

# Metamorphosis Hand Symbols

Images taken from *Metamorphosis, Creating Consciousness Through Touch*, by Cindy Silverlock

## **Pineal – Crossed Fingers**

Fingers crossing at right angles to each other. This symbol is for the Pineal, the first point that registers the non-material aspect. The part of us that has absolutely no physicality, is Afferent, and yet has a complete reality.



## **Pituitary – Tipped Fingers**

Tips of fingers touching. This is a symbol for the pituitary. (Afferent intellect) The genetic pattern of past generations is introduced and interpreted here. We can undo or unhook ourselves from the trauma these pattern have on us.



## **Conception Points**

Forefingers touching the conception points of the thumbs on the opposite hands. Physical reality begins at conception. This symbol tunes us into this moment when all our karmic (karmic meaning of the past) patterns enter that one cell. We pay attention to the inner consciousness which can directly affect these hereditary influences.



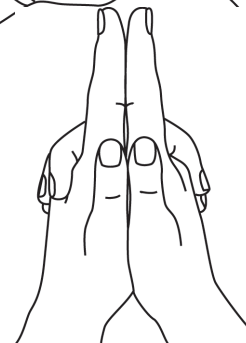
## **Cupped Hands**

One hand cupped over the other. This symbol approaches our personal or more direct karmic patterns to do with this life in a package, as it were.



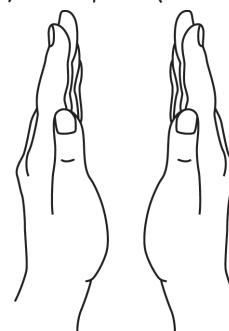
## **Spire**

With fingers as in prayer, the two index fingers pointing upward and the two thumbs touching. Here we approach the karmic patterns in time and space to which we have an attachment, our more indirect influences out of the past.



## **Creation Hand Symbol**

Hands parallel to each other; not touching. Represents oneness. It has the effect of creating a consciousness of oneness, it is outside of time and not concerned with duality, tunes us into the oneness pattern. It does not do it for us; it galvanizes energy for all that is needed; whatever the need. It takes us temporarily beyond our dual nature into a state of unity, or enables us to find it.



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