

# **COURSE 10: Nails: Armor of our Nervous System**

## **1. The Ideal Nail**

INITIATION TO VEDIC PALMISTRY  
PROGRAM

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# 1. The Ideal Nail

## a. Protection



Nails are nature's way of protecting the sensitive nerve endings in the fingertips. Acting in the capacity of armor, the nails help insulate us so that we can remain calm in day-to-day encounters.

# 1. The Ideal Nail

## b. Measurement

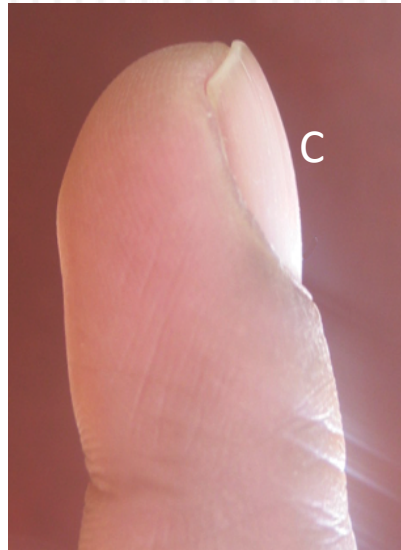
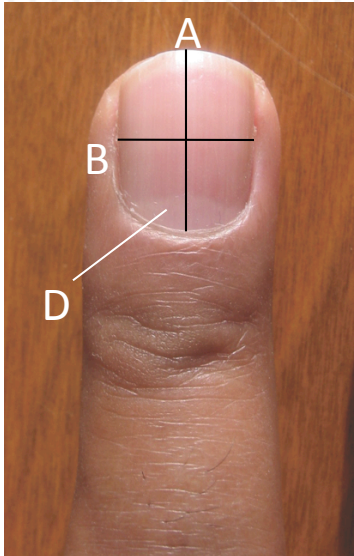


Each nail is measured from the cuticle to the fingertip, slightly beyond the quick, the sensitive flesh under the fingernail.

The shape and formation of the nails show our physical, psychological, and spiritual nature.

# 1. The Ideal Nail

## c. Measurement and Description



Balanced nails are:

- large, broad, and well-developed in length, width, and height with a visible moon
- the nail bed is pink to dark pink, revealing a rich blood supply
- without any irregularities, such as spots, striations or indentations
- smooth, strong, and supple
- not be bitten or ragged.

# **COURSE 10:**

# **Nails: Armor of our Nervous System**

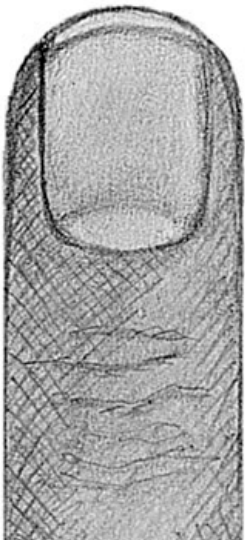
## **2. The Four Nail Types**

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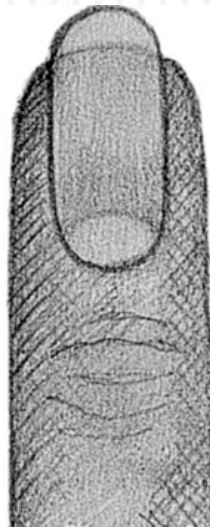
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## 2. The Four Nail Types



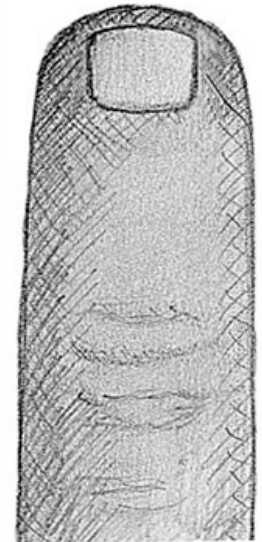
Broad nail



Long and narrow nail



Flared nail



Short nail

## 2. The Four Nail Types

### a. Broad Nail: The Ideal Nail



The broad nails:

- help insulate us so that we are relaxed and remain calm in day-to-day encounters.
- We are liberal, patient and broadminded.
- We feel confident and at ease.

## 2. The Four Nail Types

### b. Long and Narrow Nail: A Strong Aesthetic Sense



The long and narrow nail is:

- usually found on a delicate, long, and tapering hand, indicating a delicate constitution;
- we are gentle and impressionable;
- there is grace, refinement, and a strong aesthetic sense;
- we lack the vigor and robust constitution;
- we often gravitate to work that does not require too much strenuous physical exertion.



## 2. The Four Nail Types

### c. Flared Nail: The Nervous Type



We are prone to nervous strain.

Although we are keen to express ourselves, we overtax an already fragile nervous system.

We continually place ourselves in situations for which we are not adequately prepared.

In our distress, we resort to biting our nails.

## 2. The Four Nail Types

### d. Short Nail: The Critical Type



Short nails reveal an extremely nervous disposition, lacking the protection for the nerve endings in our fingertips.

We tend to be perfectionists.

We become intolerant and agitated easily when people and circumstances fail to meet our critical standards.

We need to develop a more relaxed, patient, and tolerant attitude.