

The Three Hidden Keys To Unlock Your Destiny



From Lisa Greenfield With TruthinHand

Table Of Contents

1. The Search For Meaning In Life - Your Life Purpose: The three Keys revealed!
2. Fingerprint Samples and breakdown — what do they have to tell you (what are my prints).
 - ⊗ Earth - the Arches and your body — making things real
 - ⊗ Air - the Tented Arches - the mind and the big picture view of life
 - ⊗ Water - the Loops - our emotions and the connections in life
 - ⊗ Fire - the Whorls - our intuition or spirit and the explorer and vision of life
 - ⊗ Combination prints — when two types get together
3. Working With The Hidden Keys To Your Destiny - making sense of the prints!
4. How these building blocks work together to help you streamline effort and struggle less — the Arrow of life!
5. The Fingers and what they tell you about your Life Purpose.
6. Resource materials for when you want more...
7. Worksheets to help you reveal where the gaps are so you can revisit and apply the information for your streamlined efforts of living your Big Life On Purpose.

Searching For The Meaning Of Life...



Your Life Purpose

It's been proven that in life, it isn't so much what happens to us as what we decide those things mean. Often enough we see events unfolding and translate them into a story which can make us feel bad about ourselves, less than others or at the mercy of the world around us. But that isn't how we started out in life! So we are going to go back to the beginning and all the rich promise of YOU by unlocking your Destiny using three keys to help you get at all that treasure.

There's another option to any story you have running in your mind about your limits and it's an option that empowered people use every single day. It's to work with the events to rewrite the meaning, make it a different story than the one you started with, the story that accepts the current limits as all that is possible. Whether it's feeling less loved, less appreciated, less seen than you desire — it doesn't matter. You can change the story. And when you know how, you've got magic in hand and your whole world becomes a playground instead of a battleground.

Want to start playing in life?

How it works

There are coded secrets in your fingertips that give you access to the most powerful way to make new meanings, especially tailored for YOU. It gets better because those secrets also show you where you've been stuck in someone else's story and where that struggle has you suffering!

Then these keys to unlock those secrets even offer you the 'testing' ground to show you where you are still stuck versus how to move to where you are triumphant.

All that, and it's right at your fingertips! These three Keys are going to open doors for you that give you so much more life in your life.

We start with the First Key, where you are going to learn how to tell what your Life Purpose is based on the prints in your hand. The Life Purpose is where we don't have to try to make new meanings, we do it effortlessly. It's our gift, our best self, the sweet spot to shift boundaries, expand and help others with our talents.

Your Purpose is the point where we meet the world and the world experiences the best of us. Our Life Purpose is the magic spot to help us expand our world in ways that are just right for us.

You also learn from those prints about your shadow side that's revealed by the Third Key, your School, where we spend much of our lives locked in struggle. The powerful shift with this Key is that you use it to understand where you've been imprisoned by the limits you've inherited from those around you.

This is the place of the most pain for people. We all have it, no one escapes the School. It's where the light finally dawns on looking at the dark stories because until you acknowledge them, you cannot transform them.

These are the limiting behaviors and choices because of some inherited beliefs that don't fit YOU. This key gives you the means to safely see your struggle and shift it into effort that builds your strength rather than exhausting you with struggle. Now that's a handy key to have, don't you think?

Finally lets get to your Second Key revealed by those fingerprints. I save this one for last because it is meant to bridge the other two keys. Our Life Lesson is where we get tested in life. Now people sometimes fear tests, because they are afraid to fail.

I'm here with good news. You can ACE a test... You'll learn how to use this Key to shift that meaning so you can love your 'lessons'. The Second Key provides you with the means to measure where you are still stuck in an old story so that you can let yourself out of that cell! We learn how to use this key to cross a bridge from the limited, painful struggle into the sweet spot that is our gift and allows us to tap into a bigger, richer, more joy filled life.

Okay... now on to that first Key!

Key Number One - What Are My Prints?

Okay we start at the very beginning — which print is which... Let's begin by understanding what print types there are and what their key strengths are.

In the beginning was Earth, our physical body and the ARCH! If Earth is at your fingertips, you are here to live the pain and pleasure that comes with giving birth to things, or making them real. Wow, right? It's all about Self Empowerment with Earth.

Picture all the different kinds of Earth; walking barefoot on rich, dark soil, laying with soft sand cradling you, the majestic sight of a mountain peak that takes your breath away. These are all things associated with the Earth Element.



Arch Fingerprint Sample -

A plain arch is further defined as having no upthrust in the middle of the print.

Notice it is fairly simple in structure, like a plant making a bump in the earth as it emerges from seed stage. Earth is a linear processor, season by season. Making new meanings will take time to unfold.

When you have Earth elements you have as part of your makeup that which loves to express itself in the body, that delicious body of yours. It's associated with the five senses and corresponds with the first two years of our life when we grow the most! Important to remember, Earth elements learn in a linear fashion, so good to know.

Your shadow side is think of what happens when the Earth moves... Earthquakes anyone? Earth can dig in, get fixed opinions, habits and relationships that take years to unfold and just as long to undo. With that hot molten core and a crust two miles thick Earth is not easy to take in at a glance. Are you starting to see the picture?

Then we have the **Tented Arch - Air** or our minds and the ways we make sense of the unboundaried emotions we swim in from Water. Our minds are the Air Traffic Controller seeing 360 degrees and constantly charting out what goes where to keep us safe and operating. It seeks praise and fears criticism because in our minds, getting it wrong is Life and Death. You can see the tower right there in the print!



Tented Arch Fingerprint Sample-A tented arch is defined by having an upthrust greater than 45 degrees in the middle of the print.

Tented Arches are the least common type of fingerprint - Tented Arches are here to learn Empowerment in the One To Many arena using the big picture to build bridges between all the separate containers. Think of all those planes with the tower in the center calling the shots. You are a linear processor, after all you have to keep everything you see 'in line' and making sense as the new possible meanings unfold.

With Air, take a deep breath, feel the expansion push your chest out. See the big horizon and all the potential in that 360 degree view from up there? Air is light, movable, everywhere and we take it in with every breath!

The Shadow side to Air people is where you wind up endlessly collecting information as a buffer to 'getting it wrong'. With all that view where do you start?

After all, Air Traffic control is serious business! Our mind can see all the possibilities so the goal is to focus on what is possible rather than on what can go wrong, which is where analysis paralysis limits the big picture. Hello shadow...

Think of a Tornado, talk about caught in a whirlwind. This is the downside to the mind taking over with difficult forces shaping it for destruction.

Then we have the **Loops or Water** - Our emotions and the ways we connect to what and who we love. Picture a wave on a beach. It comes in and retreats. Ground gained and then lost, yet the tide keeps on advancing then retreating. Our emotions actually travel our nervous system in waves, welcome to the Loop Water World!



Loop Fingerprint Sample - Loops are defined as having one recurring ridge, one delta, and a ridge count of at least one.

Loops are the most common type of fingerprint — loops are here to learn Empowerment in the One to One arena using emotions to connect. They even look like a wave, right? Water can have us swimming in meanings, a vast ocean of possibility.

Water types are intuitive processors so there is no straight path to learning empowerment. Everything about relating to others goes into the learning curve with Water in your Destiny. Think of how much of the Earth's surface is covered by water, that's 71%! Water to float in, nourish us and let us thrive on Planet Earth or our bodies.

The shadow side when you have Water elements as part of your makeup is to learn how to attach and detach itself in relationship. Like those waves, which are how our body processes our emotions, we attach to a story even more than the person, and then grieve the loss of that story. Picture a Tidal Wave, anyone? Devastation when emotions are unleashed in a destructive manner.

Much of our pain is self-inflicted in the loop world. And this is the most common type of print! Emotions and the story are the birthplace of vast power to use for us or against us. Water looks for gain and fears loss, yet it is built in to the action of the wave with both working together when you see that even when you lose ground with the one wave, the tide will still advance!

Finally we have **Whorls or Fire** - Our Intuition or Spirit. Our Intuition or Spirit (Collective Unconscious if you prefer) is where all of the other elements can melt down into something new and unexplored. In Mythology Fire was the gift of the Gods and Prometheus was punished by giving the divine power to mankind. Meaning making is a real gift of Fire.

Our Intuition is the visionary and explorer in our lives — the Christopher Columbus part of us. It seeks fame and fears humiliation because as the visionary explorer in uncharted territory, getting it wrong is Life and Death. Fire is where Mankind seeks to be more than our human limits and reach for the places beyond our reach.



Whorl Fingerprint Sample - A plain whorl is defined as having 2 deltas, and a recurving ridge in front of each

Whorls are here to learn Empowerment in the One Divine arena using the unexplained to take us beyond our current boundaries and out into a bigger world. It looks like a bulls eye your arrows of exploration and expansion are heading towards.

With Fire and Intuition as part of your Destiny your gift is to trust what cannot be seen, measured or even understood is some cases. Fire is the only one of the elements that can interact with all the others and create something completely different. It melts down the old so the new can emerge. That wise use of this is to carefully achieve this rather than burning down the house.

The shadow to Fire is it can burn down the house! Fire can be so focused on the vision or the expansion that it completely misses the effect it has on the immediate surroundings. Too much heat without awareness will cause burns... Fire serves best with a strong container to hold all that heat!

Combination Prints

Some of you were born with prints that were formed somewhere between two layers for a combination print. You are more rare with the combination prints. Listed are the combinations found in these unusual fingerprints. If you have one and don't see yours listed, you are rare indeed!

First is the Combination Tented Arch and Loop. This one combines the emotions of the loop and its opposite function the mind.



Tented Arch/Loop The 'tent' is 45 or greater moving it from Delta to Tented ArchLoop combination

Key to remember with this combination is this pairing is here to learn about the seesaw of head versus heart that offers tremendous internal strength in the balancing effort. (plus read each elements information)

You frequently feel the opposite tugs of intuitive, unquantifiable emotions up against logical, sequential reasoning. Hurricanes are possible while in your learning curve.

Blending the ability to feel your emotions and then logically understand what you wish to do with them is the best combination for Water and Air. After all, water and air are the basis for a champagne — with a little sweetness added as well!

Using the blend of the elements can allow for some powerfully creative rewriting of where old stories are no longer a good fit!

*For combination prints you simply combine each of the represented elements, Earth, Air, Fire and Water for the keys to understanding your Destiny.

Double Loop/Whorl Combination - This combination is pulling in the Water and Fire elements. Water is the primary influence, Fire is secondary. These prints can have the effect of a steam engine. Wasn't that engine what revolutionized the modern world?



Double Loop Whorl Sample Print Like a plain whorl, only it has two recurring ridges in the center of the whorl that do not touch each other

The balancing act for these combination prints are to move between the emotions and the desire for connection of the Water/Heart and the visionary exploration that leaves the familiar behind with the Fire/Intuition.

The shadow side is the armchair traveler who will not leave their familiar surroundings but at the same time is never truly present for those you love. You never fully inhabit either the boundaries beyond the known or stay present for the world you occupy.

Like any good voyager, the return trips home are a good way to reconnect and recharge yourself for the next visionary exploration. It may also serve to inspire those you love to go beyond their comfortable boundaries when they see you safely expand yours!

Once others see how you move beyond the old stories, old meanings watch what happens around you...

Pocket Whorl or Peacock

Peacocks are similar to the Double Loop in that they are Fire and Water, yet in this print the Fire element is in the lead and Water is the secondary influence.



Peacock/Pocket Whorl Sample - A pocket whorl follows the rules of the plain whorl, but when an imaginary line is drawn between the 2 deltas, it does not touch any sufficient recurves.

They get the name Peacock from the pull to let their visionary Fire instincts put them in the spotlight doing what they love.

Remember that Fire requires praise applause and recognition in order to flourish. So when you have the Fire with the Loop combination, it must be heartfelt or else it runs the risk of vanity with less chance of true success or fuel for the Fire. That's the shadow side to Peacock prints.

The sweet spot is letting a heartfelt intuition pull you into the spotlight that fuels those around you to step into their own personal version of a spotlight and shine with your light, example and encouragement! This combination wants to try the new meanings out on an audience for the best possible results.

When you have a combination print check the key points of each of your elements. Notice which of your elements are in the lead and then observe how you operate with the balance of those two elements. You'll start to see the patterns and understand more about how the unique you operates!

KEY NUMBER ONE - YOUR LIFE PURPOSE PRINT

Once you know what to look for in your prints, how do you unlock your Destiny? Here is a simple system that ranks the prints based on how much time and pressure formed them in your mother's womb.

Here is the ranking for you:

- | | | | |
|----|----------------------------------|-------------|-------------------------|
| 1. | The Arch | EARTH | (lowest ranking print) |
| 2. | The Tented Arch | AIR | |
| 3. | The Tented Arch/Loop Combination | AIR/WATER | |
| 4. | The Loop | WATER | |
| 5. | The Double Loop Combination | WATER/FIRE | |
| 6. | The Peacock or Pocket Whorl | FIRE/WATER! | |
| 7. | The Whorl | FIRE | (highest ranking print) |

This ranking system is necessary to understand your Destiny! Keep in mind - Arches are the lowest ranking print, think of starting at the ground level while Whorls are the highest, Fire meant reaching for the gift of the Gods.

Starting Point or Lowest ranked print is Earth

One higher rank is Air

Next higher ranked print is Water

Top of the ranks is Fire

My Highest ranking print(Earth, Air, Fire or Water) revealing my Life Purpose element is:

Lowest ranking print revealing my Life Lesson element is:

PUTTING THE NUMBER ONE KEY TO WORK - YOUR LIFE PURPOSE

Your **Life Purpose** - or **highest ranking fingerprint** tells you what IS your gift, where you are naturally genius and where you don't have to struggle to achieve. This is your GIFT, an important part of what you apply to achieve the richest life you can live! It is the most powerful place of expanding what things mean in your life.

Knowing and applying your Life Purpose is the thin slice of the wedge that cuts through resistance to bring you closer to your Heart's Desires - less effort and more joy.

If your **highest ranked print is Fire**, you are naturally gifted at being the visionary, the explorer and going beyond the known boundaries of our world. Your intuitive leadership brings new potential to us all.

You benefit when you find people who recognize and gladly welcome what Fire has to offer. If they don't, they aren't your people.



Keep intuitively searching for the right group. They will want your vision, invite you in and respect you. You are meant to trust yourself and the right invitations whether they are for short or long term stays with the group.

Three things to remember for Fire in your Destiny position:

1. As the visionary and intuitive processor, 85% of the world will not see what Fire people sense. You are on the leading edge of the new so there will not be a whole lot of support from those around you. It can be a lonely place — find some other Fire people (other visionaries) and even if they don't see what you see, they will understand your instincts better than most.

2. Fire represents Intuition, so there isn't much data to logically support what you sense. As the explorer and visionary leader you are here to follow your intuition in a way that expands the boundaries of the world we live in, going beyond into the unknown. Intuition is that sixth sense that defies accepted logic while carving out a new possibility. Fire brings with it the brave heart that helps you trust yourself in those intuitive leaps and manage the fear that accompanies growth.
3. Finally with Fire it rarely turns out as you expect it to... Think Christopher Columbus. He died believing he failed because he didn't find the short cut to India. Yet we define the world as pre-Columbian and post-Columbian because of what he discovered. Release the need to be 'right' and let your intuition lead you to expand in ways that serve you and those around you. Trust the choice, release the outcome!

Fire is the only one of the four elements in the mix that requires fuel. In order for Fire to burn brightly (live their biggest Purpose) it requires praise, applause, recognition and respect.

Fire is here to serve mankind with their vision. Since you see the possibilities first, you must be patient with the other 85% of the world while they catch up to you. Fire is at its best when you wait to be invited to lead, share, and inspire those around you.

When you wait for the invitation, those who invite you are more likely to appreciate, honor and respect what you offer. This is where the Fire warms those around them rather than burning!

The shadow side is where you let your advance instincts bully or dictate what is right or best to those around you. Wait to be invited, asked to share or teach before turning that flame on those around you.

If your **highest ranking print is Water** you are the rich emotional heartbeat in your world, and the connector of people, places and things. Your deep well of feelings is your greatest contribution.

With **Water as your Life Purpose** the key to remember is to allow emotion to wash over you then step back to evaluate what you feel as the waves move in and out.

You learn to know and trust your feelings when you allow the big picture to emerge over time with what you love rather than judging by one set of highs and lows! **WHAT IT MEANS CHANGES** as you allow it to flow.



Key things to remember with Loops/Water in your fingerprints:

1. Water is moving from the parent/child response to responsibility for what is 'its own'. Water requires your own attention first, permission to feel what you feel in the moment. Water takes the shape of its container so be aware of the people, situation and place you are in as a defining 'container'. 90% of what Water Feels is about your emotional history and the story. Only 10% or less is truly about the person in front of you. Water must put on its own oxygen mask before rescuing anyone else or all risk perishing! By safely taking time for your own emotions, taking responsibility for your feelings in the moment, you translate the power of water into hydroelectricity to light up your world.
2. Water can accumulate and stagnate when it isn't moving. So when Water is in your Destiny you require a regular outlet for your feelings (preferably with a safe friend or loved one) so your emotions are acknowledged, witnessed, honored and expressed. Living your biggest life includes feeling everything you feel, digging deep and bringing that to your world so it doesn't build up for a flood later.
3. Water more than any other element requires relationship and all the potential loss that goes with it. When you give yourself the safe space listed in point #1 and practice with safe people as listed in #2, then the ability to expand in increasingly rich ways goes up in direct proportion to how nurtured you feel by you and witnessed by others to live your biggest life and have the full impact you are here to express. You make the space safe and you choose the safe people over time with practice. Some will stay solid and some may shift. Learning to allow the gain and loss without letting the meaning be tragic is vital for water to flourish.

Our heart's electromagnetic field extends out between 3-8 feet around our bodies depending on the person. That's because our hearts generate 100 times the electric charge of our brains (no matter how smart you are) and 5,000 times the magnetic force.

Water is here to connect us all to what we love and with the people we love, just as the water on Earth is what makes the world habitable! Without it our lives become a barren desert. When Water (Loops) are part of your Destiny, you are here to make the world a lush oasis!



If **Air is your highest ranking print and Life Purpose** you are the intelligent Air Traffic controller that keeps all the information flowing to keep all the planes flying safely. Perspective and Innovation are your talents.

What is Key for Air and our Minds

1. Test drive some the possibilities you see in life to know what is right for you. This gets Air out of the Tower (our minds) and on the plane! Be willing to surrender control of data collection and management long enough to experience some of what you are viewing.
2. Balance the inner critic with praise! You will never lose an inner critic, they have a part to play in helping you sort out the details. So balance it with praise and positive feedback. Work with a five positive to one negative thoughts and build up from there. Let what you don't like, don't want, don't agree with be the starting point to move on to what you do want, do like and do agree with for a rich big picture!
3. Air requires discussion to process information. As you interact with people and share your big picture view more pieces emerge and it fills in the gaps for you. Too much time alone with your thoughts can lead to analysis paralysis so have your 'go to' team of people to 'air out' whatever is going through your mind before you test drive the possibility in front of you.



Air starts by standing back far enough from all the facts to see the whole story in a slightly removed way. Taken to extremes it can be 10,000 feet up and watching it all as a way to make sense out of the sea of emotions. Air's gift is to help us make sense of all that Water. Air can step so far back from the feeling to limit the criticism but also loses access to the praise that helps balance the critic when they are so removed.

With Air the mind is meant to take us down all the paths we can see, and that is a big picture! The goal with Empowerment in the One To Many Air element arena is while sharing that big picture view, to allow the world to see life's imperfections as part of the perfect whole rather than something to fear and avoid.

It's in owning the flawed whole and living it in view of others while helping them see their world in a bigger light that the two come together exquisitely!

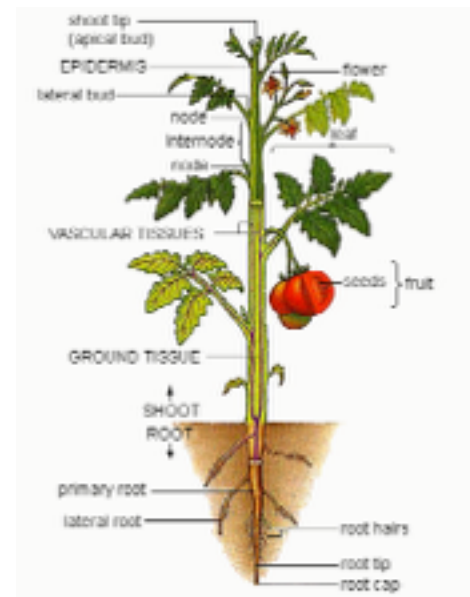
This is ultimately the biggest bridge your vast perspective gives to others.

If your **highest ranking print is Earth** for your **Life Purpose** you are the bedrock on which it all rests. You naturally have a gift for actions and making things happen, making things real not just in words but in fact. The world can count on you. Having Earth as your highest ranking print only happens when you are ALL Earth prints. Quite uncommon, you are!

Key things to remember when Earth is in your fingerprints (don't worry, I'll show you how to put it all together before we are done):

1. Earth is here to learn about Self Empowerment - Earth types can most underestimate themselves and overestimate a threat. After all, can you see the whole globe from where you stand? Not even with Google Earth, right? Good news is, the surprise advantage really is yours when you start realizing how big you are! Everything around you is an opportunity to learn how much you impact your world. And boy do you impact your world...
2. Earth requires presence, patience and collaboration to achieve all it is designed to achieve. It is strongest in the sensory function and making things real. Which is why when you are on the student path with Earth, you'll find yourself on overload, over scheduled, rushing and doing it all alone. Your brain goes to work on limiting your greatest strengths NOT your weaknesses. Notice, notice, notice. You are worth your time.
3. Earth requires the longest time frame to adjust for changes. Think of the seasons. You can't skip from Spring to Christmas without going through the other seasons, can you. Everything in its own time leads to a richer experience for you Earth people. The seed does its part, the ground does its part, the Sun does its part and it all comes together so much bigger than the seed that is your daily starting point of activity! Back to presence, patience and collaboration as the sweet spot! You are growing a rich beginning of something new for you and your world — this is the 'ground floor' literally.

One of the key things to note about Earth as part of your Destiny is you underestimate your impact on your world because you feel its impact on you so strongly. Breathe and realize you are affecting your world to the SAME degree, or more than it is affecting you. Earth packs the real punch of solid, tangible presence. That's Self-Empowerment. From this place you will slowly let new stories take root and grow, nurtured with your presence, patience and the collaboration of good people around you.



KEY NUMBER TWO - THE LIFE LESSON AND WHERE

WE MEASURE PROGRESS

Life Lessons are what are revealed by your **lowest ranking print**. These show us where we are going to be tested in life. This is where we can start seeing where we are stuck in the old story or 'School' versus where we are making our own meanings! Now remember you can ACE a test.

Originally tests were where we could see how much we already knew and also what we still needed to learn. It wasn't for a 'grade' it was for important feedback. Lessons can make you feel really good about yourself. Imagine getting Straight 'A's' on your test. That's a gold star day.

This is what is happening with your Life Lesson and that lowest ranking print. This is often where we are most aware of our progress, changes and growth in our lives. Good information to have on hand! Each time you catch yourself suffering take a good look at the story using your element in your Life Lesson and apply it to help you shift the meaning to a bigger one more in line with your Life Purpose element.

It's important to know that our brain stem which runs most of our lives (muscle memory like walking, driving, eating) is not a fan of our expansion. It prefers the status quo plus about an inch of new life experience to be comfortable.

So it has a built in security guard around expansion because it reads all expansion as risk. It doesn't matter what is the 'bigger' life opportunity, as far as your brain stem is concerned it's an unknown and therefore a threat!

Which is why it is going to go to work on your greatest strengths and not your greatest weaknesses. Your weakness won't cause expansion, whereas your gifts will! So the Life Lesson will often show you where your brain stem is putting the brakes on your Life Purpose.

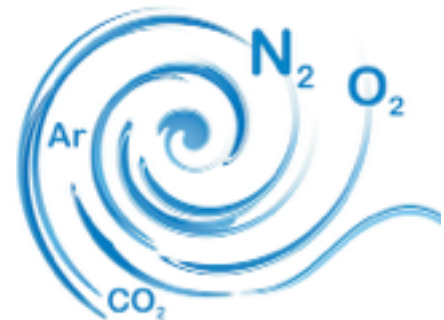


For example, if your **Life Lesson is in Earth** your greatest strength is in making things real, making things happen. So your Life Lesson has got you running in circles doing too much of the same thing or overbooked so that nothing that you do gets your full attention for any length of time until you collapse on overload and retreat to the TV or favorite hideaway. You Ace that test when you catch yourself 'too busy' and pause to remember the key things about the Earth element.



Your key things are presence, patience and collaboration so your shadow side will have you doing the opposite. Or it will have you experiencing people around you demanding you do the opposite so that you are forced to stand for yourself and what is your choice in the face of opposition. This helps you see where you are powerful when you test yourself against the opposition! This is another way to Ace that test and gauge your Self Empowerment.

If you have **Air as your Life Lesson** you are either gathering more data, more facts, talking to people about all the details without ever acting on any as a way to keep yourself at 'arms length' from what you really feel about it. Or you are afraid to get out of the tower and onto a plane with someone else in control of all the details. You are an observer not a participant. You Ace the test when you remember the key elements of Air and take time to get onboard an adventure.



You have the ability to apply what you of all people can see to help you innovate your way out of anything that could go wrong with whatever choice you make. You can't get it wrong, you can only refuse to play. The way to get the 'A' grade is to trust that each plane you get on will benefit from your extraordinary big picture as much as they did in the tower, maybe even more. This is Empowered in the One To Many arena!

If you have **Water as your Life Lesson**, you find yourself trying to connect with those who can't meet you as an emotional partner. They are either distant or they are emotionally overloading for you, asking your support without being able to offer much in return.



Drama becomes a way to tell the story and keep it out in front of you rather than drowning in it.

Water has the highest percentage of feeling blocked from loving relationships until they learn how to navigate in the sea of feelings! Your own feelings, the others feelings, what is yours and what is not yours to feel, experience and manage? This is part of learning Empowerment on the One To One basis.

They must learn to give to themselves what they offer others. Then and only then can they give from a detached place without getting caught in crashing disappointment and feelings of lack of love. Water Aces the test when they connect with their hearts first and make the choices from honoring their own feelings every bit as much as the others.

Finally we have **Fire**. Which actually is only ever your **Life Lesson** if you have all Fire in your fingertips. Because it is the highest ranking print, it will be both your Life Purpose and your Life Lesson. As such it will mean that you can be caught up in either undervaluing your Intuitive and Visionary gifts or overestimating them. Fire requires an audience and it's meant to be in the spotlight as a service to mankind. Fire Aces the test when instead of letting yourself be alone out in front and way ahead of the crowd you have found your tribe and are leading where you are respected.



You have been invited in and your leadership and contributions are valued welcome and warm the community as a whole. Their appreciation fuels your expanding glow!

BACK TO SCHOOL

Now you are going to count how many of each type of print you have. If you have combination prints count a half for each element. For example: Peacock is half loop and half whorl. Tented Arch/Loop is half a Tented Arch and half a Loop.

If you have two arches or more you're are in the school of EARTH. This is the School of Self Empowerment (Trust).

If you have two Tented or more you are in the school of Air. This is the School of Empowerment One To Many (Wisdom*)

If you have four Whorls or more you are in the school of Fire. This is the School of Empowerment One To The Divine. (School of Service*)

If you have eight Loops or more you are in the school of Water. This is the School of One to One Empowerment. (Heart)

My School is:

Our School is where we struggle with the stories we've inherited and they just don't fit! Its like wearing someone else's ideas and beliefs like shoes and crippling around in them all day.

Because they were a good fit for Mom or Granddad or generations of our family, it's supposed to fit you. But it doesn't! That's what we see when we look at our lives, the view that fit someone else. It isn't until we know that's why we are struggling that we can start to make choices about what we DO believe.

Your School starts out much like the gym. It hurts something wicked when those muscles are unused! Slowly with applied effort you buff up and the pain is much less as you gain strength. You learn to appreciate a certain low level pain as a way to discover what isn't yours and has to change for you.

Which is why it can be so helpful to know what your school is...

* LifePrints, Richard Unger, Crossing Press in 2007

School is where we take all the themes we touched on in the Life Lesson and turn up the heat.

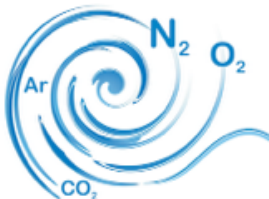
Your school is where you struggle to make the changes show up in your world. You do it using the element of your Purpose and Lesson to help you. Once you know what to lead with you can see the picture changing already...

Because **Earth** is our bodies and the basic building block of our lives, the Earth School goes to work with it's greatest weapon, FEAR. Earth is on the pain/pleasure grid so in School, you will find yourself the most resistance to things that you fear are painful. But because Earth has the biggest tendency to underestimate itself and overestimate the world around it, it can misread the pain threat and the ability to handle it!



In Earth School it's all about learning how to trust yourself, trust your power and do it in collaboration, with patience and presence. Give yourself time for things to work out, do not make decisions in haste. Think of winter hibernation. You require time to let things unfold before you decide on what has actually happened and what it means to you.

In **Air School** your mind and its 10,000 foot up view has you on the criticism and praise grid.



—You can see everything that could go wrong and so you search and add more data, more conversation, more thought trying to think your way into the perfect solution. Air has the greatest tendency towards analysis paralysis without ever getting out of the control tower and onto the plane.

In Air school it is accepting the limited expanse of getting on one plane and experiencing the trip for yourself instead of watching as others do the traveling. Instead of letting the fear of what goes wrong be your stopping point, know that the same intelligence that can see what could go wrong, can also figure out how to make things go right (or at least much better — you are the innovator) when you are in the middle of the experience rather than watching from afar!

When it comes to **Water School** and our emotions, well you have the tendency to be 'at sea' with all the emotions swimming about. Water tends to stuff and then surround yourself with others who are emotionally charged up. Or you explode and look to those around you to soothe, care for and protect you from the pain.



Your grid is gain/loss much like the ocean wave, in and out. Your effort comes in around being fully present for your own emotions first, learning to let them roll in then roll out without going into panic that the feeling is lost because it retreats. Our emotions take approximately 10 minutes to travel our bodies and then it retreats only to surge again with the next round of emotion.

You are here to learn to allow time and tide to reveal the full sweep of your feelings in the moment. Pay attention to the stories and fears around loss that have you suffering over your emotions. Notice if you are distancing yourself by letting others feel them for you while you give them the care you wish to receive yourself. Put your own oxygen mask on first when it comes to your feelings, then you will be better able to offer the love and support to those around you.

Fire School is here to learn how to serve the world with its vision and courage. The challenge with this is the arrogance and judgment that comes up as a way to buffer the Christopher Columbus factor. There are enough things that don't turn out as you think they will that you require balance for the blow.



You are on the Fame/Judgment grid and you require praise, applause, recognition and respect. In Fire School you must have the comfort of community and one that has invited you or your talent to belong. Trying to force your 'vision' on others or trying to prove your Intuitive gifts will turn out much like trying to teach a pig to sing. It won't work and it annoys the pig.

Trust your audience is out there, use your instincts to move through life and letting go of the communities that you've outgrown or didn't ever invite you and surround yourself with people you can benefit. Meanwhile you must, must, must fill up your own gas tank in order to fulfill your Destiny!

Important Things For School

Each of the schools have their gifts when you are aware of your struggles and bring presence to it. I strongly recommend the Breath of Love technique to drop you into your body and put your conscious mind in command rather than your brain stem which is usually the culprit for much of unwanted old patterns. They continue long past the point of usefulness because the brainstem gets locked into habits as a security measure.

Here's the three steps to get you into your body and in charge of changing struggle to effort that builds muscle for you!

1. Exhale, I mean ALL THE WAY OUT. Force yourself to empty your lungs like wringing out a washcloth. This flips the brainstem out of command and puts your frontal lobe in charge.
2. Take a slow deep breath in and think to yourself the whole breath, "I am safe, I am safe, I am safe." Optional is putting your hands on you're belly and putting your attention there as well.
3. Exhale slowly, if you can make it a little longer than the previous inhale, great. If not don't worry. Thinking all the way, "I am loved, I am loved, I am loved".

Great, you've just taken one and half breaths worth of time to retrain your brain and soothe yourself on the most powerful, primal need we have — breath! We can go about 40 days without food before we die and about seven or eight days without water. How many minutes can you go without air before you die.

When you force yourself to breath out as the first step, you are going against the brainstems survival instinct to gulp air in to your lungs. So you just flipped the switch that put your frontal lobe in charge of your whole body. We only use the frontal lobe about 5%-25% of the day. The rest of the time your brainstem is doing the walking, driving, eating and whatnot for you out of muscle memory.

The problem with that is your brainstem is wired to protect you as a child which means it is going to continue to overestimate the threats and underestimate you. Hello struggle!

By practicing the Breath of Love you not only get powerful and present, you also retrain your brain. Each time your think, feel and act on something in a new way your start carving out new pathways in your brain.

This pathway has the smartest part of you in charge, learning to trust yourself and navigate the surroundings and you can lead with your LIFE PURPOSE GIFT to minimize struggle and maximize gain!

In **Earth School** you can be present and more patient with it all unfolding, seeing more of your impact and feeling less at the mercy of the world around you! Taking care of yourself on this most basic level is incredibly transformative for Earth over time. You are worth being still and present for during these one and half breaths.

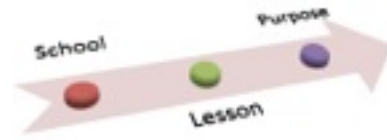
If you are in **Water School**, once you do the breath of love you can connect more authentically to what you feel and use that to draw to you more of what your heart's desires are with those around you! It is soothing for you to have your own comfort and it offers a container in the brief time span you practice it for the emotions that is powerful and always at hand.

If you are in **Air School** you can be aware that you have the power to innovate and see what to do with any challenges that may come up and commit to taking a lap in whatever opportunities are there for you to experience. An oxygenated brain for you is a magnificent support for the mind that leaps tall buildings in a single bound.

You **Fire School** people require the Breath of Love to help you push beyond the boundaries of the known world with the right people. Or pause long enough to trust the gap while others catch up closer to understanding what you can't always convey in words but know in your whole being. Being patient with yourself you offer less judgment to others on the path to a bigger life, which in makes you a leader they want to follow!

The Arrow Of Life

It helps to understand how this all fits together for you. We are born with our gifts marked in our hands. Your intuition, your heart, your mind or your body are where you are strongest. You shine there without trying... It's your Life Purpose, marked by the highest ranking print. It's the thin slice that cuts through resistance as you send test shots out into bigger and bigger lives rather than bogged down in an old story that does not fit you.



Your Life Lesson is where we deal with the shadow side of our lives shown in our lowest ranked print.

Shadow is what helps give depth and outline to our gifts. It has something to teach us about where the old stories have us believing what is not true! We use our Lessons to expand the light inside of us so we all benefit. Just as the shaft of the arrow steadies the blade, so your Lesson gives you support in getting to the bigger version of your life!

For example, a Fire Purpose person intuitively sees what a Water Purpose person is doing 'wrong' and tells them what they need to do save themselves pain. The Water person grows by figuring out how to navigate the Fire person's view as opposed to what the Water person wants to do and when they want to do it! Fire may have good insight, but the timing may not be right for the Water Purpose person to apply it. In both considering the insight and saying 'not now' the Fire person is reminded to wait for the invitation and the Water person has put their feelings into the mix and receives the other person's input as well.

You get to decide whether you are going to let the strength others display inspire you to choose a bigger path or let the shadow reinforce old stories that make you feel worse about them or yourself. Notice if the story in your head or your past stories make you feel bigger or smaller, better or worse. Choose the one that feels better, it will be right, trust that expansion and push back against old limitations. Breathe!

Every time something happens you have the choice to adjust the meaning and go from a new point of view that taps into the element you have in your highest ranking print. Where you learn to do that is going to be shown by your lowest ranking print. And where you can be the most attached to struggle is shown by your school

You decide what it all means and when you learn how to change the meanings, you change everything!

The Key At Your Fingertips - What those digits mean...

Now we are going to look at which finger your highest ranking print and lowest ranking print land on to add the last layer. This is where it becomes a party!

Based on which finger(s) have each print, you can get even more layers to tell you how your Destiny is meant to play out.

The left hand is the starting point of all the possibilities we experience here in life. Our left hands are wired into the part of the brain that handles those unlimited functions like emotions, musical appreciation, spatial awareness and a 360 degree view of our lives. Way back when we were cavemen and women it was the part that made sense out of everything that was going on around us as a way to connect all the dots and survive. Kind of like 'eyes in the back of your head' awareness.

Our right hands were then wired into the half of the brain that allowed us to focus on specific tasks and screen everything else out for maximum effort applied specifically. Like gathering food, or making a tool. The two halves then helped us both see everything around us and then screen it out selectively to focus on something specific.

So when we look at the two hands, we are going to call the left hand the 'Receptive' hand — taking in data from all sides and connecting with it. We are going to call the right hand 'Active'. Its job is screening out all but the task at hand for completion. Receptive and Active add another layer so you can better understand what your prints are telling you.

Some people will have all their markings in one hand or the other. This then becomes the arena for you to shine or to grow, depending on the print. Take a moment and reflect on where that applies to what you know so far about your prints.

If you have them on both then there is the balancing act between Receptive and Active. You can apply whether it is your Life Purpose, your gift and highest ranking print to be receptive to a bigger life; or your Life Lesson, your test and opportunity to understand what more is required of you by maybe being more Active in your life; and finally where you struggle and want to transform that into meaningful effort in your life by being either more Active or Receptive.

Receptive always precedes Active. We must first draw breath in before we act on it. Too much action without being still long enough to receive input is definitely the way to struggle through life! Even if it isn't marked out in your fingertips, we all benefit from pausing at least one breath's worth of time to let life reveal more of itself to us. We can always act on it one breath later... Maybe even two or three breaths worth, right?



Another way to understand what we are about to go into with the fingers is to understand the left hand versus the right hand as the starting point is in the left hand, all the possibilities which tend to be a more internal or smaller field of impact. That is not to say that your Destiny being marked out is the left hand is a 'small' Destiny!

Rather you want to know the impact you have is best played out starting with smaller groups, those closer to you or where you can have more immediate impact and conversation with all that unfolds from there. Receptive is broad and somewhat diffuse, you have to start with a blank sheet and create from there taking in all the information 'on hand' to apply to your Life Purpose. One of my favorite quotes is Margaret Meade "Never doubt that a small group of thoughtful committed citizens can change the world, indeed it's the only thing that ever has."

With the right hand Destiny there is more action and impact noticeable almost immediately. That's because this is the 'task specific' side of the brain involved and more focus possible on specifics. So right hand Destinies can be more easily measured and tracked than the left hand Destinies. This doesn't make them more powerful, it does make them more visual and understandable.



Let's walk through the fingers together so you get a better picture of what I mean.

The Fingers

Jupiter or The Pointer Finger

Let's start with the King of fingers, Jupiter. The guiding principle behind the pointer finger is the power of expansion. It doesn't say whether for good or for bad, it simply has the power to expand whatever it touches. The Planet Jupiter has the largest magnetosphere in our entire Galaxy! Talk about expanded possibilities...

The second most important principle if you have your pointer finger, the Jupiter finger involved in your Destiny (**Destiny is the collective name for Life Purpose, Lesson and School**) is that Jupiter gives the gift of making meaning. That is very important because what happens to us is only half, if even that, of any equation. The other half is what we think it means.

For example, a man was driving down a two lane, winding mountain road when around one corner swerved a woman into his lane driving from the opposite direction. She quickly corrected and got back in her lane yelling out the window as she drove by "Pig". He was incensed that she would drive badly and then call him a name, so he shouted "Idiot" back at her and continued around the curve only to see an enormous pig walking slowly across the road blocking his way. Suddenly he realized she was trying to warn him, not insult him. The meaning we make is a powerful piece of information to have at your command. It can change everything.



Take the two core principles together and you have the ability, the gift or the challenge to expand the meaning of whatever it is your do in your life.

This is at the heart of the Jupiter finger and what it can show you as part of your Destiny! If Jupiter is part of your Destiny, then look to the element to show you what your genius is for making meaning out of anything that happens to you.

Since our Life Purpose is where we effortlessly make new meanings and expand, having your **Life Purpose on the Jupiter** finger doubles up that potential. It is a very powerful expansion and shift tool – notice where it has applied in your life!

If it your element is Fire we go back to Christopher Columbus. He looked at the world and saw the possibility to sail a different direction and get to a familiar place on a whole new route. Because Fire is intuition it had no hard data to back it up, it was a leap of faith and Jupiter led the way. It is expansion and new meaning or possibilities that serve the whole.



Now **Air Jupiter** on that mission would have studied the trade winds, the currents, analyzed the data and used the data in a way no one had thought of before. Air Jupiter is innovative, out of the box but it still requires information as the building blocks to expansion.

Water Jupiter is another intuitive processor so it would be creating songs about the men who dared, the people that stayed behind and expanding the heartfelt meaning of what was happening on the voyage.

Earth Jupiter would only be the Life Purpose if all the prints were Earth so let's just leave it at that... Very uncommon to say the least and NOT very likely.

Other terms associated with Jupiter: Inflation, exaggeration, wealth, wisdom, beliefs, vision, faith and greed.

Then we have to look at whether it is your Left hand or your Right hand that is wearing the print. If it is the Left hand then this is the global possibilities hand for the expansive Jupiter energy of making meaning. It's more helpful to remember that this is the Receptive hand.

As the **Jupiter Receptive hand** you let the new expanded meaning flow in from everything around you and you allow yourself to take in all that is happening, synthesize it and then share it as an invitation to a bigger possibility. It's attractive and responsive rather than active shifts that take happen with this finger involved in your Destiny. Apply this finger's energy to each of the scenarios we just covered above and see how it plays out.



With **Left hand Jupiter** as your Life Purpose, it's easy for you to share what you create with an enthusiasm that is attractive to those around you. As your Life Lesson, you will learn to balance letting the flow of information in to create expansion rather than trying to force it to happen or shutting down to it.

If it is your **Right hand** or Active hand that is involved with Jupiter then you are actively involved in making it happen. This is more of a magician's wand motion.



It can feel as easy as pointing your finger at something only to have the meaning expand and unfold in ways you couldn't have expected.

Apply this Magician's wand finger position to each of the scenarios we listed above and see what picture emerges.

The Saturn Finger - The Middle Finger

Okay now we move on to the backbone of the hand, Saturn or the middle finger. Saturn is all about containment. You can see from the image this planet even has rings around it. Saturn is Jupiter's opposite, it represents contraction.



The Saturn finger sits in the center of the hand with your thumb and pointer on one side, your ring finger and pinky on the other side.

No surprise that Saturn is associated with structure, rules, wisdom gained through effort and responsibility. It's the Authority finger, the tallest finger on the hand quite often. When your Saturn finger is involved with your Destiny you have the expansion of your Life Purpose balanced out with the contraction that is Saturn.

This Destiny is Less immediately bountiful as the Jupiter Destiny but it pays dividends year after year. In Mythology the feast of Saturn or Saturnalia was after Harvest and was the 'Horn of Plenty' that spilled out endless abundance for the fruit of ones labor.

When you have Saturn as your Destiny you have to get your lessons first and then you get your rewards. For this finger let's visit the story of Scrooge.

Saturn In Fire is the Ghost of Christmas Past with all the bounty and good memories of the past. Saturn tends to be the most nostalgic for the 'old days' and can glorify them when looking back. Those happy times are meant to fuel the fire and help you what you have gained as well as lost. What you've created once you have the power to create again. Remembering that gives you the power to up the ante for your life in the present.

Saturn in Air is like Scrooge with the ghost of Christmas Present, the Air Traffic Tower gives you access to see into all the corners of the lives you touch and use that information to make better choices for your expanded life you are living now. Scrooge was able to see not only his view of the people in his life but their view of him as well. Very much the big perspective of Air you can expand on to make richer choices with far reaching consequences.

Scrooge AFTER the visits from the three Ghosts is definitely the **Water Saturn**. He wants to connect, he wants to feel and celebrate. He reaches out in a whole list of ways to show his heart to those in his world and let their emotions and lives into his. A richer life indeed!

There is no **Earth Life Purpose on Saturn**. Since it is the lowest ranking print, all the prints would be Earth so it doesn't apply.

Now we go back to which hand it is on for that Highest or Lowest ranking print. The **Receptive Saturn** is one that is definitely more tied to the internal workings of all that is Saturn. The boundaries you put in place are internal walls more than external walls and offer you the backbone that provides strength for the entire body. Imagine trying to walk without bones... right? We'd be jelly fish without Saturn.

The left middle finger, on the Receptive Hand, gives you an internal compass of right and wrong, a deep rooted solid core that is at the basis for all you do. The power to make new meanings is strongest when you meet with situations that challenge what you believe and you let the new information build on your core rather than rattle you or cause you to shut it out using those Saturn rings.

The right finger is the **Active Hand** and so the world sees the core strength of the Saturn Life Purpose. I call this the Axis Pole on the Globe. **Right Middle Saturn** can have the whole world spinning around them and they are the fixed solid center that allows the storm without getting caught in the spinning events.

You provide the needed structure, stability and responsibility to those around you without even realizing this is what you do. After all, from your viewpoint everything spins around you. From the world's point of view, you stay steady, strong and centered.

THE RING FINGER - APOLLO

Apollo is the Sun God in Mythology, the God who rules healing and who taught man medicine. He's known as the God of truth, who cannot speak a lie. One of his main gifts was to use his chariot to draw the Sun across the sky each day.

When your **Ring Finger** is involved in your Destiny you are meant to stand out, shine the light, speak the truth and show people how to heal. Because Apollo also ruled the arts, you do each of these things in a way that has artistry or recognizable flair to it.



Because your talent is unique to you, and since creative gifts are not really regimented, it can look different each time you do it yet the results are always impactful. Imagine the Sun, it may get lost in a cloudy day, it may be eclipsed but you can count on the Sun being bright whether it is seen or unseen.

It's no accident that the Ring Finger is the one we put our mark of love on for the world to see with a wedding ring. This is typical Apollo behavior in that it is stronger when it is witnessed by the world around us. Like the Sun, it exists to warm the world.

When we talk about the Apollo Destiny I like to use the Awards shows to help illustrate it for you. After all, it is the finger associated with Actors, Musicians, and all those who stand out in the world.

With your **Apollo Destiny** in Fire I'm going to take you to the **Oscars**. Fire requires praise, applause recognition and respect as does the Apollo finger. So when you double up on that energy, hello world. Apollo wants to create, wants to share truth, wants to help heal and it wants to do it in relationship with the world at large. At 43 million viewers for the 2014 Oscars, this is the size of the drive in an Apollo Fire Life Purpose. Apollo Life Purpose people take the stage and the whole world tunes in to watch it happen.

If **Air** gets in the picture with **Apollo Destiny** then we are going to the Emmys. Air is the mass communicator, all directions at once reaching into so many corners to get the conversation going. Think about that as the function of Air to quantify and measure things.

Air goes out to individual television sets carrying all that data, stories, and information for us to interact with in a more individual way. There are so many more stories to consume in Television. Programming runs 24 hours around the globe. This is how Air takes the stage in your Life Purpose, with volume, mass and quantity and still you manage to stand out for recognition!

With **Water** for the **Apollo Destiny** we are going to the **People's Choice Awards**. When you get heart into the picture, the spotlight is going to those who are beloved. They may not be the most talented, they may not be the best looking.

When Water is involved as your Life Purpose, it transforms the imperfections into part of the whole picture that feels more and judges less. You can expect to be in your Spotlight beloved and cherished not in spite of your imperfections but including them as endearing human moments that connect you with your world and they love you for it.

There is no Earth Life Purpose on Apollo. Since it is the lowest ranking print, all the prints would be Earth so it doesn't apply.

Receptive Or Active Apollo

Time to see which hands these prints show up on for you. If it is the Left hand Apollo you start with the stage closest at hand, yourself! You begin by seeing yourself and accepting what you see as the innovative artist you really are when you are marked in the Receptive Hand. Self approval is the platform that holds you as you gain a greater and greater stage presence out in the world.

You can count on those nearest and dearest to you to reflect back how well you are approving of you. If you meet with applause you are prepared to stand tall. If you meet with more criticism than praise, you require some more internal applause first! So often this Destiny is like the Neale Donald Walsches of the world. His personal failures prompted an angry exchange with God that inspired a generation. Tremendous success after abject personal failure helps you let go of judgment to wholly love and accept yourself just as you are when you have a Left Apollo Life Purpose.

If this is the Active Hand Apollo Life Purpose then the whole world is your stage. This is the taking a stage moment with Oprah. Your work is your stage or your life is your stage. Living out loud and for all to see is part of this Destiny.

It can feel like your whole life is on display and inspiring those around them to connect with their own imperfections. It reminds us all how much more there is than our limitations and fears. You cannot choose out only the 'best' bits because the light shines through it all when Apollo is your Life Purpose in the Active Hand.

The Mercury Finger - Little Finger (Or Pinkie)

Now we are going to have some fun with the Mercury Finger. Mercury is the God of Communication and also trade, eloquence, trickery, and negotiation.



Notice where your little finger sits... right on the outer edge of the hand. Mercury is where we meet the world and the world meets us back.

Mercury has a curious function when you consider it was what names things. It's a way of understanding something when you name it. By interacting with it you are changing what it is and who you are as well. You just added something new to your world when you learn something new and name it.

So Mercury gives us the opportunity to raise our consciousness as we perceive the world and get feedback on how the world perceives us.

When your **Mercury Finger** is involved in your **Destiny**, you are going to be expanding meanings through communication, all **communication**. What comes in is as important as what goes out! You are here to be the Great Communicator no matter what field or how big the group you are communicating to with your message.

When your **Mercury Finger** is in **Fire** you are here to serve mankind with your understanding of communication. This can mean shifting perceptions around humanitarian ways that benefit the world at large, even if it starts one village at a time. Because Mercury is the trickster it often leads you down unusual paths to the 'Truth' you are here to share.

Fire is meant to trust their intuition and follow their Communicator path letting the message flow in as well as out as it evolves into the story that finds its own audience, takes on its own life. **Ghandi** is definitely someone I relate to Mercury in Fire, with a spiritual message, taken into politics that changed the world.

If **Air and Mercury** get together for your Destiny it's a double dose of mass communication possibilities. Suddenly you have so many possibilities the way to work with the trickster here is to know that analysis paralysis or overwhelm at such a big message and such a big audience. This Information Guru balances the information that flows in to you with information you send out to the world and begin.

What you say will shift perceptions and the dominoes will tumble when you start speaking up! This one is more like a **Tony Robbins**, who took old neurolinguistic text books with staggering amounts of dry data and turned it into something that electrified the throngs.

When **Water and Mercury** dance you are a Heartfelt Great Communicator. Your Life Purpose as a Great Communicator will make the audience weep with you, rally alongside you and rise or fall with you. I think of **Oprah** with this placement.

With Mercury playing tricks it means the things you are most afraid of sharing can be by far the most impact on the world around you. Communicate what you feel, what's real and raw and you will expand boundaries that will flow out in ways you can only imagine.

There is no Earth Life Purpose on Mercury. Since it is the lowest ranking print, all the prints would be Earth so it doesn't apply.

Receptive Mercury or Active

Left Hand Mercury, the Receptive Hand and the internal processor turns out Great Communicators who dig deep within us. These Destinies are the ones that let the insight into ourselves flow outward to help show others how to navigate those vast personal landscapes.

Great wisdom is often offered often demonstrated quite young as those closest to you benefit from your wise counsel. Because we don't always recognize the message of Mercury, this one can be the quarrels, drama and conflict we experience early in life becomes the training ground for the inner strength the **Great Communicator of Insight** serves up in later life.

Right Hand Mercury or the Active Hand means you are in the communication fray from the beginning. It doesn't determine what your message is or what your platform is, the trickster at work again. However with your Life Purpose on Active Mercury you can trust that you will have a message and you will have a platform. Let the element it is in help you find your way to the most natural way of communicating.

This placement is meant to experience the world seeing all around you the places where others have no voice and then stepping into the one that is right for you. You will be the **Great Communicator for a Cause**, and it doesn't have to be the same Cause your whole life although it may be.

The Thumb - The Will

I put the Thumb at the end after Mercury because both these fingers are the outer most edges of our hands. With Mercury we meet the world with communication, with our Thumbs we meet the world with actions.



Our thumbs are not really called by any one name from Mythology. Some studies have referred to it as Rhea the Mother Earth. Which makes sense since our opposable thumbs are a strong reason for our dominance on this planet. The top of the thumb is known as **Will** and the center joint is known as reason. So when your Destiny involves your thumb you are going to make an impact in the world combining will power and thought to create new meanings.

The saying, 'I have them under my thumb' is one indication of how much punch this digit packs when it comes to perception in the world. Will can mean personal, divinely inspired or even the will of the collective group. When your thumb is marked out then you have a chance to see, feel and know the effect you have in life.

The **Thumb in Fire** has the power to expand, explore and share a vision and then put into action in this Life Purpose combination. Your opportunity is to create measurable results and help them unfold into ever expanding arenas. Your mission is to serve mankind so find your tribe, put plans into action and watch the community flourish with a Fire Thumb Life Purpose. This makes me think of the musicians who come together for **LiveAid, or Comic Relief**. Service, an audience, the untried possibilities of working together for Humanitarian gain.

When **Air** is involved with your **Thumb's Life Purpose** you've got the far reaching point of view that benefits from the broadest field of vision for what you wish to create. The Thumb helps to balance Air's tendency to stay in the tower, creating more momentum to get hands on after sufficient pressure builds up behind Air Thumbs. The innovation Air does so easily combined with the actions the Thumb reminds me of the **technology wizard, Steve Wozniak** building computers that changed the industry, there are even computers that park our cars for us now.

With **Water** involved with our Thumb for your **Life Purpose** this 'get it done' master is going to do it with their heart leading the way. Combining Passion and Purpose you have a John Walsh the heartbroken father who after losing his son to a predator went on to establish The **Adam Walsh** Child Protection and Safety Act and the National Center for Missing and Exploited Children. See what's possible with heart and will combined?

Receptive Or Active Hand

The **Thumb** is visible, powerful and even on the Receptive Hand it is less of an internal process **Life Purpose**. It is, however, going to play out in the family or community you connect for your world. When your Life Purpose is on the Thumb in your Left Hand you are going to play a pivotal role in your **family or community**.

You will be the one to give the 'Thumbs Up or Down' as well as the possibility you are the one who has the family 'under your thumb'. In any case, you are the engine on which the group runs. There isn't much that you turn your hand to that you don't accomplish and your tribe knows and trusts that. You can even make real products or services that work not just for your tribe, but for tribes around the world!

The **Thumb** on the **Active Hand** is influential indeed! This is the **high achiever** mark when your Life Purpose shows up on the Right Thumb. Whatever the arena, sales, business, competition you are the one to beat. There are very few who can keep up with the drive you have to make things happen and get things done.

Again, it is wise to pay attention to how you get it done because the Thumb can be completely unaware of the muscle it brings with it to any activity. It is the sledge hammer that breaks down any resistance and drives on through to get results. Picture the hard driving CEO and you have an idea of what the Right Thumb Destiny is like.

WRAPPING UP...

Remember with all of this, your opportunity is to expand the meaning on anything you are experiencing. If there is an example you don't like that is your Life Purpose, you can rework that image and make it your own.

For example, if you don't care for Tony Robbins and are stressed because your Life Purpose is putting you in that category, change the reference point! Pick someone who does inspire you that embodies those qualities described in the section and make that your own. You are not stuck with what I use for examples.

That's just one way to take these Keys and put them to work for you. Because your brain doesn't care whether it is a big pathway or a new beginning. Once you start shifting to a new way of looking at something, your brain can follow the path again whenever you want to do so.

Oh yes you can have a bigger, better life when you start deliberately changing the old stories of limits that no longer apply to you.

This gives you some fresh insight to open up how you understand you. If you want more there are some suggestions on the next page. There's a lot more waiting for you if you wish...

Source Materials for the Kit and Resources to GO FURTHER:

Hand Analysis:

LifePrints, Richard Unger 2007 by Crossing Press

Lion's Paw, Story of Famous Hands 1937, Nellie Simon Meir and William Benham, 1937 by Barrows Mussey

Your Fate Is In Your Hands, Donna McCue, 2000 Pocket Books

Hands, A Complete Guide To Palmistry, 1983 Whitford Press

Love Is In The Palm Of Your Hands, Ghanshyam Singh Birla, 1998 by Destiny Books

Complete Illustrated Guide To Palmistry, Peter West, 1998 Element Books Ltd.

Brain Science:

How To Create A Mind, Ray Kurzweil, 2012 by Penguin Books

The Emotional Of The Brain Richard Davidson Ph.d with Shannon Begley 2012 by Hudson Street Press

The Brain In Love, Daniel G. Amen, M.D. 2007 by Three Rivers Press

The Emotional Brain, Joseph LeDoux, 1996 by Touchstone

Astrology:

Relating, Liz Greene 1978 by Samuel Weiser, Inc.

The Gods Of Change, Howard Sasportas, 1989 by Penguin Books

Saturn, Liz Greene 1976 by Samuel Weiser, Inc.

Aspects In Astrology, Sue Tompkins, 1989 by Destiny Books

Karmic Astrology, Martin Schulman in 1975 by Samuel Weiser, Inc.

Mythic Astrology, Liz Greene, 1994 by Fireside Publishing

The Twelve Houses, Howard Sasportas, 1985 by Aquarian Press

Neptune, Lize Greene, 2000 by Samuel Weiser, Inc.

Fire Element Worksheet

Recap

Fire Element – Our Intuitive Spirit

- ☼ Fire provides inspiration in our lives and leads by example
- ☼ Fire people are our pioneers, explorers and visionaries
- ☼ Fire is here to learn how to express power in the one to divine arena
- ☼ Fire warms, expands and melts resistance and boundaries allowing new possibilities
- ☼ Fire benefits from the strategic pause that allows an invitation to be offered for its insight
- ☼ Fire is the only element that requires fuel – praise, applause, recognition and respect are the fuel for Fire to maintain joyous service

Worksheet:

Fire processes information

- a. Logically b. Intuitively

Our intuition is here to separate fact from fiction

- a. True b. False

Fire works with which other element to give us the ‘biggest picture’

- a. Earth b. Water c. Air

Fire is one of the most common elements, it’s easy to find others who are like Fire

- a. True b. False

Which one of the other elements is also an Intuitive Processors

- a. Earth b. Water c. Air

In order to prove their visionary intuition Fire has to research data to explain their hunches

- a. True b. False

Brain Retraining Homework: **Toothbrush Love**

To fuel Fire on a daily basis, practice Toothbrush Love.

1. Write out a list of the 30 best compliments you didn’t receive (things you wanted the people in your life to notice and they didn’t or barely mentioned – important aspects of you that feel like they could use some attention)
2. Put that list by your Toothbrush and use one compliment a day when brushing your teeth.
3. Think about the one compliment while you brush, then rinse, spit and get ready to...
4. Look yourself in the mirror, say it out loud making eye contact so you see it, say it and hear the compliment!

This helps fuel the Fire within you and trains your brain to receive compliments from others instead of deflecting them.

Water Element – Our Emotions

Recap:

- ☼ Water affords us the deepest connections, the strongest bonds, the creative inspiration
- ☼ Water is here to learn about power expressing in the one to one arena
- ☼ Water is our emotional element, the richest resource we have on Earth
- ☼ Water is an intuitive processor, feelings don't easily fit logic
- ☼ Water's emotions travel in waves
- ☼ Water requires relationship in order to unfold

Worksheet:

Is your focus in this question on you or on getting it right:

- a. On Me b. On someone else's reaction to this

What percentage of your emotion is your history versus the situation in front of you?

- a. 10% b. 75% c. 25% d. 90%

Water is what School

- a. Self Empowerment b. One to One c. One to Many d. One to Divine

Water processes information, situation using

- a. Intuition b. Logic

When Water retreats it is a sign of weakness

- a. True b. False

Brain Retraining Homework – **The Tip Test**

First stand in Yoga Pose – straight spine, tailbone tucked under, jaw level with the floor, feet straight down from your hips.

Close your eyes and ask yourself a simple yes no question.

Notice whether you feel the weight shift forward or back. It could be as simple as your attention noticing the front of your body or the back of your body.

The front is take the next step. The back is not yet, not now or no action required.

Spend TIME on you and your choices by dropping in to your body to pause before acting.

Your conversation with you and *listening to your body* is how to make what you are feeling a priority!

Air Element - Our Minds

Recap

- ☼ Air is the thinking element, the big picture and the 10,000 foot view of things
- ☼ Our Minds/Air help us see all the moving parts of heart, body, mind and spirit
- ☼ Air is the bridge builder between the old and new, the innovator
- ☼ Air's greatest gift is detached perspective
- ☼ Air's power development is in the one to many

Worksheet:

Our Minds are the polar opposite of what function:

- a. Body b. Emotion c. Spirit

What does data do for our mind:

- a. Inform b. Soothe c. Overload d. All of these

What visual helps describe the way our Mind operates in our lives for most people:

- a. Executive b. Switchboard operator c. Air Traffic Controller d. Quarterback

Air is here to learn about Empowerment of which kind

- a. Self Empowerment b. One To One c. One To Many d. One to Divine

Air processes information

- a. Intuitively b. Logically

Air is on which grid

- a. Fame/Judgment b. Gain/Loss c. Praise/criticism d. Pain/Pleasure

Brain Retraining Homework: **Good To Know**

Practice looking or 're-viewing' your life, your choices, your perspective using the "good to know" perspective. This takes whatever the negative is, what you don't want, don't like, don't want more of and flips it to the other end of the telescope to focus on what that information gives you. What you don't want is the opposite of what you do want.

That's where an endless attractor-factor (the heart is 5,000 times more magnetic) rests when you focus on what you want. Let what you don't want simply be the red neon sign that points you to what you DO want. Most people let their mind stop at the 'don't'! Instead, switch the focus onto the desire.

Let the unwanted help draw an outline around what is the desired outcome, or 'Good To Know'.

Earth Element – Our Bodies

Recap:

- ☼ Earth is here to learn to move through struggle and overwhelm to power and trust.
- ☼ Earth is the densest of the four elements therefore the slowest to change.
- ☼ Change requires patience, repetition, collaboration and stillness before action.
- ☼ Earth is the most likely to underestimate itself and overestimate what's external.

- ☼ Earth, our body, is where our thoughts, feelings and intuition express itself – it's the one element everyone shares whether it is emphasized in your Destiny or not.

Earth is in here to learn Empowerment of what kind

- a. Self Empowerment b. One to One c. One To Many d. One to Divine

True or false, Earth people have prefer discussion to action

- a. True b. False

True or false, Earth people do best managing for themselves in order to make progress

- a. True b. False

Earth is on what grid

- a. Fame/Judgment b. Gain/Loss c. Praise/criticism d. Pain/Pleasure

Brain Retraining Homework: **Breath of Love**

First step:

Exhale – forcibly empty your lungs completely (picture a washcloth wrung dry) This is the switch that moves you out of the brain stem and into the frontal lobe or Executive portion of our brains.

Second Step:

Then take a slow deep breath while repeating the thought “I am safe, I am safe.”

Third Step:

Finally take a gentle exhale while repeating the thought “I am loved, I am loved.”

Lather, rinse, repeat as needed when stressed, overwhelmed, or choosing to pause before acting. It oxygenates the brain, makes decisions from the smart part of your brain and gives you your own focused attention for at least one and a half breaths worth of time.