Thursday's Kick! Fingers and Thumbs

Fingers and Thumbs

Three rules of work:

Out of clutter, find simplicity.

From discord, find harmony.

In the middle of difficulty lies opportunity.

—Albert Einstein

Take a look at those two open hands of yours. They are tools with which to serve, make friends, and reach out for the best of life. Open hands open the way to achievement. Put them to work today.

—Wilfred A. Peterson

My last entry was all about hands and how they represent giving and receiving love. Well, believe it or not, the fingers also represent different aspects of our life. They can be very telling when looking at our mind/body relationships. Looking not only at which finger and what that represents, but also the left side verses the right side can help to decipher those body messages.

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There are many references to fingers. There are also gestures we make with our fingers. The meanings vary from culture to culture. Fingertips have energy points and can transmit emotions. Gestures involving all of the fingers, such as “steepling” (when we put all our fingertips together in contemplation), or tapping them together consciously or subconsciously draw on our energy. Some even put the fingers/hands together and offer blessings, such as “Namaste” which represents “the God in me honors the God in you”. This gesture is often used with Eastern traditions.

There is so much conflicting information on fingers, and I have tried to pull the information in a logical order, and will address what resonates with me, but also what makes sense in the direct mind/body connection. Louise Hay is perhaps the best resource, but there is also cultural and historical gestures to consider as they influence interpretation.

The thumb, also called the “master finger” and is independent from the other fingers. It is really the single most important digit and it is very difficult to maneuver when your thumb is out of action! Hence the term, “don’t be a sore thumb”. It is also about responsibility, which falls right into line when you think about the responsibility our thumb has in order to allow us to carry out daily tasks. We think of the terms, “green thumb” or “twiddling your thumbs” which is a sign of boredom. The thumb is also about teamwork, because the other fingers cannot function properly without the thumb, so when the sign of “thumbs up” is given, you are telling the rest of your team you are ready go.

The index finger represents ego, authority and power (Louise Hay also adds fear into this category). Pointing this finger can be a sign of aggression, but also is associated with leadership and direction. Throughout history, Kings, priests and those in authority would wear rings on this finger to signify their own power and authority. It is also interesting to note that the famous painting by Michelangelo, The Creation of Adam, has God’s index finger -of His right hand-releasing His power and knowledge to Adam. Adam’s left index finger is extended, receiving the ego and the power of God.

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Ah, yes, the middle finger, also known as “the finger” and this sign is universal! Interestingly enough, it represents sexuality, but also all the qualities of the base chakra, identity, foundation, raw human emotions and can also stand for anger and aggression. There are several accounts of the origin of this finger, but the two references I find sound are the literal phallic reference of the finger sign which takes it right to the gutter. It is said that Caligula, being the twisted soul he was, wore his ring on this finger, rather than his index finger, and would make all people kiss this finger instead of his index finger in order to humiliate them.

Also, another origin of “the finger” in its most raw terms, has been said to derive from an English legend that they used their middle fingers to pluck their Long bows/arrows which were hewn from the strong wood of the Yew tree (hence the “yew longbow”). The English used their middle finger to pluck the long bow at the enemy (usually the French), hence the “pluck you” (“pluck yew”) associated with the middle finger…and if captured, the French would chop off that middle finger so the soldier could no longer pluck his bow…amazing how all this stuff filters down isn’t it? I am not sure about this one, but it is interesting and makes for a good story.!

The ring finger of course is about relationships, but also about dependence. It is believed that this finger is the closest to the artery that leads to the heart. Of course, the left hand ring is all about receiving another’s commitment and establishing a union, a relationship. In Europe, the wedding ring is often seen on the right hand, rather than the left. I find it an interesting note that marriage in the European arena is a bit different in the commitment area than the monogamous attitudes of the United States. Coincidence?

The little finger or the pinky finger represents mental agility, confidence and can represent a willingness to form relationships, with ourselves, as well as others. It is said that the pinky faces the world, and think about how we hold our hands and where this little finger is positioned. Louise refers to the little finger as associated with family, which would make sense as we define ourselves fundamentally through our familial relationships.
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The term “pinky” is not really about the color pink, it is from an older meaning that meant “tiny” and has Dutch origin, in fact in modern Dutch the word “pink” means “little finger” so we get pinky or pinkie from that.

Sticking the pinky out for manners while drinking your tea has several suppositions, one is that it used to be quite an insult to hold up the pinky—I would assume it meant over-confidence on your part. The ruling Queen of England had injured her little finger and she had to drink her tea with her pinky stuck out. The court adapted the same gesture to avoid insult. Personally, I think it makes more sense to say that the teacups, true teacups, could not fit all the fingers through the handles and it was rude (and hot) to grab the cup with your entire hand.

Fingers are an extension of our hands, our “doing” energy, as well as an extension of our relationships. We literally feel our way through with our fingers more than any other part of our body. Injury to fingers could represent the fact that you are putting too much of yourself “out there”, perhaps doing too much? And looking at which finger can also help you understand what aspect of your life you are overextending.

I have a funny story about how our body communicates these subtle or in my case, not so subtle messages! It was years ago —way back when I was married. I was angry at my husband—and as I would clean the house, I would progressively get more and more upset. I remember picking up a huge marble lamp, wiping the table and then setting it down directly on my right middle and ring fingers!

Of course, I had to go to my only reference which was Louise Hay’s You Can Heal Your Life! And it was all about anger and sexuality, relationships of the heart…and being my right hand was not an accident either. So what was the message? To release anger and move on with things! It was all about letting go of the emotions involved. It got my attention, that is for sure!

I hope this helps you understand what fingers represent. Jewelry worn on these fingers accentuates not only what each characteristic is, but also the aspect of what you

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choose to attract (left) or release (right). Look at the corresponding finger and take note if you are wearing a ring, or many rings for that matter. And see what you notice about others, it is really a wonderful tool for insight into non-verbal clues.

Have a wonderful week.

Blessings to you.