



# **HEART LINE COMMUNICATION:**

## **Your Guide to Easier, More Successful Relationships**

## **INTRODUCTION**

Every person is dancing to their own drummer. They are all dancing to their own gifts, challenges, lessons and potentials. Recognizing that fact is an important step in relating to other people.

This book is to help people understand that everyone has their own way of communicating, their own way of expressing and receiving information and love.

Your communicate style will be masterful and people will more likely feel seen and/or heard if you are using language that reflects who they are.

Words and phrases are included in this book for every heart line type to help you get started.

## **WHAT IS HAND ANALYSIS?**

Hand Analysis is the science and art of reading hands with the purpose of self discovery. When reading hands we look at every aspect of the hands, beginning with the finger print patterns to discover the life purpose and life lesson you were born with. Then we look at the shape for general personality traits, lines for systems and motivation, color, texture, and much more. All of these things are threaded together to get a different perspective of your unique life story.

Any one of the markers is only one little piece of the whole story. Even that one piece gives much information that is valuable for our daily lives. We just have to remember that each piece, each marker, is influenced by every other marker in the hands. Ie A heart line type with a long slim hand will respond differently to the a situation than the same type heart line on a square shaped hand.

Heart lines are the marker of our attention in this book. Heart indicates how we process information emotionally, it channels emotional information from your inner world to your outer world.

This book is a list of words and phrases which speak to each of the four heart line archetypes. Language that resonates with the specific person you are communicating with.

## **ABOUT HEART LINES**

It is the line that starts under the pinky finger and moves toward the thumb. The destination of that line, under the middle finger or pointer finger, whether it is straight or curved, gives many insights about your communication style, and how you want to receive and give love. It is an indication of emotional satisfaction.

The most important information we receive from our heart line is our non-negotiable need, our bottom line need in relationship. In order to be happy in any kind of relationship, your non-negotiable needs must be met.

The four basic heart line I describe by the elements, Fire, Water, Air and Water. The curved lines are fire and water. They are expressive and show their feelings. Air and Earth are the straight lines – they display their feelings reluctantly.

Each of the basic heart line types have their own specific non-negotiable need. Water heart line needs connection, connection, connection. Fire heart line requires passion every day in their work, hobbies or relationships to be happy. Air heart lines need meaning in their lives and really loves those long meaningful talks. Earth heart lines needs freedom – they need to experience a sense of freedom to be content. Earthy people need to have their lone time every day, reading, meditating, creating art or doing hobbies.

## **WHICH HEART LINE TYPE ARE YOU?**

Which of the heart line types are you? The picture with the diagram will help you determine your type by looking at where your heart line ends.

It can sometimes be very illusive and confusing to actually see on your hand where your heart line ends - that does make a lot of sense as many of us are pretty confused about our emotions and relationship issues.

**EARTH HEART LINE**





Earth heart line is the shortest, meaning that people with this heart line need the least amount of connection with the world outside their own private world. The line is usually very straight as well –meaning reluctant to express feelings. If the line has a little curve to it this person probably is more open to expressing feelings. We call that person a social hermit

Earth heart line people need freedom and really need some time alone every day to be happy. They often have a challenge talking about their feelings, or sometimes, even to know what their what their feelings are. They have a lot of deep feelings without the ability to access them. Earthy people are practical and like the experience of a job well done. They tend to like a simple life without chaos.

The following are suggested words and phrases to use when communicating with an earthy person.

- Routine is good
- I like your independent style

- your time is your own
- I trust you will do the right thing
- Keeping it quiet and simple
- No chaos around here
- Let's go to a quiet place
- Taking care of the family
- I trust you
- I love practical gifts
- Enjoy your time alone
- Commitment is not required

**WATER HEART LINE**



Water heart line is the longest curvy heart line, curving up to or towards the first finger.

People with water heart lines are nurturing and emotional. They need connect more than anything and need to express their feelings. Watery people are so much about taking care of other's they forget they have needs too. They need to learn how to take care of themselves as it does not come naturally to do so.

Anyone with a water heart line wants to hear the words of love and feel the connection. The following are suggested words and phrases to use when communicating with watery people.

- I love you
- Let's do something together
- Yes, I would like to come to Thanksgiving Dinner
- You do not have to do that alone
- I feel .....
- Let me help you with that
- Come join me
- Take care of

- Rescue (the kitten, idea, thing)
- Save (item, person)
- You are my Goddess
- I need you
- Planning shared activities

**FIRE HEART LINE**



Fire Heart Line people are all about action – probably doing many things all at the same time. Fiery people need passion in their life every day to be happy, in their work, the hobbies and in their relationships. They hate boredom. Fire heart lines usually know what they want and have no trouble asking for it.

Fiery people often speak quickly with ideas flowing and they enjoy a quick paced conversation. The following are suggested words and phrases to use when communicating with fire heart line people.

- Let's do it now
- It's new and exciting
- Fast pace
- You are the best
- A new project for you
- You go first
- I understand how you feel
- I love your style

- Fun
- Action
- Glorious
- Adventure
- What do you want
- Excitement
- Fast



**AIR HEART LINE**



People with Air heart lines are visionaries. They spend a lot of time in their heads, thinking, thinking, thinking, even about their feeling. Airy people often have difficulty with experiencing their feeling in their body and speaking about feelings from their heart. Air heart line people need meaning in their lives, in their hobbies, their work and relationships, and they love those long meaningful conversations. Their consideration of other people and other people's needs can sometimes be so extreme that they forget to give themselves consideration.

The Air heart line person is usually very sensitive to other people's feelings. They feel deeply and tend to express their own feelings with caution – they do not want to create conflict or hurt feelings.

The following are suggested words and phrases to use when communicating with Air heart line people.

- Let's talk about that
- Brainstorming

- What is your vision for .....
- I appreciate your thoughtfulness
- You are a great host/hostess
- Compare ideas
- What do you think about .....
- I think
- Will you help me
- Consideration
- Think tank
- How to
- Do you have thoughts about .....
- Your sensitivity to the situation.....
- I am open to hearing about your feelings
- What do you want?
- Your feelings are safe with me.

- What do you want from this situation?
- I encourage you to make a decision now
- What do you really want?
- Let's look at the possibilities
- Planning
- Because
- Justification
- Sentimental feelings
- Sentimental attachment
- Romance
- Calm in a crisis
- No drama
- Please let me help you
- There is no reason for you to do that by yourself

## **References**

The information I share is gleaned from my studies at International Institute of Hand Analysis, ongoing mentoring with my Hand Analysis teacher, Terry Lynn Snider, and working with my clients.

## **Contact Information**

Contact Sandra Edwards for more insights, to book a personal reading, a couples reading, an in depth analysis, or to join one of her group sessions.

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