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Quick Guide to the Art of Palm Reading/Palmistry by [Jackson Swift](#)

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It's also been fascinating men for many years, aside from horoscope and psychic readings.

Palmistry: Tracing its Origins

Psychics believe that Palmistry is said to have its traces as far as the Stone Ages. There were many stone carvings and drawings of human hands that were found in cave drawings and paintings as seen in the Lascaux Caves in France, the remarkable Santander caves in Spain and in several caves in Africa.

Originally a Poland tradition, many believe that Palmistry can trace its origins in India with its roots in Hindu Astrology (known in Sanskrit as Jyotish), Chinese Yijing (I Ching), and Roma (Gypsy) fortune tellers.

From India, it then made its way through China, Tibet, Egypt, Persia and to other countries in Europe. From China, the art of palmistry progressed to Greece where Anaxagoras practiced it.

In Greece, Aristotle is said to have discovered a treatise on the subject of palmistry on an altar of Hermes. He then presented this treatise to Alexander the Great, who is believed to have taken great interest in examining the character of his officers by analyzing the lines on their hands.

Then accordingly, Aristotle, Hippocrates and Alexander the Great came to popularize the laws and practice of palmistry.

Known to have been used in the cultures of India, Tibet, China, Persia, and Egypt and to some countries in Europe, now, the art of palmistry is found all over the world, with numerous cultural variations.

Moreover, studies revealed great interest in the study and practice of palmistry was seen among most ancient communities like the Sumerians, Tibetans, Hebrews, Babylonians, Egyptians and Persians.

Reading the Hands

Basically, Palmistry involves the practice of "reading" the palm of a person's hand in order to evaluate and interpret the aspects of a person's character or future life or destiny.

The various "lines" (Chiromancy), the shape and "mounts" or bumps and ridges of our hands (Chirognomy) believed to distinguished individual to individual in terms of size, quality and intersections the characteristics of the fingers, fingernails, fingerprints and palm skin patterns (dermatoglyphics), the skin texture and color, flexibility of the hand, and position of the digits are examined by an expert palmist as these are believed that each element reveals something new about a person's personalities.

The person's 'dominant hand' (the hand he or she writes with or uses the most) is where the reader usually begins his readings. It is believed that our left and right hands cover different aspects of our lives, with the dominant hand sometimes considered to represent the conscious mind, whereas the other hand is subconscious. And, in some traditions of palmistry, it is believed that the other hand carries the hereditary or family traits, or, conveys information about past-life or karmic conditions.

The Major Mounts and Lines

In Palmistry, the major Mounts consist of Venus, Jupiter, Saturn, the Sun, Mercury, Mars and the Moon. These mounts are used in determining the type to which a subject belongs.

While the significant lines consist of the Life Line, Head line, Heart Line, Fate Line and Apollo Line / Line Of the Sun.

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Jackson Swift is the author of this article for Universal Psychic Guild that offers free a [zodiac signs](#) readings, free a [online psychics](#) advice or a [tarot](#) card reading.

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