

# Scientific Hand Analysis

## Which Life School Are You?

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The **Life School** is analogous to your operating system (hope you don't mind being compared to a computer!). It creates the over-arching energy of your life, the filter through which you experience life and make decisions. Your school, or schools as many people are in more than one, identifies some of your natural skills and talents (**Master Paths**), as well as some of the learning or training you need (**Student Paths**) in order to fulfill your purpose.

Your goal is to live on the Master Path as much as possible (no one can be on the Master Path of any marking in the hands 100% of the time), and work to minimize the Student Paths.

The **Life School** is a very important and impactful element in your hands, yet only one of many!

**Your Life School is identified by your fingerprints.**

# FINGERPRINTS

Your fingerprints are formed at 14-16 weeks in utero, and do not change, ever. Many people have fingerprints in their palms as well. Your fingerprints are your fingerprints for your LIFETIME.

Even science does not fully understand the origins of fingerprints. They appear to be part genetic inheritance, part the conditions of the womb and part mysterious X factor. Why the X factor? Well, even identical twins have different fingerprints.

There are four categories of fingerprints, seen below: Whorl, Loop, Tented Arch, and Arch.

**WHORL**



**LOOP**



## ARCH



## TENTED ARCH



Generally, again with some exceptions, Whorls look like bullseyes, Loops like loops, Arches like gentle hills, and Tented Arches like a gentle hill with a tent pole up the middle.

Each category requires a particular number of fingerprints in order for you to qualify for that category's related Life School.

**Whorl** – 4 or more for School of Service

**Loop** – 6 or more for School of Love

**Arch** – 2 or more for School of Peace

**Tented arch** – 2 or more for School of Wisdom

(Note: There are some exceptions to this, but those would be WAY too complicated to address in a general informational document like this one.)

The Life Schools are described below, in order of commonality or frequency. School of Love is most common, School of Wisdom is least common.



## SCHOOL OF LOVE

### The Path of the Heart

**If you have 6 or more Loops, you are in the School of Love.**

#### **Master Path**

- You are the connection maker, networker, and are all about relationships – personal, professional, platonic, family, romantic. The bottom line of this school is self-love. Excellent self-care is an important aspect of self-love, but even more impactful is your ability to recognize and express your emotions in the moment when you feel them.



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- Being willing and able to recognize, process, and express your feelings regardless of how you think someone might respond
- Being willing to be vulnerable and express your deepest feelings to those you want to be close to
- Actively seeking out connection, closeness, and intimacy
- Speaking up with your feelings, when you feel them (loving yourself enough to give voice to your guidance system, which involves your emotions)

The overall objective of the School of Love is Emotional Mastery, or Emotional Authenticity – becoming fully responsive to, responsible for, and self-accepting of your own emotions.

## **Student Path**

- Hiding out, isolating
- Being a martyr or over-giving to earn or keep love
- Denying your emotions from yourself or anyone else
- Blaming others for how you feel
- Stuffing the yucky feelings so you don't have to feel them
- Withholding your feelings to avoid conflict
- Avoiding being vulnerable
- Not having enough deep intimate relationships



## SCHOOL OF SERVICE

### The Path of Consciousness

**If you have 4 or more Whorls, you are in the School of Service.**

#### Master Path

- You have a deep desire, a calling, to help others and make a difference in the world through your service. For most people, the most soul-satisfying service involves communication - speaking, writing, teaching, etc., and the deeper the communication the better. The consciousness is of doing the right thing no matter what. That consciousness is more important than the action you take, and the action is more important than the outcome.



## **The Action:**

- Comes from a desire to help and support, not to get any particular result or to control
- Empowers and feels good to both you and the receiver
- Feels good regardless of the outcome – the activity itself feels like reward enough

People in the School of Service generally love to learn, analyze, and research, then share what they've learned. We call that 'learn and spew.' Master Path involves being paid for at least some of your service. Generally, School of Service people are very mental, capable, and very open to possibilities. This can make it challenging for some people to identify their ideal work because they have many choices.

## **Student Path**

- Too much service = feeling obligation, servitude, sacrifice
- Too little service = feeling selfish and self-indulgent

It is VERY important to master serving yourself WHILE you're serving others! Not after, but during your service.

- Offering unsolicited advice and support
- Feeling like you don't know enough even after studying it





# SCHOOL OF PEACE

## The Path of the Body

**If you have 2 or more Arches, you are in the School of Peace.**

### Master Path

Being a model of inner peace and life balance, creating and experiencing it. Safety and security, in your body and on the planet, are your drivers. Master Path knows that everything is not at stake all the time, that there is time for love, rest, play, work, and spiritual pursuits.

- Finding a deep sense of peace within yourself
- Enjoying being alive, balancing work and play
- Dealing with responsibilities without creating or attracting an endless chain of hair-on-fire urgent situations
- Being the calm in the storm, especially when others around you are ruffled emotionally



- Triggering adrenaline intentionally, using it effectively to take action and feel alive
- Intentionally numbing out/decompressing in positive ways to move away temporarily from the adrenaline
  - \* Meditation, yoga, breathwork, physical activity
  - \* Hands-on work: crafting, cooking, gardening
  - \* Asking for help with accountability and taking on too much
  - \* Approaching tasks and projects in a methodical, routine way
  - \* Creating and being in a 'sacred space'

## **Student Path**

- Feeling overwhelmed with feelings and/or with too many projects
- Not giving yourself permission to feel, numbing out too long
- Using daily adrenaline rush as motivator rather than initiating on your own
- Overwhelmed with where to start so don't start anything
- Working too much; can hurt relationships
- Internal peace feels like a dream, unreachable
- Feeling often scared and insecure
- Don't like change or taking risks
- Digestive issues, thyroid challenges, adrenal fatigue
- Running late often, losing keys at last minute, etc. – anything to trigger that hair-on-fire feeling



## SCHOOL OF WISDOM

### The Path of Thoughtful Action

**If you have 2 or more Tented Arches, you are in the School of Wisdom.**

#### Master Path

Taking action using your knowledge and wisdom, being an excellent planner and implementer. School of Wisdom is ruled by courage and boldness and is about making decisions, assuming leadership, and taking action.



- Being a participant, not just an observer
- Willing to commit to action
- Able to move from evaluation and analysis to action
- Seeks out and trusts inner wisdom
- Steps out as leader, visionary, idealist, pioneer
- Magnetic, charismatic
- Objective but not cold

## Student Path

- Indecision, not using leadership
- Doesn't trust inner wisdom
- Afraid to jump, sits on diving board, doesn't get off the fence
- Using intelligence too much, can avoid fully living life
- Afraid of 'being wrong', not of just making a mistake
- A lot of worry
- Learning 'one more thing' again and again in hopes of feeling confident about action
- Boredom and possible anger from not taking action



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