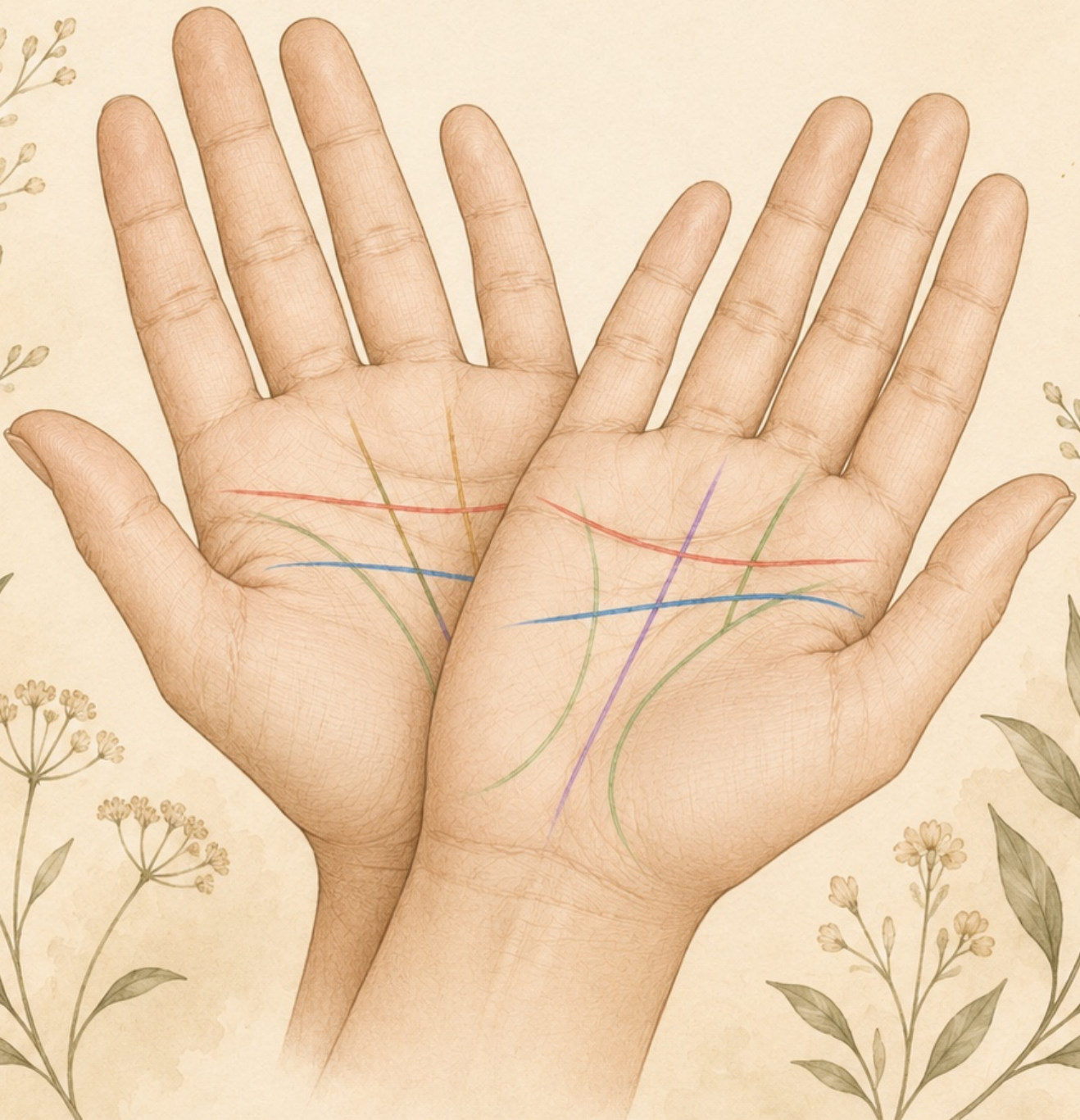


AN ILLUSTRATED GUIDE TO

Palmistry

Lines, mounts, markings, and the art
of a thoughtful reading

A VISUAL REFERENCE FOR BEGINNERS



A map for the curious

A practical reference for looking closely, learning the vocabulary, and building a reflective reading.

Palmistry, also called **chiromancy**, is a cultural and symbolic tradition. It is not scientifically validated. Use this guide for reflection, storytelling, and entertainment; its interpretations are not facts about a person or their future.

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How to use this guide

Start with the large maps, then turn to their reference pages. The contents and PDF bookmarks are clickable. Tap the footer to return here.

Look at both hands

Relax the palm, use soft side-lighting, and notice the whole hand before focusing on a single mark.



Palms face the viewer. Dominance means the hand most used for skilled tasks. Do not stretch the fingers or press the palm flat. Ask: Where has experience reshaped a familiar response?

Dominant hand

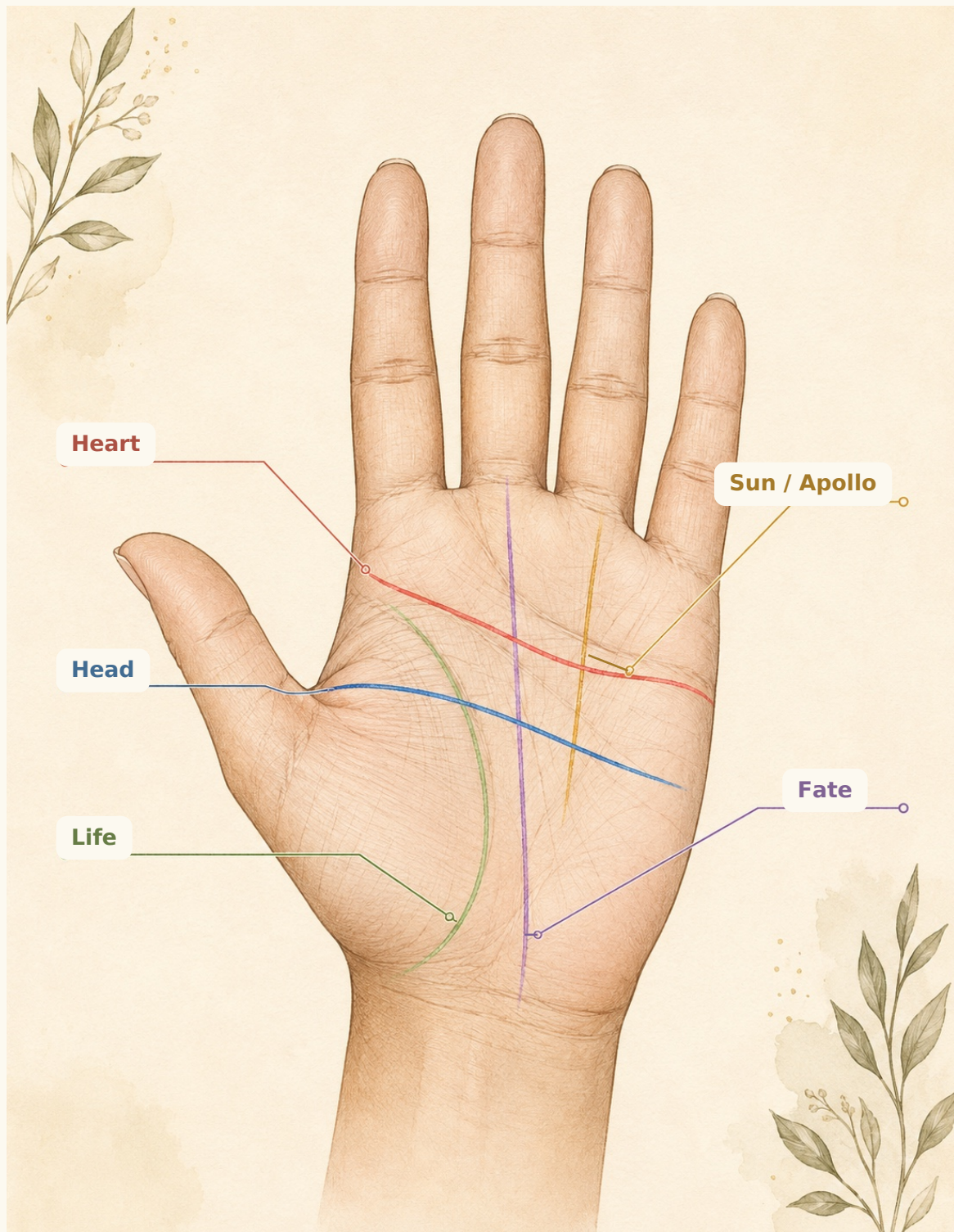
A symbolic lens for current choices, developed habits, and outward expression.

Non-dominant hand

A symbolic lens for earlier patterns, long-standing tendencies, and private experience.

The five major lines

Follow each colored line. Real palms vary, and faint or absent lines are not inherently negative.



Location guide: heart = upper palm; head = middle palm; life = around the thumb; fate = toward the middle finger; Sun = toward the ring finger.

Reading the major lines

These are traditional associations to explore together, not measurements of character, ability, or destiny.

Heart

Emotional style, attachment, and relationship values. A long, clear line is associated with sustained engagement. A straighter course suggests a measured style; a curve suggests expressive warmth. An ending under the index finger is linked with ideals, under the middle finger with realism, and between them with balance. Fine branches suggest emotional outlets.

Head

Thinking style, imagination, and decision-making. A straight course is associated with practical, sequential thinking; a slope toward the Moon region with imagination. A long line suggests sustained focus, while a short line suggests directness, not lesser intelligence. A joined start with the life line is linked with caution or early influences; a separate start with independence.

Life

Grounding, pace, engagement, and major transitions. A wide arc is associated with exploration; a close arc with conserving energy or privacy. Depth and continuity suggest steadiness in the symbolic reading. Parallel support lines may represent help or resilience. Breaks suggest changes in rhythm, never a death date. Line length does not measure lifespan.

Fate

Direction, responsibility, vocation, and structure. A strong line may symbolize a clear sense of duty. A start at the wrist is linked with an early structured path; at the life line with self-directed effort; and at the Moon side with public influence or support. Interruptions may suggest changes in work, roles, or priorities.

Sun / Apollo

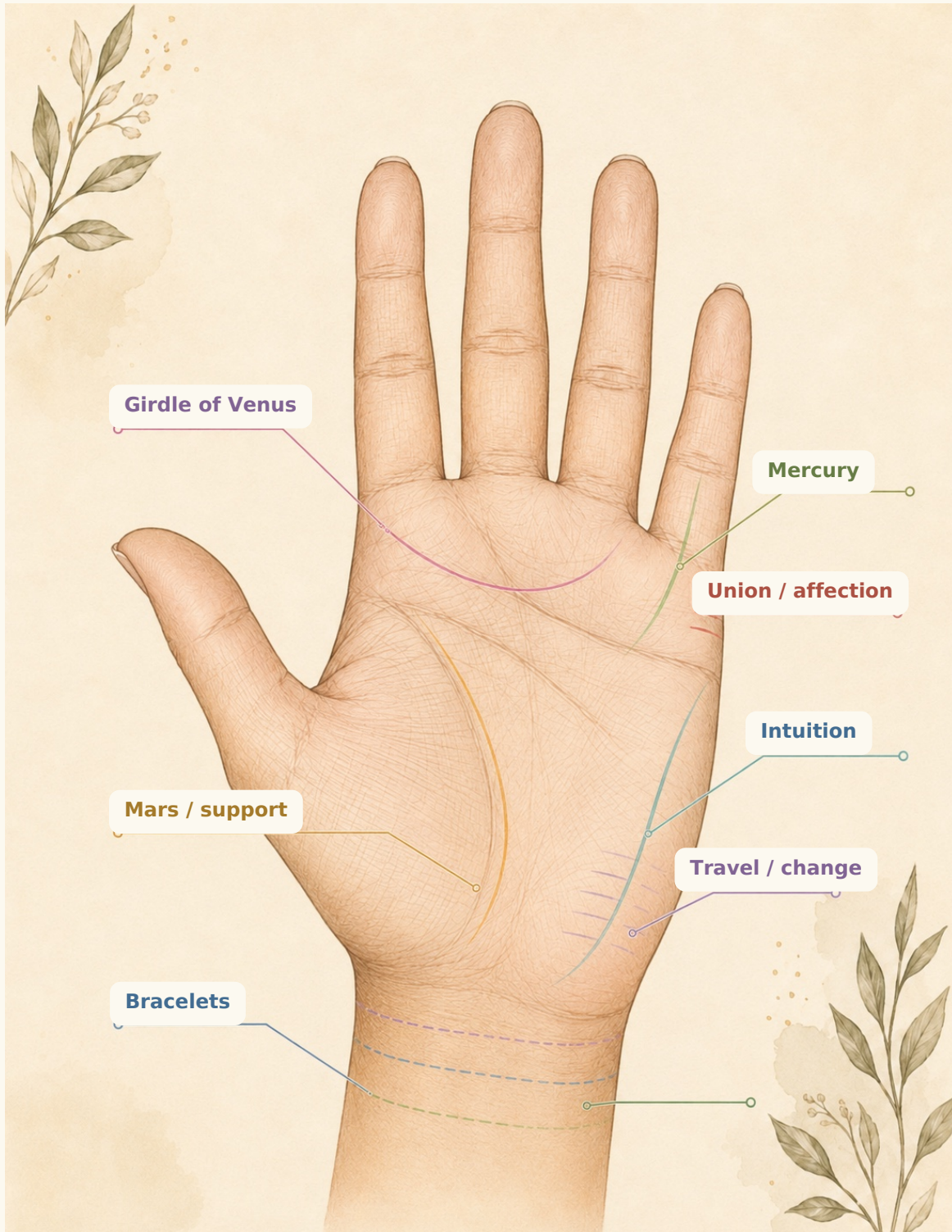
Creative expression, fulfillment, and recognition. This line is associated with craftsmanship, satisfaction, and feeling fully expressed. A later-starting line may symbolize recognition developing over time. Its absence does not mean a lack of talent, happiness, or creative potential.

About timing

Age-zone systems differ and have no scientific reliability. Use a line to organize a story, not to promise when an event will occur.

Secondary and minor lines

Start with the major lines, then use these smaller details to add nuance. Many palms do not show all of them.



Schematic positions on a right palm. Mirror the locations for a left palm. Minor lines are supporting details, not standalone predictions.

Small lines, gentle interpretations

Notice location, clarity, and context before assigning symbolic meaning.

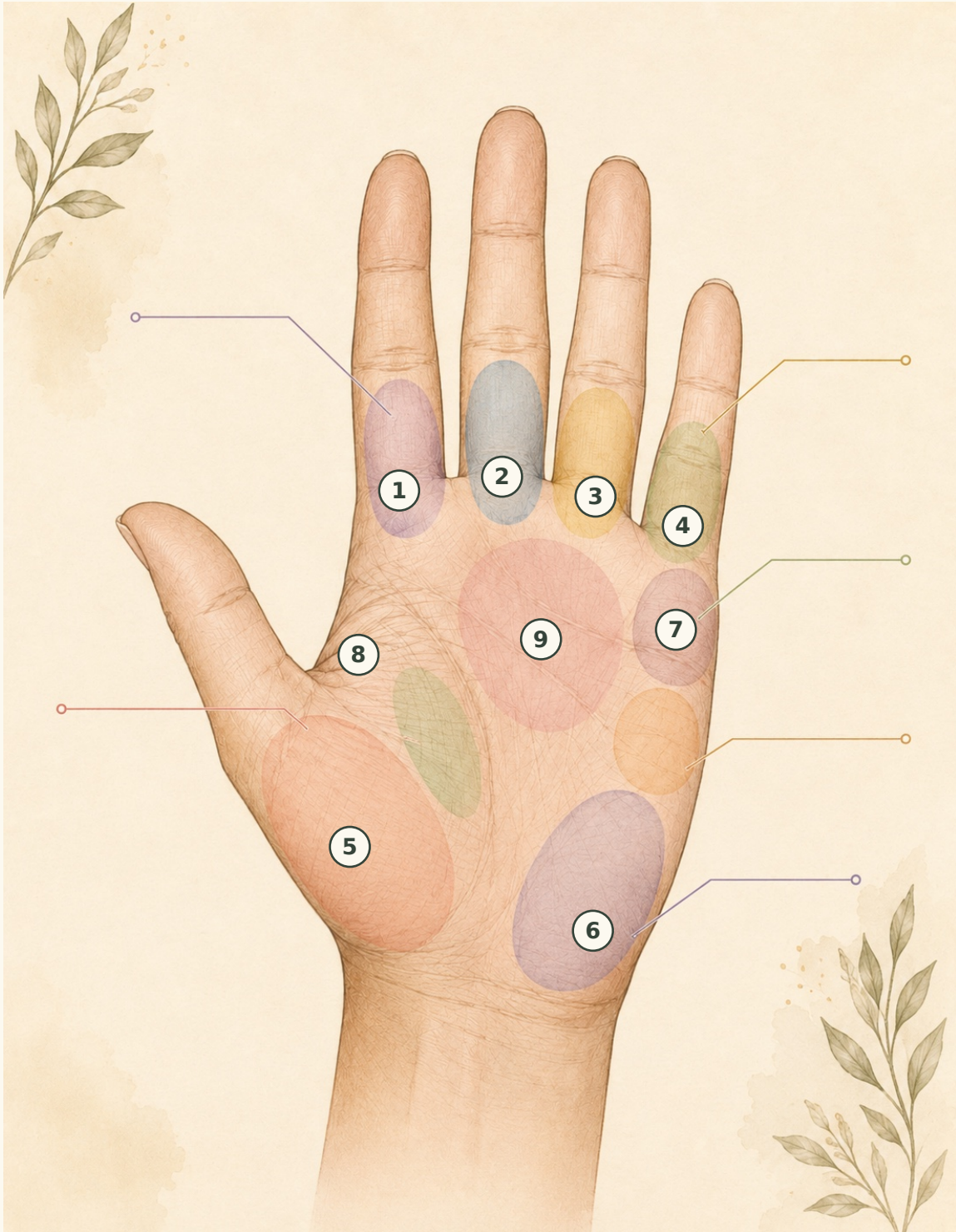
Line	Location and traditional theme	Keep in mind
Mercury Sometimes called the health line	Toward the little-finger side; linked with communication, commerce, routines, and nervous energy.	Do not infer disease. Many hands lack it.
Union / affection	Short lines at the outer edge below the little finger; linked with significant bonds or relationship chapters.	They do not count marriages or guarantee divorce.
Girdle of Venus	An arc below the middle and ring fingers; linked with sensitivity and artistic responsiveness.	Often fragmented. Read with the heart line.
Intuition	A curve along the outer lower palm; linked with empathy, instinct, and imagination.	Not proof of psychic ability.
Mars / support	A line near and roughly parallel to the life line; linked with resilience or reinforcement.	It may simply be a parallel crease.
Travel / change	Horizontal or diagonal lines on the Moon side; linked with curiosity, movement, or changing surroundings.	Do not promise journeys or relocations.
Bracelets / rascettes	Horizontal wrist creases; traditionally linked with foundations and life phases.	Their number does not measure lifespan.

A note about “children lines”

Tiny creases above union lines are sometimes given this name. They cannot reliably predict fertility, pregnancy, the number of children, or pregnancy outcomes.

Mounts and regions

The numbered key on the next page identifies nine traditional regions. Colored shading is approximate.



Read the location and relative fullness of each region. The illustration is a visual aid, not an anatomical boundary map.

The mount key

Compare fullness, firmness, and markings across the palm rather than treating size alone as meaningful.

Region	Location	Traditional themes
1 Jupiter	Below the index finger	Ambition, leadership, confidence, meaning
2 Saturn	Below the middle finger	Responsibility, patience, seriousness, depth
3 Apollo	Below the ring finger	Creativity, warmth, aesthetics, visibility
4 Mercury	Below the little finger	Communication, adaptability, commerce
5 Venus	The padded base of the thumb	Affection, pleasure, connection, vitality
6 Moon / Luna	The outer lower palm	Imagination, empathy, travel, inner life
7 Upper Mars	The outer middle palm	Composure, endurance, moral courage
8 Lower Mars	The inner palm, inside the life-line area	Initiative, assertion, physical courage
9 Plain of Mars	The center of the palm	How pressure and conflict are integrated

Read comparatively

A balanced region is traditionally associated with a usable quality; a very prominent or flat region may symbolize emphasis or reserve. Ask what fits the person’s experience instead of treating the hand as proof.

Common markings

Name what is visible first. Interpret a mark only in relation to the line or region where it appears.



These are simplified examples. Random intersecting creases can resemble symbols, so avoid forcing a pattern.

Read quality before detail

Skin texture, work, age, injury, hydration, and hand position can change how a crease looks.

Feature	Traditional reading	A useful check
Deep / clear	A theme expressed steadily or consciously.	Compare it with neighboring lines.
Fine / faint	A subtle, private, flexible, or less-emphasized theme.	Faint does not mean weak or bad.
Break	Transition, interruption, redirection.	Look for overlap or a parallel support line.
Fork	Two outlets, expanded perspective, divided attention.	Direction and location matter.
Island / chain	Complexity, diffusion, or sensitivity.	Never convert it into a diagnosis.
Cross	Tension, a decision, or emphasis.	Read the line or region it touches.
Star	A striking concentration of a theme.	Distinguish it from random creases.
Square	Protection, containment, recovery.	Sometimes read as stabilizing another mark.
Triangle	Skill, learning, strategic use of a quality.	Look for distinct connecting lines.
Tassel	Energy dispersing into several interests.	Ask what is competing for attention.

The core rule

No single break, cross, short line, or unusual mark should be treated as a prediction of death, illness, betrayal, or misfortune.

Four traditional hand shapes

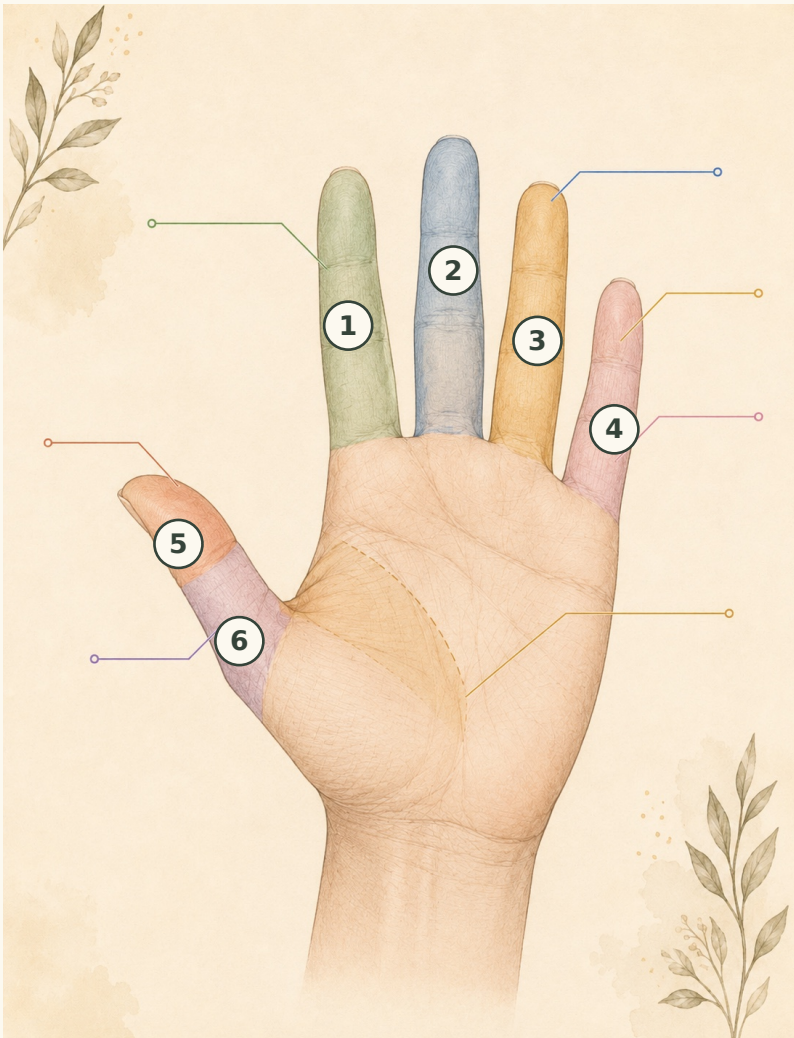
Compare palm proportions with finger length. Real hands often combine features of more than one type.



Type	Typical proportions	Traditional style
Earth	Broad or square palm; shorter fingers	Practical, steady, grounded
Air	Square or rectangular palm; long fingers	Analytical, curious, communicative
Fire	Long palm; shorter fingers	Energetic, expressive, action-oriented
Water	Long, narrow palm; long fingers	Sensitive, imaginative, receptive

Fingers and the thumb

Observe natural spacing, flexibility, and proportion without forcing the hand into position.



1 Index / Jupiter

Aspiration, confidence, and authority.

2 Middle / Saturn

Duty, responsibility, and boundaries.

3 Ring / Apollo

Creativity, expression, and risk.

4 Little / Mercury

Communication and negotiation.

5 Upper thumb segment

Will and follow-through.

6 Lower thumb segment

Reasoning and judgment.

Numbers identify the features. Nail color and skin texture are not tools for diagnosing health.

The thumb's natural opening

A wider opening is traditionally linked with openness and independence; a closer angle with caution or conservation. Flexibility suggests adaptability, firmness suggests consistency. Neither is inherently better.

Avoid stereotypes. Hand shape, calluses, scars, and flexibility can reflect genetics, work, disability, injury, age, or environment. Ask; do not assume.

A respectful reading

Observe, connect, and invite a response. The person always has room to disagree with the interpretation.



1 Ask for consent

Explain that the reading is symbolic. Ask whether any topics are off-limits.

2 Notice the whole hand

Look at shape, proportions, natural posture, and flexibility.

3 Compare both hands

Notice similarities and differences without assuming what caused them.

4 Trace the major lines

Identify the clearest themes and how the lines relate to one another.

5 Look at the mounts

Compare regions for emphasis or reserve.

6 Add the details

Check whether branches, breaks, and support lines reinforce the larger pattern.

7 Synthesize two or three themes

Include strengths, possibilities, and choices.

8 Invite a response

Ask: “What resonates, and what does not?”
Accept the answer.

Keep the reading voluntary

Protect private details, avoid pressure about money, relationships, pregnancy, medical care, or legal decisions, and stop if the person is uncomfortable. Never read a child’s hand as a fixed destiny.

Your practice worksheet

Record what you can actually see before assigning a possible symbolic theme.

Date: _____

Dominant hand: _____

Area	What I see	Possible symbolic theme
Overall shape		
Heart line		
Head line		
Life line		
Fate / Sun lines		
Mounts emphasized		
Markings / support lines		

Two balanced themes

What resonates? What would I revise?

Putting it together

Observation first, traditional association second, and an open question last.

An example synthesis

“Your head line slopes toward the Moon area, and the Apollo region appears prominent. In this tradition, that pairing is associated with imagination and creative expression. Does creativity play a meaningful role in how you solve problems?”

Helpful language: “Traditionally associated with,” “may symbolize,” “one possible reading,” and “does that resonate?” Avoid “you will,” “this proves,” “you are destined,” or claims that a mark means illness or death.

A small glossary

Chiromancy Symbolic interpretation or divination through the hand.

Chirognomy Interpretation of hand shape and form.

Mount A padded region associated with a classical planetary archetype.

Dominant / active hand The hand most used for skilled tasks.

Non-dominant / passive hand The other hand; traditional terminology varies by school.

Sister / support line A line running roughly parallel to a principal line.

Branch A smaller line joining or leaving a principal line.

Leave room for the person

A good reading offers language for reflection and choices. Meanings vary across traditions, and a person is always more complex than the lines in a palm.