

A close-up photograph of a human hand holding a small, realistic-looking globe of the Earth. The hand is positioned with the palm facing up, supporting the globe from below. The globe shows continents in light brown and oceans in blue. Overlaid on the image is the text 'LIFE IN YOUR HANDS' in a dark purple, serif font. The word 'LIFE' is significantly larger than 'IN YOUR HANDS'. The background is a soft, out-of-focus light color.

LIFE
IN YOUR HANDS

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An Elemental Life Path Guide

CHRIS PAGE

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Foreword



Throughout four decades of navigating my way through an array of life challenges I have often analysed the difficult situation in which I found myself at the time and each time found myself asking the question “Why?”

Why did it happen? Why does this world offer so much pain, discomfort and negativity? There must be a reason for our experiences both good and bad but how can we know this for certain? Most of the time we find ourselves in a challenging situation without conscious intention to be there, so what force, if any, beyond the physical, guides us to the point of stress, discomfort and pain? Why are there so many?

The many years of philosophical debate within myself have helped me to understand a large variety of interesting concepts about the nature of our existence here on earth, most of which I share with you in the pages to follow. The greatest lessons to date have been learned through counseling sessions with several thousand clients in my capacity as a professional Cheirologist over the last six years. I began to see patterns emerging and it seemed to be obvious that most of my clients shared similar life challenges.

Looking deeper and analysing further it became fascinatingly clear that there are only a handful of life challenges which could all be experienced in a variety of different ways.

There are so many obstacles that present themselves in this earth school, from abandonment to abuse, poverty to pain and everything in between, that we understandably see this reality as presenting so many dilemmas and problems. This can become overwhelming at the best of times. The answer is to simplify the situation. By realising that every challenge can be grouped into five basic areas of life, which again can be sub-divided into the basic reason for those experiences, we find that there are only a handful of challenges in life, all of which can be solved in the same powerful way.

The study of Hand Reading is based on the use and understanding of the archetypal elements of Earth, Water, Fire, Air and Ether. The thorough knowledge that I have gained by working with these elements coupled with the problems that my clients encountered in their daily lives led me to link the two and realise that everything that we choose to experience in this life, both consciously and on a soul level, can be grouped into one of these five categories.

The best way to teach is through personal experience so some of the teachings of this book are provided to you in the form of stories and anecdotes from my Cheirology clients dispersed amongst words of wisdom which I hope you will find uplifting and thought provoking.

Chris Page

CHAPTER 1



Elementally you

For centuries many cultural philosophies have centred around basic principles or archetypes known as the elements. The observation of nature has provided many answers for us in terms of inventions, buildings, flight and power, therefore it is of no surprise that the five basic areas of life that affect our daily lives also have their roots in our natural environment.

Graduated Materiality

There is a Buddhist principle known as Graduated Materiality which relates to the density of the elements from the most to the least dense in terms of molecular structure. This places the elements in a type of pyramidal structure with the most dense at the base and the least dense at the top. This principle, however includes a fifth element, Ether, which is the link to Soul.

One of the most interesting ways to illustrate this principle is through the study of hand reading known as Cheirology.

Cheirology

Cheirology is the art and Science of analysing the hands with reference to a person's physical, emotional, mental and spiritual state of being.

It differs from conventional palmistry in that it is non predictive and non fatalistic. The concept of this form of hand reading is based on the principal that everything is energy; thought and intention being two aspects of energetic relay. Energy cannot be created or destroyed in earth reality, it simply transforms and is in constant change. Therefore, thought and intention can change the lines in the hands in as short a period as three months. This means that by viewing the lines and formations of the hands at any given time, the subject is provided with current information that is vital yet liquid.

This field of personal analysis is based on the five elemental principals of Earth, Water, Fire, Air and Ether. Each part of the hand is ruled by one of the five elements and the concept of hand reading has its roots in layering these meanings. Layering results in a cross-referenced composition of information that is unveiled to the subject. Contrary to conventional psychology, Cheirology can be a swift vehicle of personal self-analysis.

History and background

Records of this field of study date back to as far as the fifteen hundreds in the monasteries of Tibet in central Asia where Buddhist monks researched and studied the hands of many subjects. Their main reason for doing so was to provide spiritual guidance for those in need. Over the next few centuries Cheirology spread to Europe and the British Isles where it was forced underground in its practice due to the restrictions and dominance of the Christian Church. It wasn't until the early nineteen hundreds that Cheirology was seen as a useful tool for personal guidance and self-discovery rather than a religious threat.

The popularity of this field of study remained largely untapped by the masses due to a lack of understanding for what it provides. It is only recently that the benefits of Cheirology have been publicised as a result of the current global holistic renaissance.

The benefits

Cheirology at its core reveals the subject's personality, potential and purpose. By understanding these three P's the subject can be directed to a more enlightened view of their life and themselves. This forms the gateway to making the necessary changes needed for growth and development in life.

In order to effectively interpret the markings and formations of the hands, a symbolic language is needed. That is where the four primary energies of Earth, Water, Fire and Air come into play, which man-

ifest in various forms throughout the hand. The fifth element, ether, is the unity of all the others. Interpretation is based on sentences which are formed combining the elemental meanings. For example if an earth marking is found on a water finger one combines the meaning of earth with the meaning of water and a resultant interpretation is provided for the subject.

Each part of the hand, lines, skin ridge patterns, fingers and segment is ruled by an element. A thorough knowledge and understanding of the principles of each element is vital to the interpretation process.

Personality

Personality indicates what people portray to the outside world. It reflects people's reaction to circumstances, relationships with others, likes, dislikes and personal character traits. Cheirology is able to show the subject's personality in a concise and accurate way. By analysing the hands, the personality surfaces strongly. Knowing the personality assists one to understand the self and to identify improvable areas within the self which can lead to a more fulfilled and happier subject.

Potential

Everyone has the potential to maximise who they are. Our thoughts and intentions often remain as untapped potential. Putting into practice our full potential requires action which at times can be chal-

Life in your hands

lenging. Thought or intent do not always manifest as a reality. The secret is to take potential and make it real. Cheirology can show the subject not only their potential, but ways to transform this potential into reality.

Purpose

Most people go about their lives consumed by external influences such as earning a living, other people's problems and their own material focus. These daily endeavours prevent one from looking at the self which ironically can assist in achieving all the above. Cheirology turns the spotlight inward and either confirms what the subject already knows or directs the subject to a better understanding of the self.

Purpose relates to who one is rather than what one does, therefore purpose is all about understanding the self.

By understanding the elements one can understand the self better which can lead to the ability to handle challenging situations in a more focussed and rational way. For the purpose of providing a clear understanding of the philosophies presented in this book, it is necessary that I outline the basic symbolic meanings of each element.

Earth

Earth is the most dense of the elements and relates to solidity and physical experience.

As with a mountain, the archetype of Earth displays the qualities of steadfastness, reliability, endurance and structure. On a human level, earth therefore relates to stubbornness, responsibility, caution, conservative approaches, slow movement and the physical body.



People with these qualities can be described as solid as a rock or down to earth.

It is out of this element that the first basic area of life is born: the physical body.

Water

The second most dense of the elements is water which relates to feeling and people. When we cry we release water, which shows that this element displays the concept of emotions, compassion, empathy and sensitivity.



Other qualities of water are flexibility and intuition. People with a predominance of the water element can be described as emotional, sensitive, people orientated, caring and intuitive.

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It is out of this element that the second basic area of life flows: Relationships.

Fire

The third most dense of the elements is fire which relates to energy, passion and what we do in our life. Fire burns or consumes very quickly so it relates to speed, efficiency, action, drive, motivation, determination and creativity. Fire quality people may also be seen as assertive, easily angered and even aggressive. They would be impatient and enjoy speed.



It is out of this element that the third basic area of life runs: Career or work.

Air

The Fourth most dense element is Air which relates to thought, individuality and independence. Air is not tangible as with thoughts. In order to communicate we need to think so air relates to all levels of communication, learning, the intellect and conceptualisation. People with a predomi-



nance of the Air element are inclined to over analyse, philosophise, and communicate well.

It is out of this element that the fourth basic area of life arises: The mind.

Ether

The least dense of all the elements is Ether which relates to everything etheric such as the concept of God. Ether is used in hospitals to help us move to an unconscious state so it relates to being “out of body”. It is the opposite of physicality and can leave one feeling blissful, sleepy and dream-like.



It is out of this element that the fifth area of life manifests: Soul.

Therefore the five basic areas of our life are:

- 1 The physical body
- 2 Relationships
- 3 Work
- 4 The mind
- 5 The Soul

All earth experiences both positive and negative can be grouped under the banner of one or more of these.

Life in your hands

For the purpose of simplicity I have chosen the most common causes of emotional pain in this reality and aligned each one with one of the 5 areas of life. However, understanding these categories and experiences is not enough for those who are amidst a challenging and painful experience so I have also provided possible solutions to life's challenges based on my own experience and that of many of my brave clients who I have guided over the last decade.

Furthermore, in order to understand the bigger picture of this reality I have started with the most dense element, Earth, moving full circle to the least dense, Ether.

My hope is that through the stories and teachings in this book you may find some answers to the challenges in your own life and in so doing reach a place of peace, happiness and fulfilment.



About the author

Having always been interested in Art, Chris received numerous accolades throughout his youth to acknowledge his abilities in this field. This led him to study Graphic Design and begin working in the world of advertising.



After running his own design studio for nine years, Chris turned his attention to motivating others to fully develop their potential by looking at life from a more holistic point of view.

He qualified as a Cheirologist and began consulting with clients on a one-on-one basis using this modality of hand analysis which helps people to know who they really are and who they can truly be with regards to their physical, emotional, mental and spiritual state of being.

Chris' passion for public speaking ensured that he was able to reach a wider audience through talks and lectures on self-empowerment, inspiration and motivation. He became a tutor of the Academy of Metaphysics and part time lecturer for life skills at Damelin College. He conducts regular self-empowerment retreats helping people to find their purpose. His work has been publicised on television's Free Spirit, Spirit Sundae and morning live shows. He has been inter-

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viewed on 702 talk radio on several occasions as well as Cape Talk, Radio Today, Lotus FM and SAFM. He had a regular time slot as a life path guide on both Lotus FM and Radio 2000 during 2006 and 2007.

His desire to combine all his passions led to the creation of his Inspiration cards using African Animals as the theme called African Inspiration. The cards aim to put across his philosophies and life experiences in an uplifting way and in so doing, guide, help and teach others in an interactive and fun way. They are distributed internationally and have been translated into Dutch and French.



Chris dedicates his time now to teaching others to become more of who they are by acknowledging the essence of who they are. He resides in Johannesburg and has two daughters.