

Scattered into Stillness

By Kay Packard

Yesterday while I was walking along a fairly deserted road in the foothills below Sequoia National Park I was overcome by an acute sense of panic. It was hard to comprehend, at the time, because I was surrounded by some of the most majestic scenery on the planet. My stroll took me through Oak trees of all species, bumble bee quality flowering foliage, lush green mountains, romantic rocks, and the view of Alta Peak towering at 11,000 feet. I compare the view of Sequoia National Park to the Swiss Alps which I visited many years ago.

During the walk I was making a conscious effort to keep my feet on the ground and to 'slow down'. My mind runs amok on an 'occasional' basis. The more I attempted to **s l o w d o w n** the more I was consumed with a greater sense of urgency to keep moving. I actually sensed a level of guilt for not doing more. Attempting to silence my mind put me in direct contact with its opposite: sheer panic. Why was this happening?

I have been rewarded quite nicely by society for accomplishing results and being in constant deed. If I slow down, "What will I **do**?" "Who will I be if I'm not **doing** something?" "OMG, I might die if I'm not producing something!"

These are real thoughts I experienced yesterday on what I had hoped would be a peaceful outing. It's ironic that one of my highest priorities, right now, is to experience Stillness. Often is the case that our truest desire puts us in direct conflict with 'its' opposite. In this case: Silence vs pandemonium.

How does this happen? Conditioning, patterns and addictions have formulated the path of our existence. I'm addicted to working, producing, responsibilities, tasks, schedules and the call to perfection. I have to classify this as an addiction because of the reaction I have when I even think about not having these scenarios in my world. This doesn't mean those 'things' are bad. I'm simply seeking an adjustment to my internal volume control. Might you relate?

There are specific configurations in the hands that can point to this type of internal feeding frenzy. See if you have any of these five designs in your hands or fingerprints. They involve either the Life Line or the Arch fingerprint.



Fig. 1 (above) Two or more arches on any of your 10 digits (fingers and thumbs)

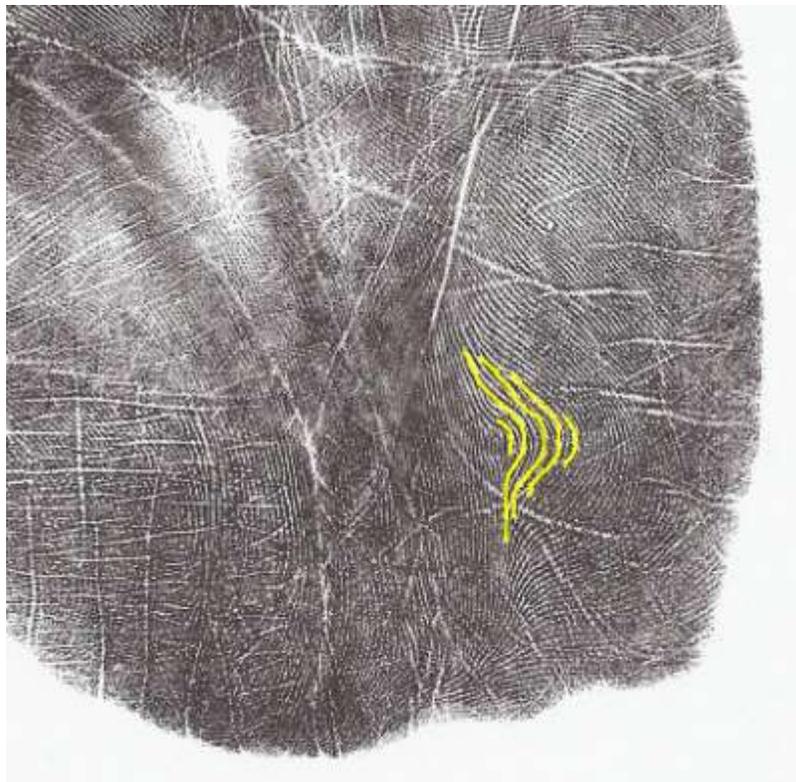


Fig. 2 (above) Arch in the Moon Zone in yellow

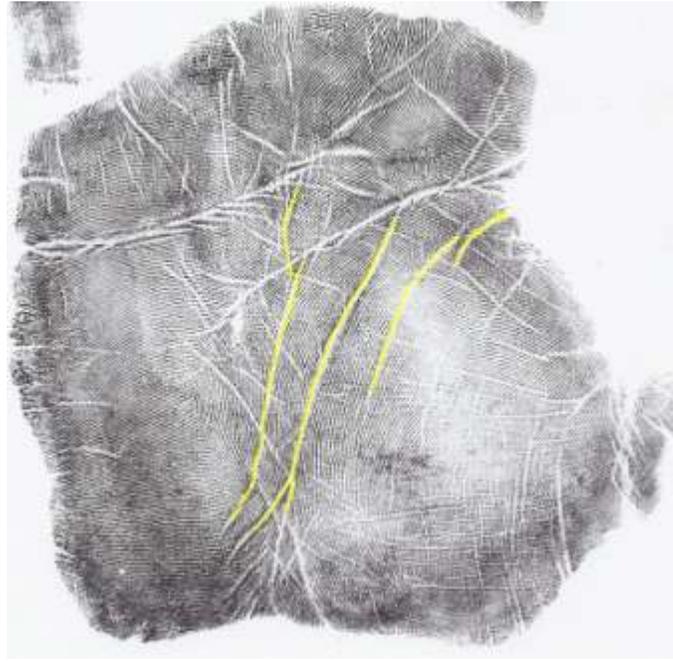


Fig. 3 (above) Short Life Line; Three lines where there would normally be two (highlighted in yellow)

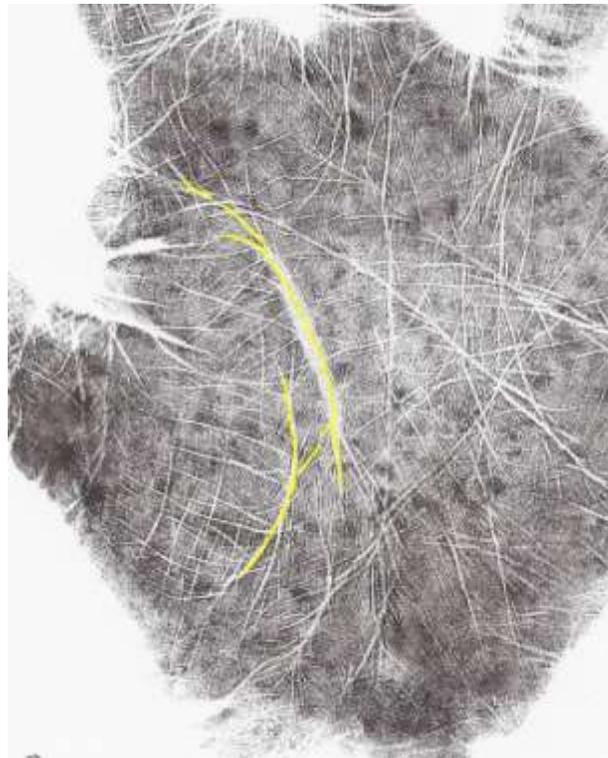


Fig 4. (above) Broken Life Line in yellow

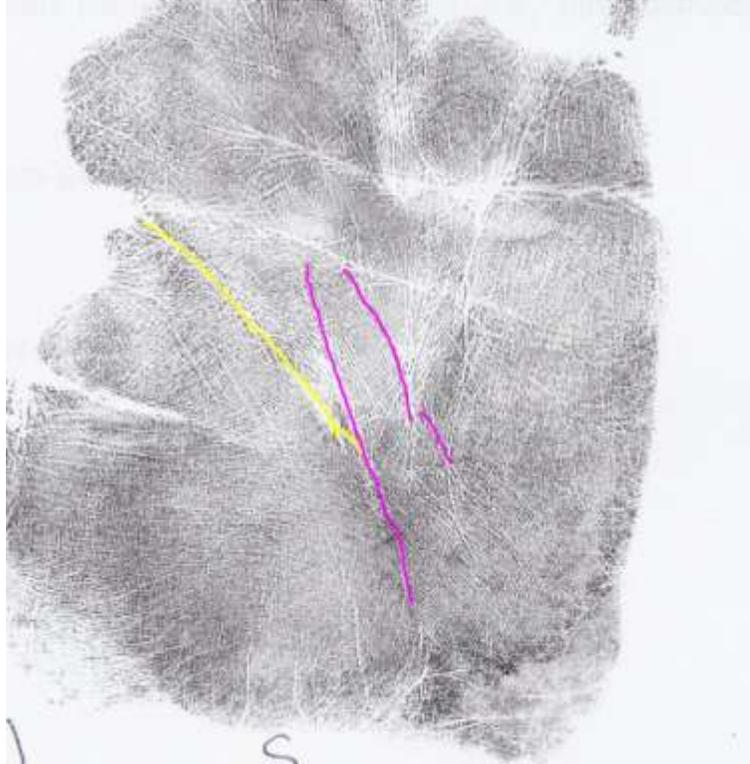


Fig. 5 (above) Short Life Line (yellow) with two Fate lines (fucia).
Fate line on left side is acting in place of the Life Line (fucia)

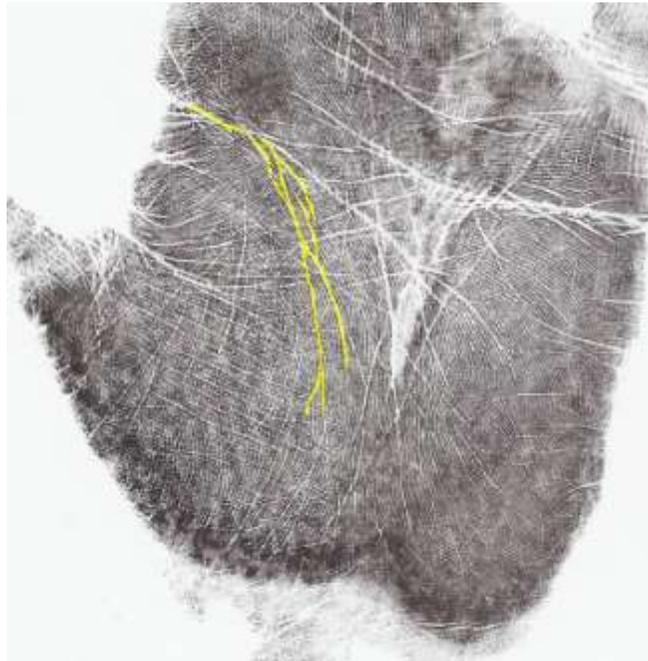


Fig. 6 (above) Scattering Life Line in yellow

There are other configurations of engravings in the hand that can depict the sense of restlessness and urgency for movement. Perhaps they'll show up in future articles. As a reminder, this is not fortunetelling. I'm not in the least indicating a definite way of life being depicted by the markings in the hands. I'm pointing to tendencies that the person can be displaying right now. For those advancing at Life University, these tendencies aim us to powerful alertness. Being observant is vital for growth.

One of the above owners described how this panic shows up for him. He explained, "Before I know it I'm rationalizing starting the day earlier and earlier and ending later and later. I'm working 14 hour days as an average. There is a constant and never ending continuation of tasks leading to my insanity." After asking him what has helped him he said, "I've learned to see my big jobs as smaller jobs. I break the large chunks of responsibilities and tasks into smaller chunks of time. I can breathe easier as I settle down with bite size jobs."

All of these examples point to the benefit in experiencing more balance in Life. They do not indicate a short life. The Life Line doesn't indicate how long the owner will live. The short Life Line mirrors a shorter than average anchor to the earth. When the tether to the earth is weak there is an inclination to 'hover above'.

When harmony abounds, a person is in sync with and closely linked with Nature on a more consistent basis. Long, clear and unobstructed Life Lines belong to people who live in ease with Nature. The illustrations above show up on owners who often times have to make the effort to relax.

The addiction to work can actually come in hand-y – pardon the pun. The pattern for busy-ness simply needs to be offset with greater doses of calm.

"The mind attains peace if the vasanas (latencies and tendencies inherent in man) are subdued. For that one must inquire and realize who one is. How can one get peace by merely saying 'I want peace, I want peace!' without first inquiring what is peace? First make efforts to recognize and realize what already exists." - Sri Ramana Maharshi

My intellectual mind gets Sri Ramana's teaching. But I long for the 'experience' of peace. The key for the owners of the markings illustrated above is to *FEEL and experience* the substratum of the earth in the

body. The inquiry into peace will lead one to the visceral experience of the bedrock of safety and wellbeing.

For the Frenzied, peace, balance, harmony can be achieved by:

- 1) **Clarify the benefits** of calm. With tranquility comes clarity. The monkey mind is subdued.
- 2) **Make a commitment** for inner peace. As you focus in your mind you will see it in your life.
- 3) **Formulate an achievable action plan.** Enter time on the busy calendar for short meditation periods each day. Remind yourself “I AM safe”.
- 4) **Notice when you go astray.** Self correction is a way of life – especially on the path of peace.
- 5) **Follow through** with the plan. Be present to your breath. Root into the earth like the magnificent Valley Oak.

What is the measure of progress? Awareness of being Present in the here and now more often.

Work, tasks, schedules and busy-ness can be harmonized and used to move from ferocity and fury to stillness and serenity. Effort is required to formulate new habits. Be aware. Recognize and let go of the inherent tendencies that derail your internal peace-walk. For now, just notice your breath. Breathe in....and out. Peace.



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