

But how? Well, what about getting to "know thyself"? Of course we all think we do know ourselves, but we may have overlooked some interesting methods for gaining insight into our hidden character, our possibilities and relationships. For example, do you know what your name, your hands, your writing, even certain colors reveal about your most profound self? If you can open your mind to unfamiliar approaches to self-knowledge, chances are you'll be fascinated by what you find. So go ahead, indulge your curiosity, refine your awareness and see what palmistry, numerology, graphology and color analysis have to tell you about you.

## Palmistry

**Palmistry** is a method of revealing character, personality traits and motivations by the shape of the hands, the lines and mounds of the palms and fingers. It's not a method of telling how many children you'll have or how long you'll live. Palmistry is believed to have started in either China or India as early as 3000 B.C. The first Western scientific treatise on palmistry was written by Aristotle in 350 B.C.

**Mark Seltman** has been reading palms professionally for both individuals and corporations for 25 years. "Hands are always correct; they never lie," asserts Mark, though he also notes that nothing is set in stone. "I believe in free will," says Mark, "and once we pinpoint our weakest and strongest spots from our hands, we can alter our thinking, influence our destiny and, as we change, even cause subtle changes in our palm." According to Mark, "When hands are carefully read, they're a scientific and topographical map of your character."

**FAMILY CIRCLE** invited Mark to read the palms of several FC editors. Check out what we learned about Deputy Editor Nancy Clark from her hand, then see what you can discover about yourself.

● **Wide separation between head and heart lines:** Nancy's greatest challenge is to balance an unconventional, independent nature (pulling her toward freedom and risk-taking) with an equally powerful urge toward responsibility.



● **Large, square hands:** These indicate good organizational ability, courage and ambition. People with such hands tend to be gamblers, as they're also lucky.

● **A long index finger:** This indicates that Nancy must have a professional career. It also shows that she's even-tempered, strong and resilient, hardly ever gets sick, though she tends toward overindulgence (rich food and wine) and doesn't have a lot of patience. She enjoys motivated people who want to do something with their lives and is happiest with a spouse who is independent and has a strong career of his own.

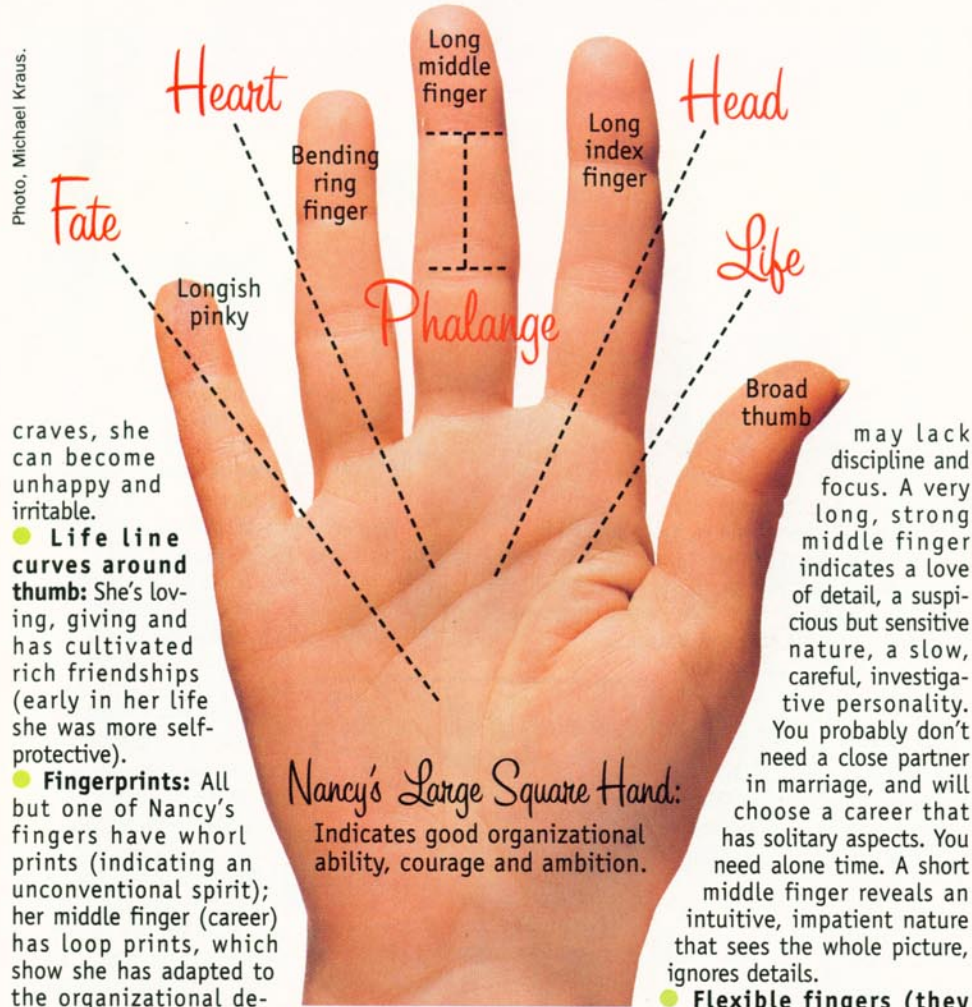
● **Large, full-size nails:** These show that Nancy has leadership skills and candor.

● **Phalanges:** These are the three spaces between the joints. A second phalange of the middle finger that's longer than those of the other fingers, combined with a long index finger, indicates a love of nature and a green thumb. (That's true of Nancy!)

● **Heart line:** Nancy's is long and gentle and sweeps up into the index finger, indicating romanticism despite practicality. She may see intimate relationships as she wants them to be, rather than as they are. (An unromantic person's heart line might be short and point downward instead of upward.)

● **Ring finger bends in toward the middle finger:** Because Nancy puts responsibility before freedom, she needs to make time for adventure. Without the challenges her soul

Photo: Michael Kraus.



craves, she can become unhappy and irritable.

● **Life line curves around thumb:** She's loving, giving and has cultivated rich friendships (early in her life she was more self-protective).

● **Fingerprints:** All but one of Nancy's fingers have whorl prints (indicating an unconventional spirit); her middle finger (career) has loop prints, which show she has adapted to the organizational demands of her career.

● **Fate line crosses the heart and head line:** This shows she's an achiever.

● **Pinky finger long compared to rest of hand:** Nancy has excellent communication skills and is perfect in the publishing field. She would also be an effective public speaker.

Now examine your own hands to see what they tell you about yourself.

● **Hand size:** If you have small hands in comparison to your body, you probably hate details but love big ideas. Poor career choices: watchmaker or accountant. A good one: something in the arts. Large hands mean you're terrific at details and organization. Good career choices would be in science or mathematics.

● **Middle finger:** It's almost always the longest one on every hand. If yours isn't, you

*Nancy's Large Square Hand:*  
Indicates good organizational ability, courage and ambition.

may lack discipline and focus. A very long, strong middle finger indicates a love of detail, a suspicious but sensitive nature, a slow, careful, investigative personality. You probably don't need a close partner in marriage, and will choose a career that has solitary aspects. You need alone time. A short middle finger reveals an intuitive, impatient nature that sees the whole picture, ignores details.

● **Flexible fingers (they bend back, seem double-jointed):** You're adaptable, resilient, impressionable and have wide mood swings.

● **Stiff fingers:** You're quite cautious and sometimes tend toward stinginess.

● **Short pinky:** You have trouble being aggressive. May have had sexual problems.

● **Air between fingers:** Hold your hand up to the light, palm facing you, fingers together. Do you see light between the fingers at the bottom where they meet the palm? If so, food is not predominant in your life; you eat to live. No light? You live to eat; food counts for too much and may cause weight problems.

● **Thumb:** If it's broad but well shaped, you're probably a strong, blunt and determined individual. A shapely, columnlike thumb? Tact and refinement mask your very powerful will.