



*Your Life is in
Your hands ~
Literally!*

By Linda Salazar

Do you ever wonder what your life purpose is and what stops you from being able to actually live that purpose?

Do you ever find yourself in a relationship wondering why it's so difficult to communicate with each other or why it's so hard to be understood?

Do you find yourself procrastinating when you really want to take action asking yourself what's stopping you from moving forward?

Well, wonder no more! Through Scientific Hand Analysis you can learn the answers to these questions and a whole lot more that you may be asking about your life.

The answers to your life are in your hands – literally!

The one thing I want to make very clear before I continue is this – the hands are not predictive. This system is not about telling you if you're going to get married, how many kids you're going to have, how long you're going to live, when you're going to come into that fortune you've been patiently waiting to appear - nope – that's not what this is about.

Scientific Hand Analysis is a combination of ancient palmistry, present-day scientific data and current advances in human psychology and philosophy. It's repeatable, teachable and no psychic ability is involved.

Your Hands Are The Window Into Your Inner World

They are energy outlets that actively reflect your past and the present on an energetic level. The lines on your hands have been discovered to hold a map of the major neural pathways of your brain processing. The shape, lines, color and texture of your hands can change as your emotional and thinking pattern changes on a cellular level. Lines can shorten or grow longer. Fingers can bend or straighten over time. Color can change in an instant.

Your hands literally reveal information such as:

- Why you want to take action but can't.
- What keeps you from having fulfilling relationships.
- What innate gifts you have that you may not be using and the challenges that can create in your life.
- Why you make snap decisions that you often regret.
- Why making any decision can be so hard only to find yourself just sitting on the fence.
- Why your creativity is screaming to come out but you stop yourself at every turn.
- Why your sensitivity runs so much deeper than other people in your life.
- Why you have a difficult time saying no to people's requests.

And so much more!

Even though certain parts of your hands can change over time there is one aspect of the hands that never change – your fingerprints. Created 5 months before you were born, your fingerprints contain your Soul's agenda – that being your Life School, Life Lesson and Life Purpose.

Your Life School

The overall theme of your life that you have come here to master so you can move through your Life Lessons and step into your Life Purpose. There are a total of 4 schools because there are four different types of fingerprints relating to each of the schools.



Loop



Whorl



Arch



Tented
Arch

School of Love – Relating to Heart – Loop fingerprint

If you're in the School of Love you are here to experience beautiful relationships in all areas of your life. It's all about emotional mastery. There can be a lot of judging yourself in this school and it's important to learn to accept yourself and to express your feelings without the concern of what others may think or expect. Being in this school will often have you rearranging your feelings to conform to what you think others expect of you, causing you to lose touch with your own needs, desires and interests.

You master this school when you've experienced both stuffing your feelings and being overly reactive so you can live in the center expressing your emotions authentically and calmly.

School of Service – Relating to Spirit – Whorl fingerprint

If this is your school you are here to learn to serve from a place of bliss and joy vs. servitude. It's not what you do but who you are Being. It is a state of consciousness that you serve from without concern of the ultimate outcome because you know whatever the end result is, it's exactly how it needs to be. There is no manipulating the process of your service along the way. You are giving from a state of a pure heart.

You master this school when you've experienced both sacrifice and self-indulgence so you can live in the center ready to serve in full awareness.

School of Peace – Relating to Body – Arch fingerprint

This school wants you to have a balanced life. To feel safe and secure in your body and on earth. To move from feeling like everything is a struggle and panicked to knowing there is plenty of time to get done whatever needs to get done. You are here to face your fears, learn the source of your anxiety and recognize what helps you move into a relaxed state and to capitalize on that. Spending time in nature and meditation can help you connect to your body and find your point of peace.

You master this school when you've experienced both pretending to appear calm yet imploding inside and being explosive for the world to see, so you can live in the center experiencing a balanced life and feeling the harmony within.

School of Wisdom – Relating to Mind – Tented Arch fingerprint

As a person in the School of Wisdom you're being asked to learn about taking action in a timely manner, even if you don't have all the information you think you need. It's about taking the leap, learning from what you discover along the way and course correcting as need be. It's about getting off the fence and not over thinking or being paralyzed by the fear of making the wrong decision. As you master this school you feel like you're really participating in the world and gain great fulfillment and freedom because you're finally committing to something.

You master this school when you've experienced both great doubt and feeling like you know it all, so you can live in the center having the appropriate amount of knowledge and understanding allowing you to comfortably move forward.

Your Life Lesson and Life Purpose

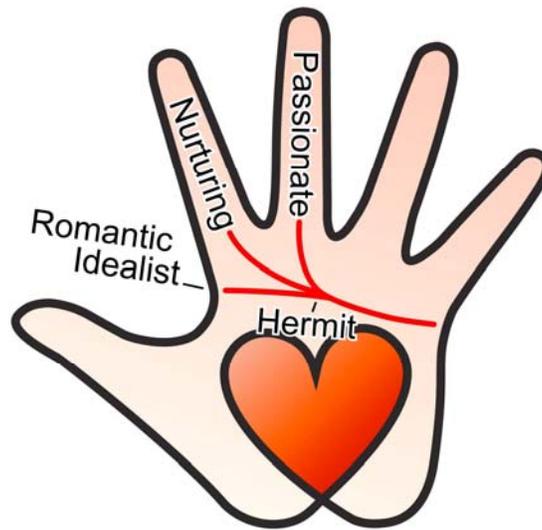
Life Lesson – There are specific lesson/s your Soul has come into this lifetime wanting to learn and move through. The Life Lesson is known as your blind spot because it is the most difficult to see when you're in it. Your lesson/s can show up over and over again throughout your life oftentimes disguised in different sheep's clothing.

The wonderful news is this scientific system can pin point your Life Lesson/s!

When the Life Lesson/s is revealed you now have a flashlight that can be turned on so you can shine a light on the areas that you've been struggling with for long enough. Seeing your Life Lesson/s and understanding how it operates in your life gives you the power to make changes on all levels – physically, emotionally, mentally and spiritually. You'll find yourself living in the exalted state of your lesson/s. And when this happens you are closer to fulfilling your Soul's intention.

Life Purpose – Living your Life Purpose can be one of the most frustrating feelings – especially if you feel like you don't have a real purpose. Trust me, you do! And just like the Life Lesson and Life School, it's waiting to be revealed through your fingerprints. However, even when your Life Purpose is revealed it's not a slam dunk that you'll jump right into the deep end and start swimming. You see, how well you're doing with your Life School and Life Lessons plays a huge role in how easily you'll be able to start swimming in your Life Purpose or even feel like it is your purpose when you hear it for the first time. Other markings in your hands play a role, too. Remember, the information in your hands reveals your personality traits while the fingerprints are about your Soul's agenda. Those personality traits can bring their own challenges. So as you move through those challenges, you have an easier time stepping into your Life Purpose.

Matters of Your Heart



One of the ways you can move toward your Life Purpose more easily is to understand your heart. Because when you understand your heart – your emotional style – it can have such a positive impact on your relationships, unlocking the secrets to experiencing loving and supportive relationships both personally and professionally. And when your relationships are in harmony it makes everything else in your life so much easier to attain.

Your heart line reveals your non-negotiable relationship needs giving you specific information that can ease your emotional struggles when you understand and honor your heart's authentic style and deepest desires.

The picture above shows you where each of the 4 main heart lines can be found on your hands. The heart line sits near the top of your palm starting under your pinky and travels across the hand reaching a specific end point. It will either be long or short and straight or curved. A straight line indicates someone who is less emotionally expressive while a curved line indicates someone who is more expressive with his or her emotions. Your heart line indicates how you want to be treated in relationships and how you would most likely express your love and feelings toward others when you are honoring your

true heart's desire.

Each of your hands may have the same heart line type but it's not unusual for them to be different. Take a look at your hands and see which heart line in the picture above most closely matches yours and then read the descriptions below and see which one you relate to.



PASSIONATE

This heart line is more “me” oriented. When you are acting in a healthy and mature way, being true to your passionate heart, you are someone who's spontaneous, loves attention, charming, vivacious. You know what you want and take care of your needs and are comfortable letting others know what you need without being manipulative. You expect others to take care of getting their needs met, as well. When you are feeling something, others will know because you express your emotions. You don't like to be bored or involved in ongoing routine work.

If you are not already doing so, what you need to learn as a passionate heart person is to be considerate of others. To be patient with them when they are not clear on their own needs. To be willing to support others from time to time so everything's not just about you. When doing so make sure you have taken care of your needs, as well, or you will be resentful and eventually explode. Because you are a fiery type it's important to remember to express yourself calmly, without blaming or yelling.



NURTURING

As person with a nurturing heart you are extremely caring and giving. You're a wonderful listener and genuinely love connecting with others. Relationships mean a great deal to you and you are empathetic, sensitive and compassionate. When you're honoring your nurturing heart in a healthy way you remember the importance of taking time for yourself so you can give to others from the overflow of your cup and not an empty cup. This keeps you from burning out which is something that can happen easily with you as a nurturing heart.

When you're not honoring your heart's true emotional style you will over give, find it difficult to receive from others without giving first or at all, and can feel disconnected from other people. You may find yourself extra sensitive and taking on the feelings of another person as your own. Learning to say no can be one of your biggest challenges but it's critical that you practice doing so in order to create appropriate boundaries for yourself.



HERMIT

You are the least emotional of all the heart types. You need and want your freedom having plenty of time to yourself – a sanctuary where you can rejuvenate on a daily basis. You're extremely loyal in all areas of your life and can be counted on when you give your word. You don't like to be controlled and have a no-nonsense approach to life. You are down-to-earth and will show your love in practical ways rather than being romantic and/or verbally mushy.

The biggest challenge you have as a hermit type is being aware of other's needs and to step outside your cave in order to keep your relationship thriving. You serve yourself well when you're willing to share your feelings even though this is not easy for you to do. Living with an open heart while honoring your need for freedom creates a wonderful balance for you.



ROMANTIC IDEALIST

Long, meaningful, talks is in your nature with this heart line. You want to understand your partner and relationship with others. You'll plan for the future and are sentimental about the past. You like being there for others and can be the calm amidst the storm. You're considerate, fair and thoughtful and have many feelings and you need to create a safe place for you to express them.

When you're not taking care of your heart for your highest good you can make things difficult for yourself because you hate fights and will hold back from expressing what you're truly feeling in order to maintain the peace. You can be too much in your head, thinking, thinking, thinking and over-processing your feelings. Feelings of resentment arise when your needs aren't being met and that results when you don't express those needs, making sure they get met. This can also happen because you may not be sure about your needs. Be aware if you're holding onto painful past memories. Practice letting go and replacing the painful memories with new and joyful memories.

A Final Word

I do hope you've gained value from the information in this report. Throughout my years of coaching, I've discovered that unresolved work or relationship issues surface as a result of your great intelligence and willpower to perform in areas you think are best for you but **aren't necessarily serving your highest good or bringing you the results your heart desires.**

As a certified life coach, relationship coach, hand analyst and speaker, I help smart, spiritually oriented women **dramatically improve** their personal and professional relationships.

Over the last 16 years, I've helped clients like you find their voice, break free of the emotional roller-coaster, and discover how to get back into the drivers' seat of their life.

Through the work we'll do together - whether it's [hand analysis](#) or [one-on-one mentoring](#) - you'll learn how to take the guesswork out of how to create a life of courage, calm, and **relationships that work.**

(It's not always an easy road to travel, but I promise you it's a simple one.)

After working with me - even for a short time - clients have pulled themselves out of depression, broken patterns that have held them back for years, and regained freedom, peace and joy in their lives again. **Wherever you are in your life right now**, it's very likely there's a lot I can do for you, too.

How I Got Here

It's important for you to know that there was no short-cut or "magic trick" that made my life change for the better - it was a gradual understanding of myself, a "rebuilding" of my own voice and personal strength, and the tools that hand analysis gave me (and can give to you, too) that **helped me make sense of my life and know what to do next.**

Years ago - if I can be frank - I was absolutely miserable about everything in my life. I was unhappy with my marriage, struggling with my son, and frustrated with my work in the film industry.

And while things may have looked just fine from the outside, **my heart and spirit were broken.** I was tired of being all things to all people, leaving no room for me in the equation.

(You may be feeling the same way now. If you are, know that you're not alone.)

For years I did a great job pretending, but the longer I pretended, the worse I felt ... until I just couldn't play the game anymore. Finally, I reached out for coaching, just as you may be doing today.

Once I was able to **express my real feelings in a safe place** – to both my coach and myself – it was like a weight was lifted off my shoulders.

Slowly but surely, that led me to become who I am today – someone who chooses courage over fear (more times than not!), someone who won't accept anything but loving, supportive relationships in my life, and someone who is not afraid of the word "no."

What I want you to know, above all else, is that I'm no different than you. **No matter where your life is right now**, you can begin a journey that will take the life – and the relationships – that you have now and transform them into what you've always hoped they would be.

How We Can Work Together On Your Transformation

I know you have the power to create your best life, your best relationships, and the determination to push through your fears no matter what.

Sometimes all you need is a safe place – and a safe person – to **help you take those first steps** and help take the weight of the world off your shoulders.

I've helped so many clients from so many walks of life discover the tools and skills they need to navigate any difficult relationship dynamic with peace and ease. **I'm looking forward to finding out what I can do for you, starting today.**

My clients tell me that they appreciate my approachable, open-hearted approach to teaching them the tools to handle any relationship challenge – and that they value my gentle but firm approach.

But most of all, they tell me that **I make having great relationships finally feel possible.**

I'd love to help make great relationships feel possible for you, too.

How to get in touch

If you'd like to learn more about what it's like working with me to see if we're a good fit, please email me today at linda@yourheartisinyourhands.com, and I'll get in touch with you very soon.

Or give me a call at 310-375-4800
www.YourHeartIsInYourHands.com

(You can also learn more about my [hand analysis](#) or [one-on-one mentoring](#) via these links)

I look forward to hearing from you,
Linda Salazar