read your palm!

It's old-fashioned, I know, but I believe everyone should have a party trick. Being able to read palms is one of the best!

[Palmistry](#) is quite easy to learn, and like with any other form of fortune-telling, you get better at it the more you do it. It's a great

thing for shy people, too, because it forces you to interact with others one-on-one, and it gives you something to talk about.

I've written a super-simple guide to palmistry below. There are many more lines, mounts, bumps and clues you can read, but I've kept it simple... And there are some links at the end if you want to develop your skills further

Hands

Which palm should you read? Well, ideally, you should read both. The theory is that the left hand shows potential, while the right hand shows what you've done with that potential. Some palm readers believe that "the left is what the gods give you, the right is what you do with it".

There are four major types of hands, which relate to the elements. Your astrological sign might be an Earth sign, for example, but your hand might not be! Here's how they break down...

Earth hands are wide, with square palms and fingers, thick or rough skin, and ruddy in appearance. The length of the palm is usually equal to the length of the fingers.

People with Earth hands are usually very practical and level-headed. They'd rather get out into the world and do something rather than learn about it. They can be quite conservative, and prefer to be outdoors. If you have Earth hands, cabin fever is real!

Air hands feature square or rectangular palms with long fingers. They often have protruding knuckles, low thumbs, or dry skin. The length of the palm is usually equal to the length of the fingers.

Air types are very intellectual, always curious and full of ideas.

They practically hum with nervous energy, and can be prone to worry and stress. People with Air hands are great communicators, but they can internalize their feelings too much. This can lead to difficulties within their close relationships.

Water hands are based on a short, sometimes oval palm, with long, flexible fingers. Their palm is usually wider than it is long, with fingers equal to the height of the palm.

People with Water hands are very emotional. They are always looking for peace, and are extremely artistic. It can be hard for Water hands to deal with stress, and they are mostly motivated by feelings.

Fire hands have a square or rectangular palm, flushed or pink skin, and shorter fingers. The length of the palm is usually greater than the length of the fingers.

Fire hand types are energetic and always on the go. They need variety, and can be a little impatient and intolerant! People with Fire hands are often fiercely individual, and make great leaders.

If your hands are clammy, you are lazy and unstable, but well-intentioned. If it is hot, you are wild and successful, but can be insincere. If your hands are cold, you are generous, reserved and a bit of a hermit!