Is palm reading real?

Yes, in more ways than one. What a reading can offer you, on one page.

AS A LIVING TRADITION

Real

Palmistry has been practised for centuries, with its own books, methods and gifted readers. For many people, a reading is a moment to pause and see their life more clearly.

AS YOUR LINES

Uniquely yours

Your palm creases are real features of your body. They form before you're born, run partly in families, and no two hands are read quite the same way.

AS SEEING THE FUTURE

A matter of belief

Science hasn't shown that lines foretell events. Many people find a reading meaningful anyway, for what it helps them notice about themselves.

The studies we read

Year, authors	What they looked at	What they found
1979 Tay	Palmar creases in 659 children and 613 of their parents and siblings	Crease variations ran in families: genes play a part.
1990 Newrick, Affie & Corrall	Life line length and age at death in 100 consecutive autopsies	Longer life lines went with older ages at death. One study; we found no later study in PubMed repeating it.
1990 Lewis	A published letter responding to the life line study	The study drew a published reply (full text not read here).
1991 Jones	An article titled "Lifeline and longevity"	Published the next year in the same journal (full text not read here).
1981 Snyder & Newburg	People in groups given made-up positive or negative feedback	Encouraging feedback felt more accurate than discouraging feedback.
2011 Mason & Budge	130 people rated personality readings, including horoscope-based ones	People often recognise themselves in general personality descriptions, which is why the best readings go beyond generalities.
2015 Mattison, Brunson & Holman	Palm prints from 427 people, each coded by trained readers	Creases can be classified reliably, but two readers only partly agreed on the same print.

Getting the most from a reading

- **Come with a question.** Love, work, a decision you're weighing: a focus helps the reader, and helps you reflect.
- **Treat it as insight, not instruction.** For big decisions about health, money or relationships, pair that insight with practical advice.
- **Choose a reader who's open about what they do.** The best talk about character and possibility, never curses, fixed fates or lifespans.
- **Never pay to remove a "curse" or "blockage."** That's the classic psychic scam, not palmistry.
- **Read your own hand too.** Start with our free guide, how to read palms.

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