



Awareness Into Action

# Life Purpose Consulting Services

*Supporting You to Live the Life You Were Meant to Live*

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## Preparing Your Handprints and Fingerprints for Phone Consultation

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### Materials Needed

1. Plenty of photocopy paper (10+ sheets);
2. Good quality photocopy machine;
3. #2 Pencil or graphite
4. Clear or transparent tape (at least 5/8 inches wide);
5. (a) Manila envelope with correct postage and/or  
(b) Good quality scanner and email program  
(to send the prints to me when you are done).

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### Preparing Handprints

At the photocopy machine, place your open palms, one at a time – **OVER, NOT ON** – the area of the glass marked for the 8 1/2" x 11" size page.

**Barely touch** the glass with your palm, using at most three anchor points.  
NOTE: *Any pressure* of your skin on the glass will result in an unreadable white zone.

When you feel your hand is in the correct placement, hit the **PRINT** button.

You are trying to obtain the clearest print possible that shows the lines of your hands the best.

If you can, do not move your hand. Check the results and start over if necessary. Once you have a decent photocopy, be sure to create at least three sets of prints using the lighter, medium/average and darker settings of the photocopier. Also be sure to create sets of prints from both the right and the left hands.

Ideally, send all sets you make (excepting gross errors) to me.

## Preparing Fingerprints

### Step 1

Use a #2 pencil or graphite to darken a portion of a piece of paper, covering that section of paper in graphite. Be generous with the graphite, and add more as you need it.

### Step 2

Rub the **upper section of each finger** (there are generally three sections) across the graphite on the paper, making sure you have covered the full finger pad ~ 1/8 – 1/4 inches down from the very tip on down to the base of the first finger joint ~ in graphite. This will assure that you have **darkened the entire fingerprint pattern**. Both the lower 2/3<sup>rd</sup> of the finger and the fingertip itself are not relevant for this exercise.

### Step 3

Place a piece of clear or transparent tape onto the darkened finger, on the location of the **fingerprint pattern** on your finger. Press gently.

### Step 4

Carefully remove the tape from the fingertip, and stick the tape in the corresponding boxes in the space below.

**Note:** The pinkies are the hardest to see...so make sure you are extra careful to get the **full fingerprint pattern**.

Place the tape of each fingerprint in the corresponding box below:

Right Thumb	Right Index	Right Middle	Right Ring	Right Pinky
Left Thumb	Left Index	Left Middle	Left Ring	Left Pinky