

What's my sacred work?

by Jena Griffiths

“What’s my purpose? How can I find fulfillment?” “What’s stopping me?”
Surprising as it may seem, these questions can be answered by exploring the patterns on your fingerprints.

Your fingerprints are unique. They’re a vibrational map of who you are and what type of experiences you are likely to attract.

How can this be worked out?

If you look at your fingerprints closely you will notice that some of your fingerprints are more complex than others. Broadly speaking, your most complex fingerprints show what will make you feel fulfilled. The least complex ones show what life issues you are exploring.

The finger location is relevant because each finger has a different type of energy running through it. (For example; index = power issues, middle finger = value issues, ring finger = visibility/creativity issues, pinkie = communication issues.) Also, there are four types of fingerprint each with a different focus.

Richard Unger, author of LifePrints, who first decoded fingerprints, calls your most complex fingerprints your “life purpose” and your least complex ones your “life lesson”. Having a “life lesson” does not mean you have to fix yourself or that there is something wrong with you. It simply means that this is your growth point. The subject matter of your initiation process.

Initiation process?

The initiation process we are all engaged in is learning that you can change your reality by consciously changing your emotional response to any event. For example, though learning to manage your energy through reframing (through self compassion and forgiveness). This enables one to shift vibrationally and thereby changing outcomes. Hence the formula: Doing your sacred work (conscious awareness of your life lesson) unlocks your life purpose.

How can I figure out my Life Lesson and my Purpose from my fingerprints?

Your least complex fingerprint shows your life lesson.
Your most complex fingerprints show your life purpose.

Each finger has a different meaning. (See the chart is at the end of this report.)

(Note: No fingerprint is better than another, nor is one type more evolved than another. There are 4 main types of fingerprint. Each type has different focus: peace, wisdom, love, service.)

What is my life lesson?

Look for the least complex fingerprint pattern.

The least complex fingerprint is the arch.
So, if you have any arches, this is where your lesson is.

Step 1: Look for arches.

Do you have any arches in your hands?

How to identify the Arch (school of peace)




The arch is the simplest fingerprint pattern. It looks like a gentle wave. Sometimes it rises in the middle but usually not. It has no triradii (meeting junctions) and no core (spiral-like formation) and no 'tent pole' junction down the middle.

If you have an arch, then the finger it is on indicates what your life lesson is about.

Some more examples of the arch fingerprint:

Less than 5% of fingerprints are arches so don't be surprised if you don't have one.



If you have one arch or more draw a dash (-)  on the chart below to indicate each position where your arches are.

The top line is your right hand. The bottom line is your left hand.

Thumb	Index	Middle	Ring	Pinkie

But what do they mean? Turn to page 12 to see what the finger position represents.

For example, if your arch is on the right hand index finger it means your life lesson is about power issues. If it is on left pinkie it means surrender issues.

If you have 6 or more arches, then you no longer look at the individual meanings of each finger. Instead you use the flavor of this fingerprint (peace and finding balance) as your lesson.

What if you don't have any arches? Then go to step 2.

Step 2. Look for tented arches.

If you have no arches, look for the next least complex fingerprint.

The Tented Arch (school of wisdom)



This pattern looks like a tent pole. All tented arches have one triradius, this looks like a spine or tent pole located in the centre of the fingerprint. If the spine is off centre then it probably isn't a tented arch.


Pure tented arches are rare (less than 3% of all fingerprints) so probably you don't have one.

Many prints have some loop and some tented arch characteristics. How to tell the difference? Ask yourself: Is the tent pole in the middle of the finger or to one side? If it is in the middle, then call it a tented arch for this exercise. (See examples below).



The examples above show a pure tented arch on the left and progressively more half tented arch/half loop on the right. (For pure loops the tent pole is not in the middle but on the side of the fingerprint. See step 3 for identification.)

If you have no arches but you do have one or more tented arch, then the position of this fingerprint indicates what your lesson is.

Draw a  indicating a tented arch on the chart below, showing on which finger it is located. (Right hand is the top line, left hand is the bottom.)

Thumb	Index	Middle	Ring	Pinkie

(See chart on page 12 for individual meanings of each finger position.)

Again, the 6 print rule applies: if you have 6 or more tented arches, then you no longer look at the individual meanings of each location. Instead you use the flavor of this fingerprint (the school of wisdom) as your lesson.

Tented arches mean you're exploring the theme of committing, of taking action instead of endless evaluation.

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Most people have no arches and no tented arches.
If this is you, then move on to step 3 to find your life lesson.

Step 3. Look for loops.

If you have no arches and no tented arches in your fingerprints, then look for loops. Your lesson is wherever the loops are.

Identifying the Loop (school of love)



All loop fingerprints have one triradius (junction) to one side (not always visible in the print). The fingerprint loops up and then flows off one side of the finger (away from the triradius). The pattern can flow out to the left or right. (Patterns that flow towards the thumb are called radial loops and are ranked slightly higher than normal (ulnar) loops that flow away from the thumb).

If you have no arches and no tented arches, then loops show you where your lesson is. Loops are the most common fingerprint pattern. So the chances are high that you have some.





Wherever you have loop fingerprints draw a loop symbol on the chart below, to show which finger(s) they are located on.
See page 12 for the meaning of each position.

(Right hand is the top line, left hand is the bottom.)

Thumb	Index	Middle	Ring	Pinkie

If you have more than 6 loops, stop looking at the individual meanings of each finger position . Your life lesson is about “love and connection, vulnerability and emotional authenticity.”

When all fingerprints are the same then the lesson and the purpose are the same.
If you have 10 loops this is called the Butterfly.
(See Richard Unger’s book LifePrints p 261 or his Ebook LifePrints Deluxe for more about this.)

No loop?



Do you have Peacocks?



Sometimes a loop develops an additional little “eye” inside it.
These fingerprints are called peacocks.
Some peacocks have big eyes. Some are very small.

If you have no arches, no tented arches and no loops then peacocks are your lowest ranked fingerprints and all your other fingerprints are whorls or composite whorls.

If all your other fingerprints are whorls then wherever the peacock is is where your lesson is.

(See more about peacocks later under composite fingerprints.)

Step 4. Look for whorls and composites.

If you have no arches, no tented arches, no loops and no peacocks then this means you must have 10 whorls or a combination of whorls and composite fingerprints.



The Whorl (school of service)



All whorls have two triradii (marked here in green) and a core. The core is the centre point within a spiral like pattern. A triradius is a junction from which the lines separate into three directions.

Whorls are the highest ranked fingerprint. This means that they can only be your lesson if all your fingerprints are whorls.

about right service.

Whorls are School of Service. Your purpose and your lesson is



Whorl variations

Composite Whorls

You might have a handful of whorls but some of them have an 's' shape in the middle. These are called composite whorls or double loops. If all your other fingerprints are whorls, then your lesson is where the composite is. (See below to identify a composite



The Composite Whorl

Note the double loop - an 'S' shape in the core, almost like a yin yang symbol.



Mark where your composites are below. (Right hand top, left hand bottom.)
See page 12 for the meaning of each position.

Thumb	Index	Middle	Ring	Pinkie



More examples of composite whorls: Unusual composite fingerprints

If you've been through the whole process above and you still can't identify one or more of your fingerprints this means you have composite fingerprints.

A composite fingerprint is made of 2 or more of the above types.

We have already looked at two common composites:
The peacock (half whorl half loop) and the Composite whorl (double loop)

It is beyond the scope of this report to identify rare and unusual composites.
If you think you have one I recommend you have a professional look at your fingerprints rather than try to figure this out yourself.



Here's an example of a rare composite fingerprint:

Think of these as extra curricular subjects in Earth School. When you are not doing your homework on your usual thesis, this is extra homework that gets piled up on you.

For more information on analyzing fingerprints see Richard Unger's book LifePrints, available from Amazon or most bookstores or download his +500 page ebook LifePrints Deluxe here: <http://handanalysisonline.com/lifeprintsdeluxe/>

Understanding the 10 fingerprint locations

The easiest way to think of and remember the 10 locations :

The Right hand is expressed out in the world

The Left hand is more inward, or in the family, expression.

Jupiter finger (index) is all about power and powerlessness.

Right hand is power out in the world.

Left hand is about inner power.

Saturn finger (middle) is all about value:

Right Saturn is about value out in the world.

Left Saturn is about inner value. Self worth.

Apollo (ring finger) is all about being seen and creativity.

Right Apollo is creativity/individuality/being seen out in the world.

Left Apollo more inner directed/listening to one's own drummer/innovator/not worrying about criticism.

Mercury is about communication.

Right mercury communication out in the world.

Left mercury inner communication/the healer

The 10 locations

Identifying Life Purpose

Thumb	Jupiter	Saturn	Apollo	Mercury
The doer Worldly success Tangible results	The leader, Person of Influence, Power, authority	The business person, money, responsibility, Integrity.	The artist, The individualist, fame, creativity	The persuader, The author, the speaker, person with a message
Family and/or Community ties Without selling out.	Personal power, Stand one's ground, live one's passions	The mentor, The teacher/master of integrity	The innovator, Dare to be different, handle Critics, true to craft	The healer, Inspirational communications, insight

Identifying your life lesson

Thumb	Jupiter	Saturn	Apollo	Mercury
Failure, Incompletion, frustration	Powerlessness, Helplessness, overwhelm	Irresponsibility, money issues, Integrity issues, Inappropriate Behavior Guilt,	Creativity blocks, hiding out, Apathy, I don't belong	Difficulty speaking out for oneself
Family and/or Community ties Out of sync.	Violation, shame Numbness, Blocked passions, boundary issues	Lost self worth, Integrity issues	Paralyzing fear of rejection or disapproval	Surrender / intimacy issues, esp. in relationships

Interpreting your life lesson.

The top chart shows the positive poles and the bottom chart shows the negative poles for themes related to each finger. The more you see the pattern the more you shift to the positive pole.

Lessons on more than one finger

Note: If your life lesson is on more than one finger the meanings change slightly. It will be more useful for you to explore the common combinations, for example Saturn plus Jupiter finger = Mr Not Enough theme.

See Richard Unger's book LifePrints or his Ebook for a thorough exploration of the common combinations

<http://handanalysisonline.com/lifeprintsdeluxe/>

Identifying your life purpose

Your least complex fingerprint shows your lesson. Your most complex fingerprint shows our purpose.

You can use the same process we've just been through to identify your life purpose. Just work in the reverse order.

Start with the whorls. If you have any whorls in your hands this is where your purpose is. If you don't have any whorls look for loops. This is where your purpose is.

No whorls and no loops then look for tented arches.

No tented arches? then you must have 10 arches which is extremely rare.

Foundational classes in Hand Analysis by Jena Griffiths

If you'd like to learn more about analyzing hands and fingerprints take one of Jena's foundational courses.

Personality markers:

<http://handanalysisonline.com/hand-analysis/foundationclasses/>

Fingerprint classes (register free to get special member discounts.)

<http://ear-thschool.com/foundation-classes>