

The Ultimate Guide to Palm Readings

Learn How to Read Palms and Get a Palm Reading Online

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Want to find out more about yourself and your future? A palm reading is a fun and helpful tool to learn about your strengths, your character, and even your destiny.

Palmistry, or the interpretation of palms, involves noticing and analyzing the characteristics of your hand. This palm reading guide will help you use this divination practice to interpret your own hand's secrets!

What Do I Need to Read My Palm?

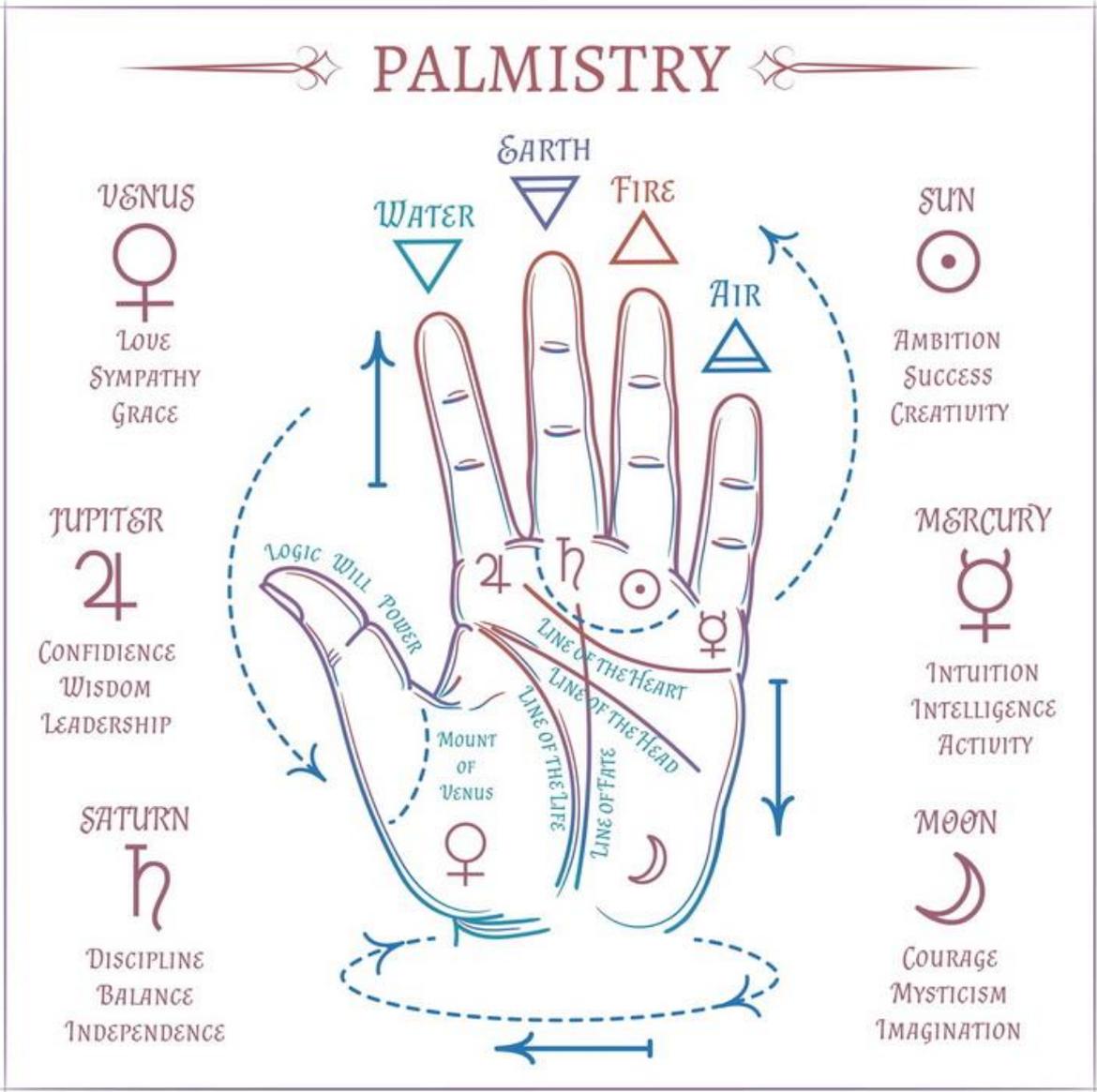
To understand how to be a palm reader for yourself, you'll need to know palm traits. Here are a few key terms you'll need to know:

1. A **line** is a crease in your palm. For example, the creases going across your palm vertically are different kinds of lines: the life line, love line, and head line. There are also two key vertical lines: the fate line and the sun line.
2. A **mount** (like "mountain") is a raised area of flesh. For example, the bump beneath each finger is a mount. A line may cross over a mount.
3. A **plain** is a flat area of your hand. For example, the very center of your palm is the Plain of Mars. It is also possible for a line to cross a plane.

A professional palm reading guide can help you with a more in-depth reading of palm traits. If you have difficulty identifying the characteristics of your palm or distinguishing one line from another, you can also contact [top rated psychics](#) who can provide additional guidance.

Other than this basic understanding, all you'll need is a clean hand and an open mind. While you don't need to cleanse your palms before a reading with anything special, washing them with soap and water can help you see a line better.

What Can I Find Out From a Palm Reading?



Getting your palm read can teach you about four aspects of your life:

- The element that rules you (by looking at the shape)
- The themes of your life (by analyzing mounts and plains)
- Your strengths and tendencies (by studying the lines)

- Future events (also by examining the lines)

These are broad categories, of course! A professional palm reader will be able to tell you about different aspects of yourself, from your love life to the amount of confidence you have, through the study of these characteristics.

What Are the Four Elements/Types of Hands?

The four “types of hands” refer to hand shape, including both palms and fingers.

These hand shapes align with the four elements: earth, air, fire, and water. These correspond to the astrological elements. In other words, someone with an earth hand has earth-sign characteristics.

Earth Hand

An **earth hand** has a square palm with short fingers. Hands of this type indicate that the person is reliable and down-to-earth. However, they may have the tendency to get caught up in day-to-day life and forget to look at the big picture.

Air Hand

An **air hand** also has a square palm. However, unlike an earth hand, air hands have long fingers. The bones may also be visible. Air-hand people have high natural intelligence and are good communicators, though they may also experience a lot of worry if not stimulated enough.

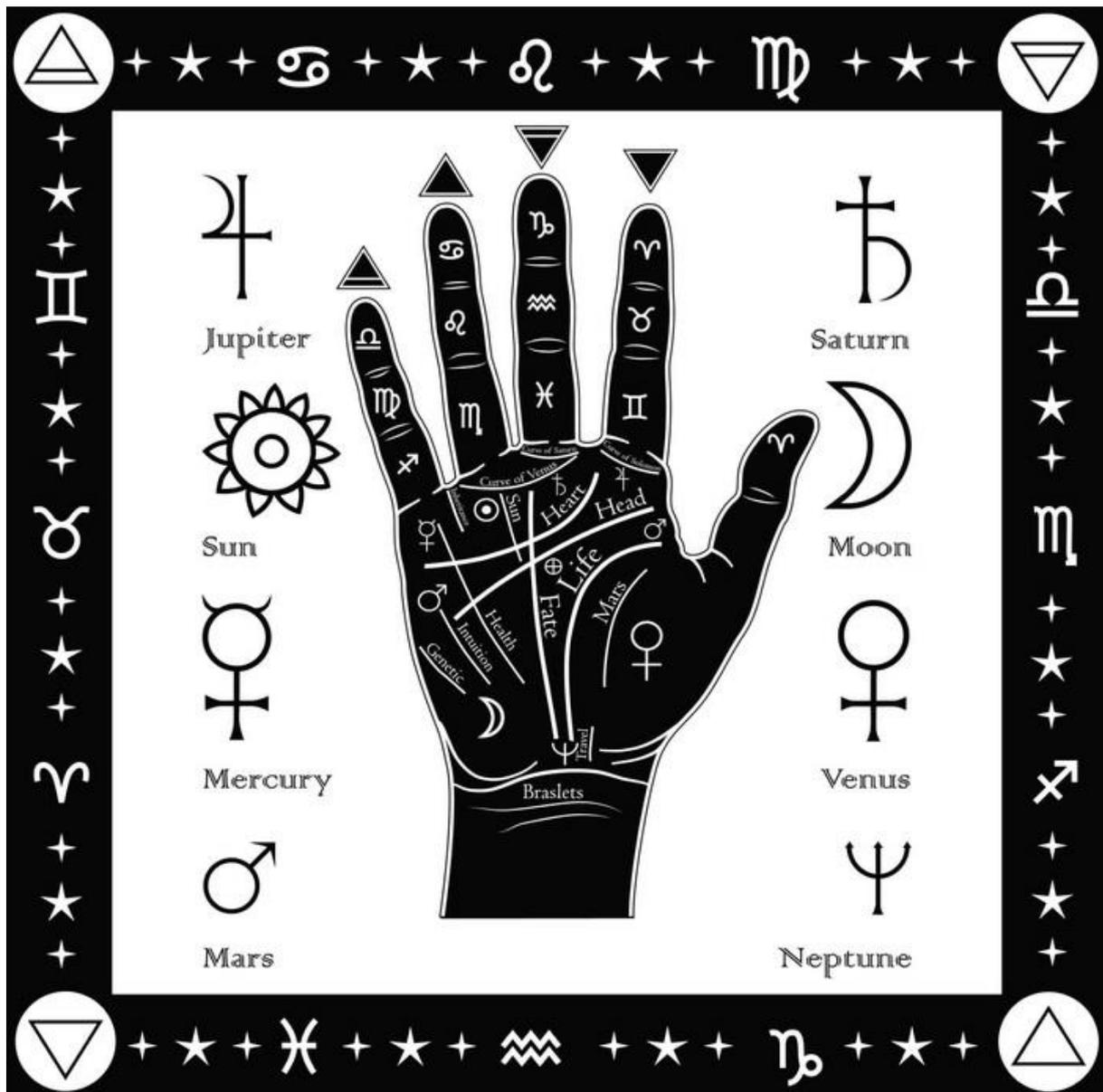
Fire Hand

A **fire hand** has a rectangular palm with short fingers. Fire hands may be fleshy, with well-defined lines and mounds. These people are often easily inspired, impulsive, and motivated. From time to time, they may push forward too fast for their own good.

Water Hand

A **water hand** has a rectangular palm with long fingers. People with water hands are often compassionate and empathetic, with highly developed senses of intuition. Their sensitivity can be a weakness if they allow passing feelings to dominate their lives.

What Are the Mounts and Plains When Reading Palms?



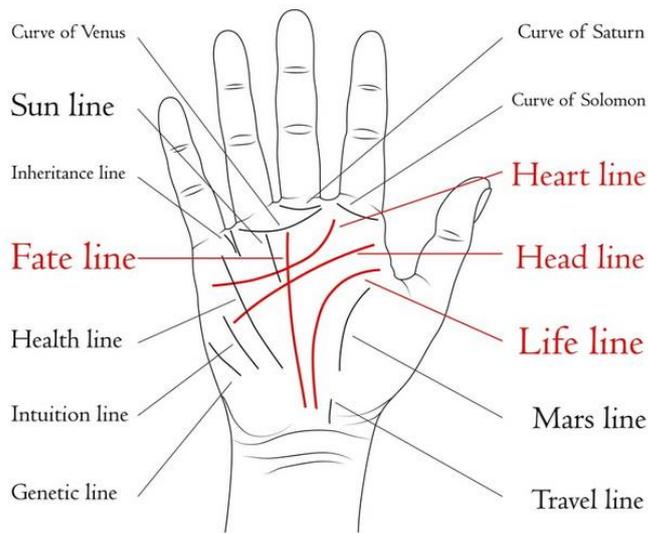
These are structural aspects of your hand, with six major mounts and one plain.

The height of a mount shows how strong a particular characteristic is. A very high mount might show an overdeveloped trait, while a very low one shows qualities that person needs to develop.

Starting at the thumb and moving outward, the important mounts are:

- **Mount of Venus:** under the thumb, shows romance
- **Mount of Jupiter:** under your pointer finger, shows self-assurance and ambition
- **Mount of Saturn:** under your middle finger, shows responsibility
- **Mount of Apollo:** under your ring finger, shows creativity and happiness
- **Mount of Mercury:** under your little finger, shows sociability

- **Mount of Luna:** opposite your thumb, shows emotions



The Plain of Mars takes up the center of your hand, between the mounts. It is related to inner Mars (on the palm between the thumb and index finger) and outer Mars (between the Mount of Mercury and the Mount of Luna).

The three Mars parts of your hand show your character as a whole. If the Mars aspects are prominent, you may be quick to get mad or take offense. However, if they're not noticeable at all, you may

need to stand up for yourself more.

More than one short straight line criss-crossing this area indicates that you have the tendency to be argumentative.

Should I Read My Left or Right Hand?

Traditional palmistry involves studying the dominant hand, or the hand you use more. However, today, a lot of modern palm readers like to look at both hands to understand your life path more fully.

Your non-dominant hand shows your tendencies: what you're likely to do and how you're likely to act in different situations. In other words, it shows your basic character and your unconscious mind.

In contrast, your dominant hand shows your life: how you have used your natural strengths and weaknesses so far in your life. It should be interpreted as representing your conscious mind.

You can just read one or the other, but it is best to examine both when reading the palm.

Hand Lines and Reading Palms

Palm lines show the major events in your life. There are five main types of hand line to examine during a palm reading.

The Heart Line and Palmistry

The **heart line** (also known as the **love line**) goes horizontally across the top of your palm, from under the little finger to below the middle or index finger. The love line shows your emotional life.

A deep heart line shows how important love is to that person, while breaks in the heart line indicate moments of stress in relationships.

A long heart line shows that the person is extroverted, while short lines show introversion. When the line starts below the index finger, the person will be happy in love.

The Head Line and Reading Palms

The **head line** runs below the heart line, crossing the center of the hand. The head line shows a person's main life lessons. The depth of the head line shows how intellectual they are.

A straight line in this area shows that the person is complex. When there are breaks in the head line, they can represent either moments of deep confusion or mental breakthroughs.

The Life Line and Palmistry

The **life line** circles from between the thumb and index finger to the wrist. It doesn't show how long you will live. Instead, a shorter life line shows extreme independence and health, and a longer life line shows more reliance on others.

The depth of the life line shows how intense and rewarding your life is. A broken or chained life line represents problems.

The Fate Line and the Palm

The **fate line** divides the palm, appearing along the center, across from the middle finger. It shows how much you have control over your life. A deep fate line shows that you'll have great success, while a shallow fate line shows more challenges in this area.

The Sun Line and the Palm

The **sun line** appears underneath the little finger. It indicates your talent and public role.

Read the sun line in combination with the fate line: separated lines show that you'll be able to take charge of your public image easily.