

Identifying Personality Traits

by Andrew Verity

Kinesiology and Cheirology

Hand analysis (cheirology) is a reflection of the entire personality in all of its forms from human potential to grave, from before birth to death, from health to sickness. It refers to time and successes, failures and destiny. As design, it can be studied, being the visible reflection of the unconscious resolutions and genetic influences.

Authors as Noel Jaquin, Dr. Charlotte Wolff, Desbarolles and others have provided substantial research to indicate certain formations in the hand as symbolic of the existence of definite characteristics. Carl Jung, in his introduction to *The Hands of Children* by Julius Spier acknowledges in his cautious manner:

"... then hands whose shape and functioning are so intimately connected with the psyche, might provide revealing and therefore interpretable expressions of psychical peculiarity that is, of human character"

The study of the hand is a most frustrating and rewarding activity. It will provide insights hitherto unthought of, challenges your set and precious ideals, changes your complacencies and captures your imagination. It will reward you for your diligence and motivate you in your persistency for truth. In all things when analyzing from the hand ... **ask the reasons why.**

Cheirology looks more for the "why" of anything via the traits in the hand. It interests itself in proofs that can be established psychologically and physiologically, noting correlations and using this data to redirect faulty behavior patterns.

Cheirology maintains that change can take place within the person's life, if the person takes the necessary steps to create that change. It points to the **Will** as the guiding force, this will being subject to the worlds

view, the person holds to. If that world-view is contrary to the psychological makeup, conflict will surely be involved in the life...the degree of which will be recorded in the hand. If there is a harmony established and allowed to develop, then good must follow. The lines will then change to suit the new life-style.

Hand-analysis is a serious business, dealing with a person's potential and limitations. It sets out to comfort the sorrowful by offering hope, while also identifying illness in its various forms from the systemic diseases to the more subtle dis-eases of the psyche.

The cheirologist sees destiny as being controlled by the individual through the will, finding in the hand the best paths for success in life. The change of the shape of the hand and the change of lines as well, shows we are in control of our own destiny - if we exercise our God given skills to do so.

Dr. Charlotte Wolff refers to Drs. Carl Guntar Carus and N. Vaschide as two who have added much to scientific knowledge of hand reading. W. Benham has brought hand reading into a clearer perspective, along with Noel Jaquin. A.A. Desbarolles should be mentioned along and DeArpigny all of these people being serious students of the hand. There are hundreds of others as well, all adding to the knowledge necessary to the study, but it is the **INDIVIDUAL** who adds knowledge in any science. **YOU** can be that individual.

As everything has a **CAUSE**, everything must have an **EXPLANATION**.

WHY STUDY HAND ANALYSIS?

Because of the advantage it has over other methods of analysis.

1. IT IS PERSONAL.
2. IT IS IMMEDIATE.
3. IT IS CONVENIENT.

4. IT IS TOTAL ... in the hand are found the psychological make-up from the parental influences, the inherited tribal instinct, the subject's place within society, the relationship of the inner world of self with health, ambition, direction, capacities, strengths and weaknesses, best times for major events to be attended to, and when to avoid action, vocation and so on.
5. IT IS INEXPENSIVE.
6. THE HAND'S DESIGN ... the manufacture of the hand is indescribably complex and incredible in its design. The nervous, lymphatic and circulation systems, chemistry, state of the organs and glands, a MIND, the unique and almost indefinable spirit of man that sets before him his own unique desires. The hand is designed to show all this, and much more.

WHAT IS IN THE HAND?

Character, temperament, genealogy, childhood, health, profession, attitudes, thought processes, ambitions, mental strengths and weaknesses, emotions, affections, money, children, milieu, friendships, enemies, failures, successes, losses, gains, psychology, all this and more revealed by a process of logical deduction that effectively puts it into the area of human science.

Failure in job satisfaction has become commonplace. Failure in marriage the same, failure of parents, failure of children, failure of personality. All brought about by a lack of knowledge of the self. This is where hand analysis excels.

When balancing the Cheirology traits, always use care in expressing an opinion, knowing the individual is extremely sensitive to influence from his/her own make up. Sensitive, nervous, anxious to hear what you have to say. Treat all your clients with the dignity they deserve. Never EVER ridicule, as their fears and phobias are real to them, and they have had to live with them for many years.- their fears are old friends that haunt and hurt daily.

Embryonic development is a time of **individual success**, and although locked into a micro-world, it is a world of design, and is subject to strict natural laws of development, these laws continuing through the creation of the blastocyst, the trophoblast, the bilaminar germ disc to the establishment of the body form. The ectrodermal derivatives include two interesting features between days fourteen to twenty eight: the beginnings of the brain, and the beginnings of the hands and feet, all made from the same material.

THE SHAPE: THE MASTER INFORMATION

This is the most important part of any study of the hand. It will be the initial contact, and final arbiter of your analysis of the person in front of you. Without this knowledge of the shapes and their meanings, any attempt to certify accurately will be presumption rather than fact. **All else in the hand is determined by shape**, and every condition, combination, characteristic, and line will be established in a most accurate manner once the shape has been mastered. We will be looking at the natural divisions within the framework of cheirological analysis.

There are three natural divisions in the shape of the Hand:

- (1) Prehensile/tactile
- (2) Three levels of comprehension
- (3) The psychological divisions

Prehensile/Tactile

Beginning with the prehensile/tactile, there is a natural division that sets the person, very broadly speaking, on one of two paths. The prehensile hand is eminently suitable for grasping or holding onto objects, and is seen as a broad, strong hand designed for movements of purpose, the broader the hand, the more prehensile the person. This demands also an outdoors existence, to exercise the prehensile preferences of the person. The more square the palm, with the outer edge protruding, the more prehensile the hand.

The prehensile personality is seen as the more extravert type of person, a person whose basic orientation is towards the external world of doing. This creates the outgoing, sociable, and rather impulsive person who needs a constant source of stimulation from the environment. They also have lower anxiety levels than their opposites-the introvert personalities. It is peculiar that the prehensile person also has a strong potentiality towards music, and also seems to be more in tune with the extra-sensory phenomena, perhaps because of their closeness to the elements of nature. There are several outlines of extraversion, (keenly noted in the difference between the types described by Wolff in her elementary and motor classifications.) The different extraversions can be seen under the general description of an outward-directed personality that seeks a sociable activity, with interests in the public environment rather than inner-directed attitudes and interests.

Summary of types of Extraversion.

1. **Active extraversion.** The outward direction of the libido (the totality of mental energy at the disposal of the instinct of love) which is willed by the subject, rather than pulled from an external object or source. The hand would register this at the MtVenus, that mount being rather large in proportion to the rest of the hand.
2. **Passive extraversion.** This outward direction of the libido is compelled by the external object this being seen in the heartline that sits on the prehensile hand starting from the headline - the romantic position, or from high up, even touching the finger of Jupiter, with the MtVenus normal.
3. **Extraverted-feeling.** Here the extraversion is directed by a feeling for external objects, and the ability to establish friendships. The hand-type here will include slightly finer fingers, a slightly longer palm, finer skin and lines than the elementary type. This is sometimes referred to as the 'social-square' type.
4. **Extraverted-intuition.** This type sees an ability to manipulate and control the

external objects. Here, the hand will record a bent little finger, and/or a longer than usual Apollo finger. These are the speculators, and businessmen. A long little finger with a long Apollo will do the same. A very straight headline will bring about similar results if the fateline is also strong, and leaning towards the MtJupiter.

5. **Extraverted-sensation.** This type is characterised by a realistic, materialistic outlook and an orientation towards the concrete features of objects. Square fingertips on a squarish palm will show this.
6. **Extraverted-thinking type.** Here the personality is characterised by an attraction to sensory impressions as a base for logical areas of life, and an interest in fact rather than theory. The hand in this case will have a large inclusion of bony fingers, square fingertips, masculine headline.

Thus the four areas of thinking, feeling, sensation and intuiting become a base for the expressions outlined above. For further study on the active/passive extravert, see Freud. For further study on the other four see Jung.

The tactile hand is a narrow hand, and exhibits movements of expression. Where the prehensile hand relates to the cortical activity of the brain, this tactile hand relates to the subcortical responses of the person. This hand is narrow, often flat across the palm. The more narrow the hand, the more the person is centered to the indoors, with its amusements and activities, and seeks tactile releases for his/her feelings and activities.

The tactile hand is involved in introversion, a characteristic type that is described as being hesitant, withdrawn, reflective, reserved. Here we see the thoughts being directed inwards, with personal thoughts dominant, rather than toward social interests. They are characterised by rather fast dissipation of inhibition, allowing a ready response to stimulate, but in an internalised sense. It is for this reason they are often seen as neurotic. The neurotic form is characterised by anxiety and depression symptoms, this type being

seen in a thick, but narrow palm, with rather short fingers.

Summary of Types of Introversions

1. **Active introversion.** Here the inward direction of libido is willed by the person, or a voluntary preoccupation with internal subjective reality. This is seen in the 'motoric bony' hand quite often, in fact it could be said to be a basic characteristic of that hand type.
2. **Passive introversion.** Here the inward direction of the libido is due to an inability to direct it towards outer objects, or an inability to relate to external reality. This hand is called the 'sensitive long type'.
3. **Introverted-feeling.** Here there is a dominant subjective orientation such that the person lives in his/her own inner world of feelings, a daydreamer, a quiet peaceful person. The hand shows a short first finger, non aggressive thumb, and is most often the 'sensitive' type.
4. **Introverted-intuition.** A need to express through imagery, the visionary, to the point of influencing activity, with a strong tendency to live within the self. A girdle of Venus line, and/or the line of intuition on the sensitive long hand would carry this indication.
5. **Introverted sensation.** This type is characterised by his/her attendance to the external world through perceptions dominated by the individual's internal state. Here is the 'bony motoric' hand, with a short first finger, and strong lines.
6. **Introverted-thinking.** This type is characterised by logical and thorough organisation of ideals until they suit the person and society. A strong ego-centering can associate again the bony motoric, but with square fingertips and a masculine, straight headline.

Introversion is seen mainly in the first finger being shorter than the ring finger, when the thumb is held relaxed, beside the hand. If this finger is far too short, and the little finger is also short on a narrow palm, the Adler's complex can result.

This complex represents unconscious forces that exaggerate feelings of insignificance, resulting in defensive and behavioural manifestations. If the first finger is bent inwards the defences are active if the finger is also short, and aggressive if the finger is long.

HORIZONTAL DIVISIONS WITHIN THE SHAPE OF THE HAND

The second natural category within the shape of the hand is seen in an interesting division of the three levels of comprehension. As shown in diagrams A, B, and C respectively, the first division is at the base of the hand, the second through the middle, and the third is the fingers.

The first division (diagram A) measures the 'energy' of the feeling, or the strength value of it. The area is comprised of the base of the hand, with the ball of the thumb included. It is the area of the viscera. It represents the basic feelings—the gut feelings, the physical forces available through the affections, vitality and sociability. The outer part of the hand represents the deeper, internalized feelings incorporating the imagination, and also the ancestral influences.

The viscera has an organizing mind of its own. This is the '**understanding of energy**'. The larger this area, the larger the energy content at the physical level. If this part of the hand is narrow, then the person is living in another part of the feeling; not basic, not earthy, not outdoors. They become weary in action, and are not to be found among athletes or physical workers.

The base of the thumb is a reservoir of basic and latent energies that can be utilized for self-assertion, as well as offering a sense of stability. Any type of hand has its own peculiar type of thumb base. If a stout, heavy and stiff base of thumb is found on a sensitive hand, then, being atypical, it would show unusual force, even strong feelings of superiority. If there are no lines on the MtVenus, and the mount is large, then the energies are concentrated mainly upon the sexual, as there are not other avenues for expression, and the concentration of energy



Diagram A



Diagram B



Diagram C

Horizontal Divisions of the Hand

there promotes an asocial attitude, sometimes to an extreme. This mount **represents the outer strengths.**

The hypothenare side of the hand, Mt Moon, represents **the inner forces of the psyche** - imagination, closeness to natural forces, inner and outer consciousness. The area of ancestors, those forces accumulated over many centuries, is here. Lines of this part of the hand will allow a free flow of forces if those lines link up with other primary lines. If they fall into an empty void inside the mount, then a neurotic response can occur, not having the ancestral forces working within the psyche to create a harmony of purpose. **The first division is the area of understanding.** The base of the hand is rich in information relating to the *'Child' in Transactional Analysis*, and is a measure of the child.

The second division (diagram B) measures the quality of feeling and expresses it with strong emotional power. The area included both the mounts of Mars and the Plain of Mars. It is the area of quality, and represents the value the person subconsciously puts on life matters. If the first division is seen as first-line consciousness, then this area would be second-line consciousness. Many lines in this area activate the Martian energies. The firmness of this area, and its development, records the ability to face life realistically. With a weak feel to this part of the hand, there is a lack of life quality.

The Mt Mars Lower offers a description of the person's willingness to fight for his or her beliefs, whether in a physical or intellectual manner, depending upon the shape. It is like the active soldier.

The outer Mt Mars Upper is also an expression of the person's active readiness to fight, but in a more defensive manner - it is like the sentry on duty. Lines on these remote mounts are a positive help to expression. A lack of lines will offer no form of release, and forces within can accumulate the feelings of passive resistance. The area also shows the quality value of the response in the feeling. This is the area of the understanding of quality, and helps the person to adopt control, helping also to create purposeful activities. This is the 'Parent' in Transactional Analysis, and is a measure of that parent quality, or controlling capacity.

The third division (diagram C) measures the full comprehension of what is being felt, and eventually communicates the feeling through the symbols of language and thought. It is the reality of the feeling and the place where the understanding comprehension takes place. The fingers and thumb-upper are the aspirations of the person, so if there is any un-evenness to be seen here, there can be no objective appreciation from the brain as to what is being felt.. Nor can there be perceiving from the memory. This part enables us to 'be in the present', and allows us to relate to the past and screen it through our mind to the present. This is the

understanding of comprehension, and is the 'Adult' in Transactional Analysis.

If any of the digits are deficient, then the value of 'present thinking' is diminished in these fingers. A short, or weaker, first finger would not allow the outer world reality to function in a strong and balanced manner. Thus, the comprehension peculiar to that finger would be impaired. A state of inferiority towards the outer world would be present. If the finger is too long, then an air of extreme competency - or superiority - would be present, an out of place energy that overcompensates for irrational feelings of self-worth. The world view of the person is thus geared to the superior self image, and is often expressed in employment, or positions of authority.

VERTICAL DIVISIONS WITHIN THE SHAPE OF THE HAND

The divisions seen in the Psychological study of the hand shape are the vertical divisions. These distributions run.

- (1) down the first finger and includes the thumb and the wrist (diagram D).
- (2) the finger of Saturn down to the wrist (diagram E).
- (3) the last two fingers down to the wrist (diagram F).

This type of approach allows us to gain further insight into how a person by way of the three Freudian concepts of

- (1) the **Active self**,
- (2) the **Balancer**, and
- (3) the **Unconscious**.

The first vertical division (diagram D) represents the 'executive' of the person. This division is represented by the placement, length, flexibility, finger tip, fingerprint pattern, nail shape, and differentiation of the first finger, as well as the same relative to the thumb.

The function of the first finger relates to the outer world of reality, and measures the adaptive abilities of the subject's active self. This is the measure of the reality principle, the synthesis of the pleasure principle in

conscious and applied actions. This area does not represent creativity, but rather organises the creative energies into an acceptable presentation to the self and the outer world. It is a totally conscious area which plans to achieve satisfaction for the underlying unconscious. Being the 'executive' of the personality, it decides what actions are appropriate, and what deeper instincts or pleasures will be satisfied, how and when. The index finger related to the outer world of observation, and the more forceful the finger, the more efficient are the powers of observation and sense-perception, with self-assertion. It records outer-world realities and how the subject can deal with them. Repression can also be measured here as an action of the active self, in response to signals from the more automatic balancer.

The third vertical division (diagram F) represents the Unconscious. It measures the content of the non-real world of fantasy and hope. Its part on the hand consists of the last two fingers of the Apollo and Mercury, plus all the area under them down to the wrist.

The area under the fingers includes the mounts of Apollo and Mercury, of Mars Upper and Mt Moon.

Apollo shows understanding, competency, pity.

Mercury shows communication in all of its forms.

Mars Upper shows inner calm and quiet force.

Moon mount shows the deeper feelings associated with the imagination.

All of these qualities of the person are encompassed within the area of intuitive feeling.

In studying the active self or balancer, we can cite cases and actions, also behaviour patterns can be examined in their light. But when we study the unconscious, there is no scenario for description, and we are thus led to vague descriptive devices. It is with this limitation that the unconscious is here discussed. However, no such limitation is placed upon the Kinesiology/cheirological measure of the



Diagram D



Diagram E



Diagram F

Vertical Divisions of the Hand

unconscious, the size and shape of the parts constitute the focus of the procedures.

The **unconscious** is represented in man as the original personality source from which the **active self** and **balancer** develop. Here are all the inherited and instinctual drives. When the energies of the id are increased from either internal or external stimuli, a psychological homeostatic reaction occurs to reduce the tension and return the personality to an acceptable balance. The unconscious is seen as a source of primitive impulses, operating on the pleasure principle, avoiding pain and seeking gratification of the senses. It is obvious the innate desires of the young child must go somewhere, and the amount of available energy to do this is measured in this third area.

What happens when the free flow of energies from these areas is interrupted? The child seeks release through pathways that are unique to him/her, these being recorded in this part of the hand in bent fingers, broken lines, underdeveloped mounts, all of which have their own story.

Short fingers do not allow a full development of the unconscious, restricting the unconscious values to little desire, or even to no action available at all. As the little finger relates to industry, these people would not find satisfaction in working for themselves, but would rather have others make the decisions for them. They have a weakened sexual drive, but become the more reactionary because of it, a pretend sexuality,

with no ability to back it up with action.

The second vertical division of the hand (diagram E) represents the Balancer. The third area is almost entirely in the realm of the unconscious and may be playful or destructive, but is always unpredictable. The **balancer** however is a totally learned process as the child internalises experience as he learns and matures. It is essentially a controlling factor in the personality, and operates at a more or less conscious level of experience. Where the **action self** tests the reality value of an act, and the **unconscious** seeks a comfortable balance of psyche, the balancer strives for harmony between the two, to make for perfection. It is the judge, the **balancer-ideal**. Parental standards, whether good or bad, are found in this division, and are analyzed from the middle finger in its length, lineality, and in the lines that associate with it.

It shows the internalised representation of values as seen through the developing child's eyes. All the experiences that hold a permanent part of the child's psyche have a need for resolve in some way, and if the resolve was acceptable by parents and/or society, then the conscience is good for that matter, and is rewarded by feelings of pride. This is the **balancer-ideal**. If the resolve was inappropriate and the child was reprimanded in some way, then the prevailing guilt becomes the controlling conscience of latter years. From this learned platform, the person judges rights from wrongs.

It is obvious then, that in most cases, the conscience is not a safe guide, but must be safely guided. An overly long finger of Saturn shows the ability to over-react to strictly mental resolves and absorbs the defences to the point of splitting off from reality into hysterical reactions. Defenses turn to rationalisation.

Tensions and anxieties can be produced from the conflicts between the Action self, Balancer, and the Unconscious. Fears caused by either conscious or subconscious memories from childhood, or from impulses from the Unconscious as taboo sexual desires, or from guilt that comes from impulses from the Unconscious sources. Inadequate Action self response to conflicts can also cause anxieties that have to be defended against. These anxieties may be connected to a specific object or cause, and the reason for the anxiety is usually clear.

In this third natural division, or method of hand analysis, the fingers can give the first important clue to the person's stability within the **Action self-Balancer-Unconscious relationship**, by their being straight and therefore sound in structure, or weakened and bent, indicating unsound structure. These fingers can be strengthened or straightened by application of will and appropriate kinesiological balancing.

FIRST DIVISION, THE ACTION SELF
Self-preservation, reality, resolution of problems, adaptive abilities, organization, totally conscious, achievement satisfaction, decision pride, honor, dignity, high ideals, love of nature, observation, control, reasoning will, thought power, integration, sociability leadership logic.

SECOND DIVISION, BALANCER

Balance between the ego and id, conscience, the judge, ego-ideal, perfection, mediator, intellect, wisdom, sobriety, caution cultural standards, social standards, internalised parental standards.

THIRD DIV., THE UNCONSCIOUS

The unconscious, pleasure, art, expression, success forces, resistance, courage, imagination, mystery, calm, forces utilised in the ready assistance to help mankind.

HANDS

Please remember there are very few opportunities for you to see any 'type' in its purity, although anything is possible in hand analysis. When you do see one, it will stay in your mind and memory forever as a constant reminder of its form.

When we speak of the form, or type of hand, we are speaking of the final product, up to that time of a mass of energetic growth patterns that have as their material all the cells of the hand, with the nervous and venal systems with the host of other factors making up the final product. The forces of both nature and nurture have combined to create the shape that offers you the key to understanding the person. It is not a simple study, but it is a most satisfying one, if the underlying rules are adhered to.

The client has travelled through time and experiences and by several laws of nature, as is seen at the time of analysis as a complete unit, and not a series of disjointed statements.

If you ever find yourself lacking an answer, go back to the shape of the hand for the foundation of your final assessment.

THE SHAPES THEMSELVES

Elementary simple =	Practical =	Elementary
Elementary Irregular =	Intellectual =	Square to square/philosophic
Motoric Bony =	Intellectual =	Philosophic
Motoric Fleshy =	Intuitive =	Conic(variable) to square
Sensitive Short =	Sensitive =	Smaller versions of any type
Sensitive Long =	Sensitive =	Psychic
Dysplastic =		Mixed

Hand shapes as named by three different sets of criteria by three different authors.

Defusion Procedure for Hand - Divisions

1. Prehensile/Tactile
2. Horizontal-Adult, Parent, Child
3. Vertical-Psychological Makeup
4. Shape of the Hand

Holding the Structure/Function finger mode,
Test that Cheirology is the current priority to clear.

If it is not, do not proceed to balance this without further understanding of Cheirology.

If it is, Test for the area to correct, eg, say, "**Prehensile**" and test "**Tactile**" and test. If this changes, an indicator muscle, put this response into retaining mode, (pause lock), and do a full balance with any and all tools available to you. You may need to find the specific category under prehensile or tactile.

OR

"Horizontal Divisions" and test to see which division actually needs clearing by saying "**Adult**" and test,
Say "**Parent**" and test,
Say "**Child**" and test.
Whichever division makes the indicator muscle change will be the one to balance..

OR

"Vertical Divisions" and test to see which division needs clearing by saying "**Action self**", "**Balancer**" or "**Unconscious**".

OR

"Shape" and test off the list above to identify the shape to be balanced.

Andrew Verity, Adv. Kinesiology Centre Educating Alternatives 4 Brougham St, Box Hill 3128, Australia 61-3-898 4477, FAX 61-3-890 6686
