

Introduction

Lines to Live By

THE BLAZING CALCUTTA SUN beat down on us as I rushed alongside Mother Teresa, trying my best to keep up with the elderly nun. She was twice my age but had three times my energy, and she was in a hurry. Afternoon prayers were about to start and she was passing out medallions of the Blessed Mother to dozens of people who had come from around the world to see her; they were lined up eagerly waiting to receive her blessing.

“Don’t fall behind, dear,” she encouraged me as we moved down the line, placing medallions in outstretched hands. Many had tears of joy in their eyes; I understood their elation. I had admired Mother Teresa’s selflessness and devotion to others since childhood and had come to see her at her Missionaries of Charity in 1996 on a mission of my own—I wanted her handprints.

“No one has ever asked me for that before,” she said, shaking her head. “I’m sorry, I just don’t have time.”

“I understand, Mother, I only ask because I believe seeing your hands would help others ... my students could learn a lot ...”

I am not sure she heard what I was saying, but she stopped and turned to look at me with her dark, penetrating eyes, then held out her hands with her palms facing up.

“What is it you want to see in these old hands?”

I wanted to see everything, and I did. The lines and signs crisscrossing her strong, beautiful palms revealed a lifetime of service to others, a deep compassion for humanity and a choice

made at an early age to abandon ego and follow a spiritual path of love and humility toward God—none of which surprised me.

Our hands are a reflection of who we are, and seeing Mother Teresa's palms was a dramatic confirmation of what I had known for many years—our hands never lie. They are windows into our soul, a record of who we are—our past and present deeds and desires, hopes and fears, flaws and potential all etched in the lines of our palm.

But our lines are not our fate. The wonderful thing about the lines of our hands is that we can change them if we want to—as we change our thoughts, attitudes and actions, our lines will mirror that change. That is what makes palmistry—a powerful method of self-knowledge that stretches back to the beginning of civilization—such an amazing tool for personal growth and transformation.

If we allow them, our hands can help us shape our future and guide us to a life of purpose, happiness, health and joy! That is not a prediction, it is a fact—and I speak from personal experience.

I have been practicing hast jyotish—the ancient science of Vedic palmistry—for 30 years (I can't believe it has been that long!). I have studied the handprints of thousands of people from every walk of life—child prodigies, murderers, farmers, scientists, rock stars—even a living saint. But the hands I have learned the most from are my own.

When I was in my 20s, I should have been on top of the world. I came from a loving family, had a good education, was young and pretty, and was living in Paris—the most romantic city in the world. I had a glamorous job in television and an expense account that allowed me to shop in the city's finest boutiques.

And yet, I was miserable and had been for years. But I did not know why. My life lacked meaning and purpose no matter what I did or where I traveled. Sadness seemed to be my destiny.

Then, one single consultation with a remarkable Vedic palmist changed the way I viewed myself and the world. I saw all my fears, anxieties and a dozen other “spiritual blockages” staring up at

me in the lines of my hands—everything that had kept me from happiness. Once I knew what they were, I was able to set about removing them.

Since that day, I have been on a journey of self-discovery, a journey that has lifted me from the depths of despair and delivered me to a place of peace and true happiness.

I may not have the saintly lines of Mother Teresa, but the study of palmistry has exposed me to the words and wisdom of a hundred saints and sages whom I carry in my heart whenever I sit down to do a reading or teach a class on the heart line.

Palmistry has brought love and joy into my life, and it is my deepest wish that it could do the same for you. If nothing else, I hope my story will inspire you to look at your hands a little differently.