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The **Healing Craft** of **Handreading**

Cheirology is an evolved form of palmistry and an authentic counselling therapy. Handreading deserves to shed its reputation of charlatanism, equated with gypsies, crystal balls and fortune-telling. Cheirology is the rich and diverse study of our hands and their correspondences to our physical, emotional, vocational, intellectual and spiritual selves.

Cheirology is also a physical and energy healing therapy: the healing effects of holding and massaging the hands while channelling love and information are profound. No other counselling modalities are as intimate as cheirology. When the hands are gently held and stroked in an atmosphere of loving kindness, the touch comforts, nurtures and reassures.

Our hands have occupied our minds for centuries. In recent times Einstein, Jung and countless other eminent scientists, doctors and world leaders have subjected their palms to analysis, and growing numbers of medical doctors worldwide are studying cheirology to substantiate physical, emotional and mental diagnosis. This modality is making inroads as many forms of alternative medicine emerge into mainstream thinking.

The specific origins of cheirology (Greek: kheri – hand, logos – knowledge) are hidden in the mists and myths of time, but it is generally agreed that the handreading craft, sometimes referred to as a vast 'ocean of knowledge' originated in India some 4,500 years ago. The practice of handreading spread east and west, through northern India toward eastern Europe, where Western palmistry, with its emphasis on astrological symbolism, was first mentioned by Aristotle in 345BC.

Over time the gypsies, a people who had their origins in India, became the holders of the old lore of palmistry.

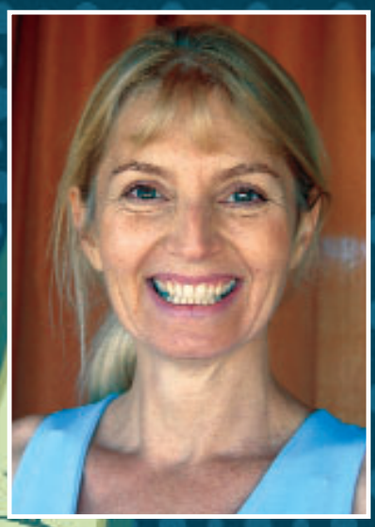
In the migration eastward, the development of Chinese hand analysis was based upon aspects of esoteric Buddhism, where emphasis is placed on loving kindness and compassion for our fellow man, and on the philosophy of being of service.

Chinese Buddhism teaches that all things represent varied degrees of interconnectedness between the five elements earth, water, fire, air and ether. This philosophy has blended with the psychological idiom of our age. The interpretive tool used in 5 Element Cheirology is termed 'the language of the elements' as it is based on the principles of these elements.

The use of the elements rather than planets as an interpretive language, is the primary difference between cheirology and palmistry, with an emphasis on the present time, rather than on past or future predicted events. However, some aspects of palmistry have been embraced and merged with the ancient principles of the element system, and synthesised into the art and science of cheirology, as it is best applied today.

healing hands

Reading hands is a well-known party piece, but do you know the difference between palmistry and cheirology? **Jennifer Hirsch** explains why cheirology is worth investigating.



The five **elements**

In cheirology, there are 5 Levels of analysis and interpretation of the hand, corresponding to the five elements and to five aspects of our human experience with which we are involved daily. When we are in harmony, these elemental realms are in a balanced inter-relationship. If there is an excess in one realm, there is often a deficit, or ramifications, in another. These are:

• The physical world

This is the Earth level, where we identify markings that show the aspects of life that avail us of security. These are to do with health, money, home and family. We would look for possible predispositions to illness, attitudes to money, family conditions etc in this level.

• The emotional world

This is the Water level, where we discuss and send healing for the well being of the emotions. Friendships, relationships, compatibility and giving and receiving love and forgiveness are a part of this level of counselling.

• The creative world

At the Fire level we discuss and breathe life into our creativity within vocational expression. Energy levels are reflected in the hands and vocational choices may be recommended.

For vocational guidance the ruling element of the shape of your hands is compared with the ruling element of your skin texture. This binary analysis helps determine the working environment to which you are best suited.

• The mental world

At the Air level we look at potentials, interests and hobbies to cultivate, and about communication both subjective and externally, with others.

• The spiritual world

At the Ether level we explore the vast topic of the energies that lie within our spiritual identity. For some readers, the palms of the hands have portals that may reveal glimpses and records of other lifetimes, as well as current life relationship with the Divine.

Cheirological interpretation is qualitative, rather than chronological. The study of elemental metaphysics is the source of interpretation of the information that is encoded in our palms. A person with water characteristics is described by words that resonate with the water element: sensitive, intuitive, emotional, perhaps manipulative. Water in nature will always seek water, and will flow to attempt to connect and to pool together. For someone with water characteristics, connection with friends or a group is very important. They are good networkers, often found in public relations, event management, human resources or social service.

This richly textured vocabulary of element principle provides the accuracy to define predominant character traits, the starting point of any cheirological counselling session.

Noel Jaquin, a renowned British palmist, once said 'words are the tools of our trade, and the medicine of our profession'. He described how 'just as the artist must learn to blend his colours, so must the practitioner learn the art of blending words'. From this foundation, any deeper matters in the realm of human experience, from health to family matters, intimate relationships, career choices, or spiritual issues, emerge and are articulated.

Cheirology contributes in a practical way to self-understanding. One objective of the analysis of the hand is prevention. With a cheirologer's input, a client may steer away from decisions that limit them to a life of mediocrity, vocationally, emotionally or spiritually. Through informed choice, future problems can be avoided. Helping someone to perceive which realm needs focus aids greater self acceptance.

The purpose of a hand reading is integrative; the intention is to bring the obvious and the hidden into conscious awareness. Clients are heard, encouraged, and the understanding brings a sense of potential integration.

Shaping the **information** in your hand

The shapes of your hands give information about your basic predominant element of expression. There are four hand shape types, with the elements of earth, water, fire and air assigned to each. Hand shape interpretations form the foundation of an analysis, and must not be taken in isolation – many other factors about a set of hands need to be considered.

The shape of the hand is determined by evaluating the shape of the palm, and the length of the fingers in relation to the palm.

An Earth shaped hand has a square palm with fingers that are short in relation to the palm. This earthy appearance aspects a kind, stable, reliable, supportive and loyal person. Earth types are happiest in an enduring traditional relationship and prefer the security of a steady job – even if the position has few creative horizons. Less positive characteristics are the tendency to harbour resentment, and a lack of imagination and initiative.

The Water shaped hand has an oblong palm with long fingers. This slender and elegant hand shows aspirations toward elevation and refinement. Standards are high, with great expectations of themself and others.

The emotional, idealistic, sensitive and intuitive water type needs beauty, harmony and an empathic work environment. On the other hand, negative aspects of the water type person can be egocentricity, a tendency to depression, the sense of nothing ever being good enough, manipulation or even deviousness.

The Fire shaped hand has an oblong palm with fingers that are short in relation to the palm. Fire people are energetic, active, constructive and creative. An excess of fire characteristics on the palms shows a tendency to burn out, and the less positive features are intolerance and lack of sensitivity.

The Air shaped hand has a square palm with long fingers. Air types often have a tendency to be unconventional. They love to read, write and communicate, and will endeavour to make sense of experience as they analyse and observe their world. Negative traits may include the tendency to be critical, or to be dispersed, with scattered energies. They may be detached and impersonal, and sometimes experience alienation.

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Helping hand

Integral to the work of the cheirologer is the study of the skin's papillary ridge patterns that form on the grasping area of our fingers and our palm's surface.

These include the fingerprints and are called dermatoglyphics: derma (skin), glyph (writing). Dermatoglyphics form in the womb, and are fully developed by birth. They are unique to each individual; none are identical, and they are accepted as an irrefutable mark of identity. They are also indicators of our fundamental psychological predispositions, our specific skills and talents, and of our individual soul's purpose.

Our palm lines are structured cosmic patterns of energy, as can be found in all of nature. Each line is considered to be an expression, or a reflection, of an aspect of the ether element channelling through the psyche. Cheirology ascribes an elemental correspondence to four basic patterns, the arch (earth), loop (water), triradius (fire) and whorl (air). Our array of skin ridge patterns manifest in combinations of these four basic patterns. Each pattern is correlated with the characteristics ascribed to the finger or area on the palm where they manifest, and is interpreted according to the five elements.

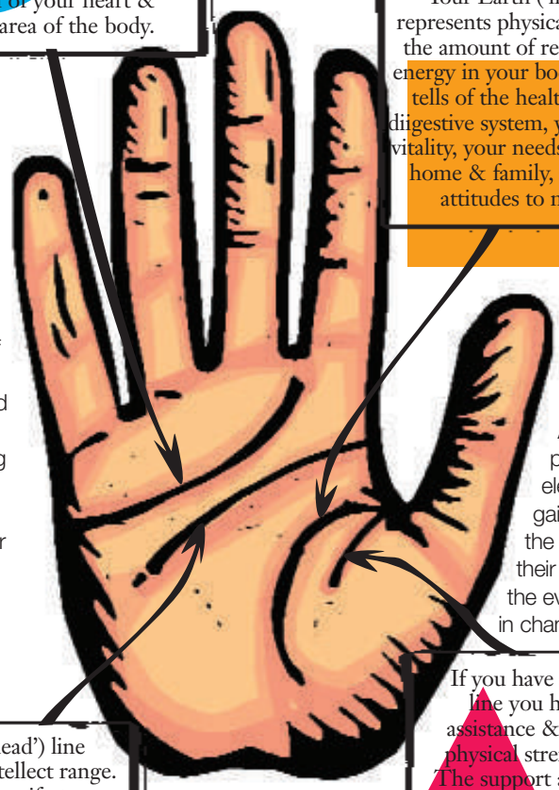
The philosopher Kant referred to the hands as 'the visible part of the brain'. Our hands hold more neural connections and nerve endings than any other bodily part. As the end point or termination of these countless impulses of nervous system energy or 'chi', our brain directed activity registers itself in the outward form, like a 'computer printout' – as the palmar surface.

The presence of lines cannot be accounted for in scientific terms. If lines were just flexion folds in the skin, then flexing the hand would theoretically create one horizontal line only across the palm. Instead we have two main horizontal lines, the Water line, and the Air line. The Simian line (one line only across from ulnar to radial sides) is found in a small percentage of hands only. The mechanics of opening and closing the palm does not produce the variety of markings on the lines such as islands, bars, etc. Nor does the folding of the skin explain the changes in palmar lineation, the occasional missing lines between the inter-phalangeal joints, the appearance of extra lines between the joints of the fingers, or the vertical lines on the fingers.

Dermatoglyphics also have diagnostic application in the medical field. Although the patterns never alter in the course of a lifetime, illness produces malformations in the quality of the ridges of skin.

Hand print

To enable accurate codification and interpretation, each line is ascribed an elemental rulership. Each element and its associated line represents specific life functions, which provides the context to interpret that particular line. The main lines are Earth, Water, Fire, Air and Simian. Minor lines are classified as Minor Earth, Upper Minor Water, Lower Minor Water, Minor Fire and Minor Air. Subsidiary lines are other markings on the palm.



Before the reading, your hand prints are taken with water soluble ink. Both hands are read, both represent you, as you are now, in the present. If you are right-handed, your right hand shows the patterns you are most aware of and most likely to continue. Your left hand shows inherited psychological and physiological traits and formative influences. If the markings on your hands are very different, there may be conflict between outer expression and inner needs.

Hands also speak to a cheirologer's intuition about information not directly indicated in their forms and markings. Psychic perception is an aspect of hand reading which cannot be taught, yet has a vibrant life of its own. For instance, it is a myth that the number or sex of children can be directly ascertained from specific markings, yet this information may be 'known', as energy radiates from our hands, and the cheirologer senses these metaphysical forces. Intuition develops with practice, observation, listening, and making constant cross references of association. However, cheirology is not based on random divinatory perceptions, but on a logical system available to all. Foretelling to augur or prophesy future events should not form part of a cheirologer's repertoire of revelations! Prediction of a future event is considered unethical in cheirological counselling. Cheirologers hold that predictive palmistry is at best mediocre, at worst destructive. Although an accurate intuitive perception will impress our client and elevate rapport, more benefit is gained from discussion and healing of the impact and effect of that event in their life. We are powerless to change the event, but we may be able to assist in changing their perception of the event. Even if a prediction turns out to be accurate, the client is dis-empowered, and the option to take responsibility and shape their own destiny is weakened. While imparting any intuitive impressions, ethical integrity is vital.

The hand reading craft is a master divinatory tool that is effective in touching hearts, minds and souls. The hands reflect their owner. By combining the accurate elemental system of interpretation with intuitive perception and the healing touch, we have, in 5 Element Cheirology, a comprehensive method for assisting self development. ks

moreinformation

- Visit www.cheiro.co.za for free samples and purchase options for Jen Hirsch's two beautifully illustrated in-depth handreading e-books "5 Element Cheirology – The Healing Craft of Handreading" and "5 Element Cheirology – Traits of Being - A to Z"
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