

Hands and Feet

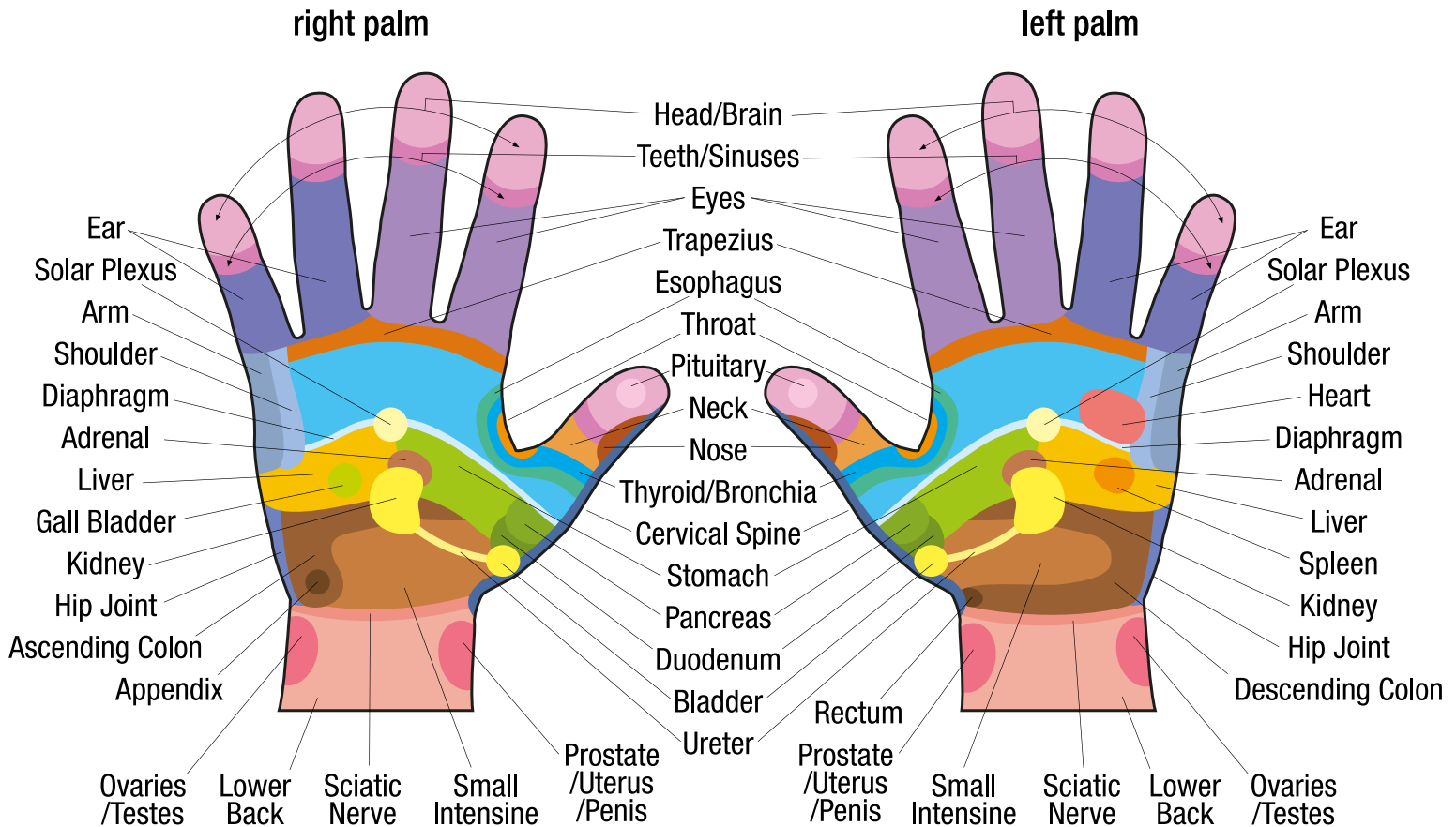


Our hands and feet are so much more important than we realize. They are the power connectors to our body. Our hands have a huge variety of functions, such as touching, expressing, feeling, holding, manipulating, massaging and so much more. They play an extremely important role in who we are and how we see ourselves.

Our feet control our balance, posture, and ability to move easily. They allow us a freedom to move about and journey in and out of every place we venture to. We are mobile because of our feet. In truth, they play an extremely important role on how we travel the world.



Hands



The thumb represents our brain, strength of character, freedom of thought and power. On the left hand, it is believed to be connected to our wealth. Though it is the shortest and grossest finger, it is the most mobile. For healing, hold the thumb if feeling worried or anxious.

The thumb is associated with the planet **Mars** and represents the **earth** element, hence its thickness.

The index finger represents our liver and gall bladder. It is believed to be connected to our strength, allegiance, ambition and choice. If our index finger is longer than our ring finger, it represents leadership and taking charge. For healing, hold the index finger if feeling nervousness or fear.

The index finger is associated with the planet **Jupiter** and represents the **water** element.

The middle finger holds a darting energy, which is why it is the longest. It also represents our heart and purpose. It is believed to be connected to our soul and is often referred to as the “God” finger. For healing, hold the middle finger if feeling anger or frustration.

The middle finger is associated with the planet **Saturn** and represents the **fire** element.

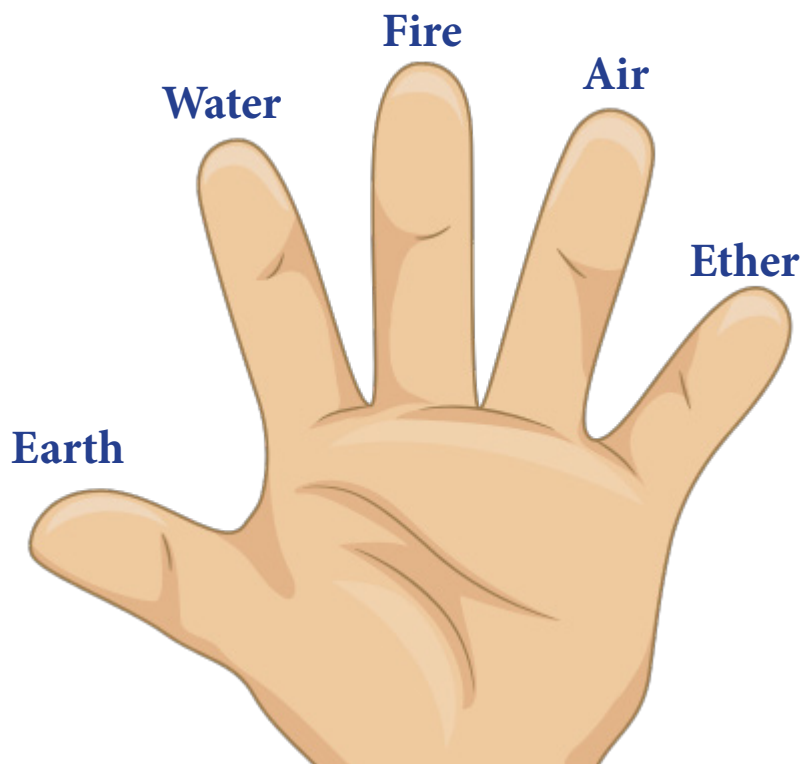
The ring finger represents our hormones. On the left hand, it is believed to possess a vein that runs securely to our heart - hence, engagement ring or wedding band. It is also the symbol of love, relationships and trust. For healing, hold the ring finger if feeling grief or loss.

The third ring finger is associated with the planet **Venus** and represents the **air** element.

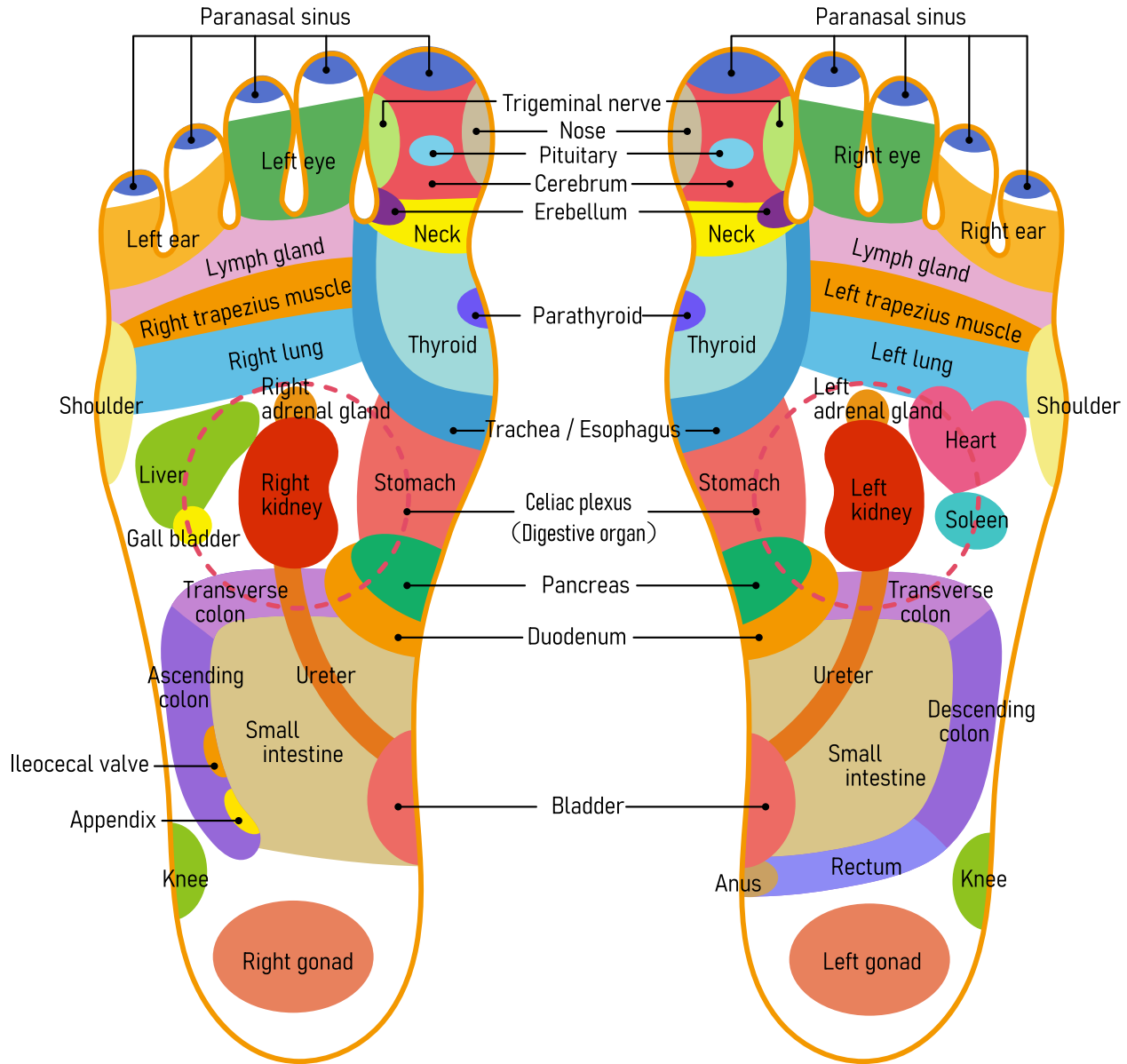
The pinky finger represents our digestive system. It is believed to be connected to our intelligence, truth, and communication. Though it is the smallest finger, it holds as much as 50% of our hand strength. For healing, hold the pinky if feeling low self-esteem or shame.

The little finger is associated with the planet **Mercury** and represents the **ether** element, which is why it is so fine.

What Each Finger Represents



Feet



Our feet are the anchor of our body. According to many metaphors and symbols, our feet are a symbol of respect, reverence and subservience. Throughout history, religions and cultures, feet washing and anointing is an act of humility and love.

Our feet are a complex combination of bones, joints, ligaments, muscles and tendons. There are 33 joints in each foot, which make them great mobile adaptors. This means that everything needs to be working correctly in order to support a healthy lifestyle. Our feet are the foundation of our entire body, both literally and figuratively, therefore it behooves us to take good care of them.

Foot reflexology is the stimulation of the foot, for the purpose helping health conditions, using specific hand and finger techniques. It triggers relaxation, which reduces levels of stress and tension. It also increases blood flow and circulation throughout the body.

Our feet are associated with the planet **Pisces**.

What Each Toe Represents



The big toe represents the **earth** element, or security and destiny.

The second toe represents the **air** element, or communication.

The middle toe represents the **fire** element, or decision making and action.

The fourth toe represents the **water** element, or relationships and emotions.

The pinky toe represents **ether** element, destiny or fate.