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The Quest For Harmony: The Tao of Palmistry



Figure A

The tai chi symbol reflects the polarity and duality of life

The great civilizations of China and India have contributed two of the greatest schools of thought for humanity's greater self-understanding - the philosophy of the Tao and Palmistry.

The changing lines and signs of the hand reflect humanity's constant struggle to live harmoniously amidst the continual flux of pain and pleasure. The Tao attempts to show how not to be pulled off center and maintain an equilibrium in the face of alternating swings of happiness and sorrow. Both systems strive to give us the key to remaining undisturbed and to even enjoy the experiences over which we have no apparent control. What is inspiring is that the hand reflects this adventure.

The daily observation of your hands may not reveal dramatic changes. Yet, if you were to photograph your hand prints periodically and see each one as being a single frame of a film, the animation would be the most sublime and subtle representation of your life.

We do not realize how much power we possess within the gift of our free will. We allow ourselves to be tossed on the waves of life's events. Happy one minute, sad the next, we quietly endure the bad times, and are elated with the good ones. The tao believes there is a quiet center within us called the chi which is a powerful dynamic force when aroused. It gives the certainty that we do have the choice to act or react without disturbing our inner peace. As a great saint once said, *we may not have any control over the events that take place in our life but we do have control over how we react to them.* That realization puts the power back into our hands.

It takes consistent practice to learn how to remain connected to this chi center and to not allow external events to affect us. We can then feel free like an open window through which a light breeze or fierce wind can blow.

The Tao reflects in the tai chi symbol (Fig. A) the polarity and duality of life. All that one perceives from an external viewpoint is pleasure and pain, night and day and so forth. Yet if one meditates for a while at the line where these opposites intersect you will begin to see beyond the

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illusion of so-called reality. So while the experiences around us may continually alternate like the symbol portrays from black to white, we have the choice to remain centered and to maintain our balance in the face of extremes.

Palmistry is all about how to find balance, and once there how not to allow ourselves to be pulled off-center. It is our thinking which creates grooves in the brain and which reflects as the lines and signs in our hands with their specific meanings. Once we learn to meet our destiny from the powerful unflinching power source or chi within us, it will be reflected by the harmonious blend of the changing lines and signs of the hand.

With this new unshakeable focus, we can project our goals and make them a reality. We have the ability to carve out the events in our life. The events should not be allowed to put a dent in you. We have the choice.

