

TAKING PALMISTRY IN HAND

BY GARY MARKWICK

GARY MARKWICK is an international celebrity third generation palmist and clairsentient after his grandfather and mother. Using his talent for the last twenty years, he has read the hands of more than 20,000 people worldwide.

As well as appearing on BBC TV, Sky TV, Virgin Radio and BBC Radio 4, he has been featured by various newspapers including the "News of the World" and the "Daily Express."

One national newspaper asked him to read the handprint of a celebrity unknown to him at the time. This was Barack Obama before he became President of the USA.

In the 1950s, Gary's family was well known for performing with the BBC and theatres throughout Great Britain with mind-reading, escapology, illusions and palmistry.

Gary is the author of two books and is in the process of completing another two. Apart from being a reiki master teacher, he is also qualified in several other areas such as spiritual healing, hypnotherapy and past life regression, and offers palmistry readings in person or online.



GARY MARKWICK: "Palmistry has been practised for several thousand years."

PALMISTRY, also known as cheiromancy or chiromancy (relating to the word for hand in Greek), has been practised for several thousand years.

Palmistry is said to have originated in the north-west region of India, possibly somewhere between Pakistan and India, which was one country before the partition in 1947.

Since ancient times through to the present day, the Brahmin priests of India all had knowledge of reading the hands.

Palmistry continued to spread throughout Nepal, Tibet and China, finding its way to Egypt, Greece and then

to Europe. Humans have had an interest in hands since the Stone Age, the many paintings in caves from prehistoric times showing evidence of this.

Throughout history, great leaders and others of a reputable nature have also been known to take an interest in the science and art of hand reading, with chiromancy (the shapes of the hands), cheiromancy (the lines of the hands) and dermatoglyphics (fingerprints).

• Moses told his chief men to go and find leaders of the Hebrew tribes of Israel. When asked, "How will we find them?" he replied, "You will know them by

looking at signs on their faces and the lines on their hands."

- The Emperor of China used his thumbprint to seal documents.
- The ancient Greek philosopher Aristotle also had an interest in palmistry and showed his research on it to Alexander the Great.
- Hippocrates, the Greek physician, likewise had knowledge of palmistry.
- Julius Caesar judged his men by the backs of their hands before recruiting them.
- Napoleon Bonaparte would also look

at his generals' thumbs to see their strength.

- Psychiatrist and psychoanalyst Carl Jung took a great interest in the science and art of palmistry.
- At the beginning of the last century, Scotland Yard began to use fingerprints for catching criminals

Despite suppression throughout the Middle Ages and its prohibited use during the reign of King Henry VIII – who banned palmistry and other alternative practices, branding those who used them as sorcerers and devil worshippers – palmistry is still flourishing.

Indeed, it is more popular than ever today, especially in these stressful times when we are all searching for the truth and answers within ourselves.

The reading of hands is not mere superstition. It is a science which was studied by the ancients along with astrology and has developed and been used ever since right up to the present day.

Throughout its long history, the most talented palmists were available only to a few people in their local neighbourhood. Thanks to modern technology, anyone in the world can now have a reading from the most experienced and gifted palm readers on the planet.

Palmistry in modern times

Many doctors and psychologists who have investigated its science have shown from their conclusions that hands have the potential to reveal a person's character, health and psychological state.

Although palmistry is a science and an art, by using psychic intuition a much greater understanding can be achieved.

Looking at palmistry from a more modern perspective, it can reveal a person's characteristics and show a potential outcome of what may lie ahead in their future.

Nothing is permanent in life, as we are constantly evolving and changing. Likewise, the lines on our hands also change.

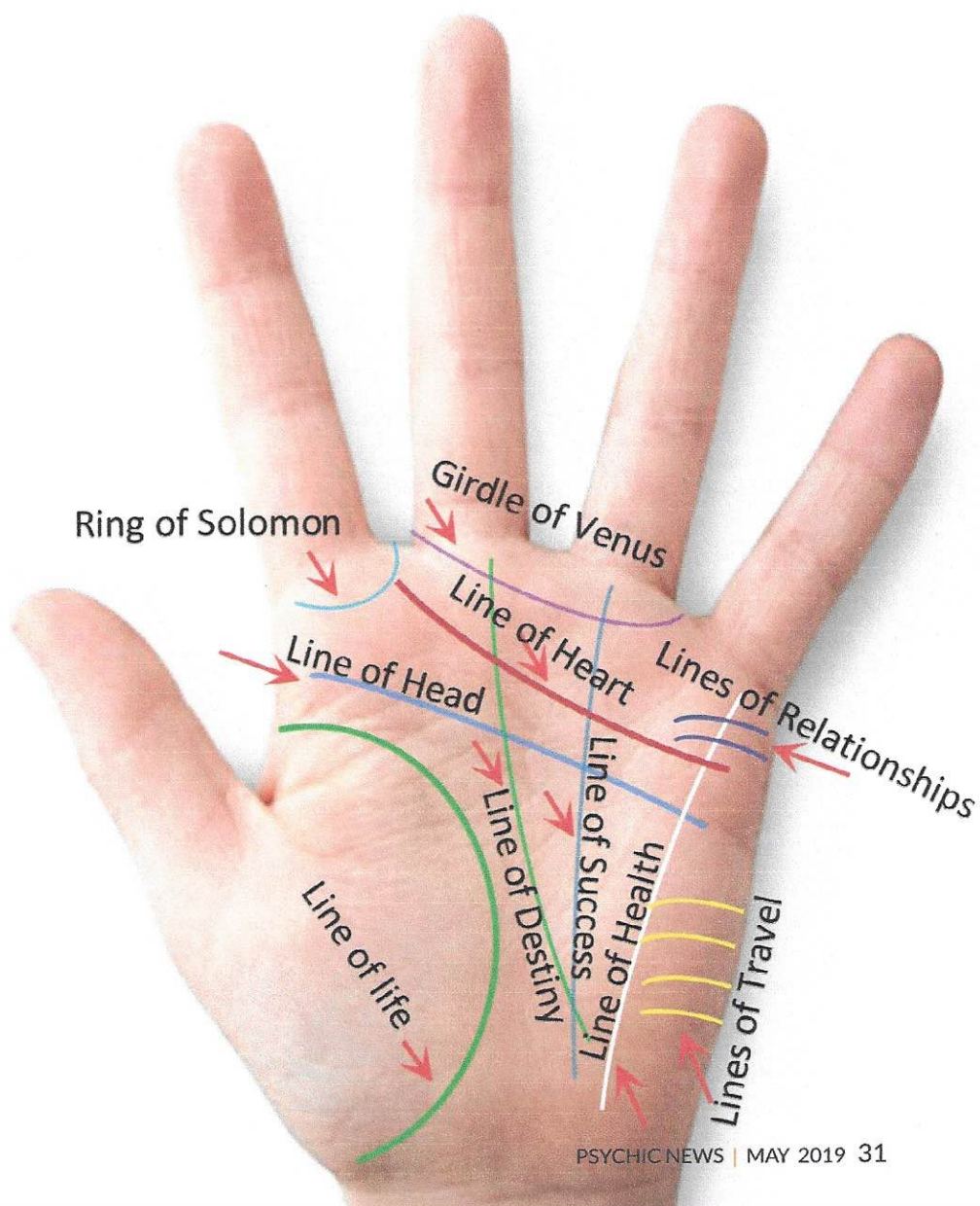
These lines are influenced by our thoughts, actions and the electrical impulses of the brain, which bring about the changes.

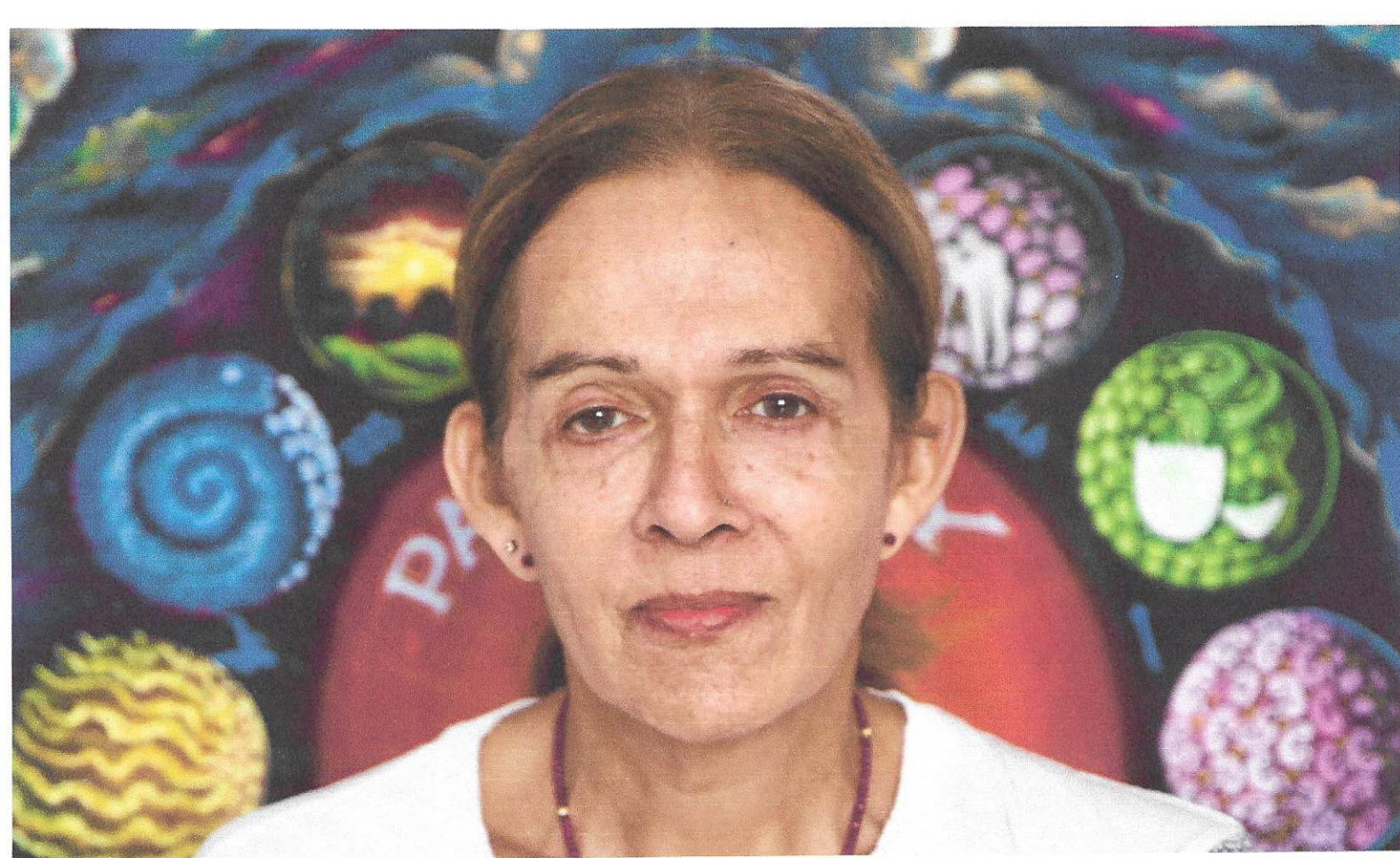
This can occur within a few weeks. However, it is more than likely to happen on average at around three months or more. Changes will usually depend on what is going on in a person's life at the time.

Other than "palmist," another term which is often used for someone who reads the hands is a "hand analyst." This is usually referred to as using a more logical and scientific approach rather than working



GARY MARKWICK: "The reading of hands is not mere superstition. It is a science which was studied by the ancients."





"If I could give an analogy of palmistry, it would be like the detective Sherlock Holmes gathering all the evidence and piecing it all together like a jigsaw puzzle," says Gary Markwick.

with one's own intuition.

There are also those who may look at the hands briefly and then move on to tarot cards or use another method of divination.

However, those who are professional in the field of palmistry and have many years of experience should be able to give a good in-depth reading with explanations within the realms of palmistry.

Giving a personal reading

When I read the hands of others, I begin by developing some rapport with a client. As a reiki master teacher and healer, I am often able to feel a client's energy through their hands.

This can give me more insight into their persona and the ability they might have towards helping others. Perhaps this may show they have a strong ability for healing or being altruistic in other ways.

I continue the reading by looking at the back and shapes of the hands, their colour and texture, the fingers, and which way the thumb, fingerprints and nails bend.

Next I study the lines of the hands, firstly at a glance and then zooming in with a more detailed inspection.

The palms of the hands could be likened to mountains, seas, larger rivers and smaller rivers. The Mounts on the palms (which are the fleshy parts or bumps) are the surrounding areas like the mountains which correlate to the planets in astrology.

The three main lines of the palms are

the Heart Line (emotions), the Head Line (mentality) and the Life Line (vitality). These are the seas.

The finer lines are the major and the minor rivers that flow into the estuaries and branch out in different directions. As in life, they show our strengths and weaknesses, and the new paths that we may take with setbacks and our achievements.

On a geographical level, certain parts of the world and areas can be identified within the reading, although this can take many years of experience to master. Of course, there are many other lines and markings which add to the complexity of palmistry.

As I read on, more is revealed to me about a client's characteristics, personality, career path, success, wealth, relationships, children, health, travel and more.

If I could give an analogy of palmistry, it would be like the detective Sherlock Holmes gathering all the evidence and piecing it all together like a jigsaw puzzle.

Being a therapist of hypnotherapy and reiki as well as a palmist, the readings I give are based on promoting a client's wellbeing.

My aim is to help and show people how to find positive resources and intentions by using one's own skills in obtaining the full potential that exists within our life.

I am also clairvoyant. Occasionally, I work on a level of clairvoyance (seeing), clairaudience (hearing) and claircognition (knowing). I channel through the higher

self, using whatever I am given at the time during the reading.

For the beginner who would like to learn to read palms, at first it can appear to be very daunting with the lines showing like an electrical circuit of a wiring diagram.

Some of the lines are large and may have depth and colour whereas others are very fine and hardly recognisable. They appear to come in from all directions and it is hard to know where they are going and what they could possibly mean.

However, do not be overwhelmed by this, as with time, patience and practice you can learn the art of palmistry. Information may be gathered from the internet and books, but the best way to learn is by practice.

Look at your own hands and their shapes. Are there any changes you may have noticed in the lines since the last time you looked at them?

When you feel a little more confident, ask a friend if they are willing for you to look at their hands. Begin by studying the backs of the hands for shape and texture.

A person who has larger hands may be able to work with detail and have patience whilst someone with small hands might be a little impatient, but is able to see the bigger picture. Are the hands hard or soft? These factors will all contribute to the reading.

Look at the nails for shape and colour. Ideally, they should be a pinky colour. White spots on the nails can indicate stress.

Looking at the fingers, do they lean towards another? The thumb can tell us quite a lot about a person's character; bend it slightly downwards to see how flexible it might be. This can also show when the hands are bent gently backwards from the fingers.

A stiff thumb can indicate someone who says it like it is and could be a little stubborn. If it is waisted in the middle, then the person will be diplomatic, but may be indecisive.

Large thumbs compared to the rest of the fingers can show leadership whilst those with small thumbs may be followers.

If a client has a clubbed thumb, which can look like a bulb at the top of it, this can mean that its owner may have a lot of pent-up energy that they hold within and they may have short outbursts of anger.

Turn the hands over and look at the Mounts on the palms. These are the fleshy parts on the palms and relate to the planets astrologically. Notice which Mounts stand out.

The Mount of Venus, which is vitality and love, lies beneath the thumb inside the Life Line.

The Mount of Moon is on the opposite side of the palms and shows a curve on the edge of the hands. The more prominent the Mount, the stronger one's intuition will be. The other Mounts lie beneath each finger and various parts of the palms.

Once you have had a good look at the outer parts of the palms, then you can zoom in and look at the lines:

The Heart Line. This is the large, deep line which runs across the palms below the Mounts at the base of the fingers. This line is read from below the little finger side and continues across towards the first finger.

The Heart Line indicates our emotions. Someone with well-balanced emotions has a Heart Line which curves upwards between the first and second fingers.

When it appears to go straight across the palm, it can mean that a person may be idealistic and could set their expectations too high when finding a partner in relationships.

The Head Line. This begins from the Life Line and goes across the palm towards the Mount of Moon.

The Head Line is about one's mentality. A strong Head Line can show a strong mind, working with others and their intentions in life. A short Head Line could mean that a person may have given up on their wishes.

Alternatively, it may be that they have achieved certain things in life and feel that they do not need to pursue anything further.

There is another possibility that this person may specialise in something within the work that they do and are very focused

on it.

The Life Line does not represent how long a person may live! However, it can show their strengths and weaknesses.

This line is read from where the Head Line starts and is above the thumb and below the first finger. When the Life Line curves down and around towards the wrist, it is possible that the person will have reasonably good health and may live to a grand old age.

However, I have seen people with long Life Lines who do not live so long and those with shorter ones who do, so it is necessary to check other parts on the hands to see what is going on.

When there are breaks in the Life Line, it can show that there may be a dramatic change that occurs in a person's life. This could be a divorce, moving away from home, an illness or some other changes.

The further away that the Life Line goes out towards the Mount of Moon, the more adventurous a person will be. They may even spend time abroad or live abroad.

When there is a fork at the bottom of the line towards the wrist area, then it may be that the person will always return home if they know where their home lies.

Whichever line is the stronger of the fork is an indication whether they will remain back home or go abroad.

Whether it is for fun or eventually to become a professional palmist, these are some examples of how you can begin to get a feel for palmistry and to see if you would like to continue to learn more and give readings to others.

When attempting to read the hands of others, remember to keep it light-hearted and never jump to any conclusions.

I have seen many young people who were told by amateurs that they may die because they have a break in their Life Line, which is more than likely far from the truth.

When you become more experienced, then you may go further into detail with the readings.

■ *For further information, please visit www.palmistryinhand.com or e-mail Gary at g_markwick@hotmail.com He can also be contacted by phone on 07986 996414 or 07543 43655.*



IN this shot, Gary Markwick takes a closer look at a client's hand.