

Dr. Irena: Hello everybody, Dr. Irena Kay here again, and I'm very, very pleased to introduce you to an amazing guest that we have today. This is Cynthia Clark. Hi Cynthia! I'm so glad you're here. Yeah, she has an amazing resume, if you will, and I would love to introduce you to her and I'll tell you about what she did. We actually met at a business event and it fascinated me what she's doing. So, Cynthia Clark is the founder of an American company based out of Colorado. It's called "Love in your Hands". Cynthia has worked with over 7,000 people, individually assisting them with relationship and life purpose issues since 2008. Frustrated by the dating world when she got divorced in 2016 she delved into her deep knowledge of Palmistry to bring forth a new way of matchmaking. Now that's something I've never heard before and I'm really, really looking forward to our discussion here now.

Dr. Irena: After going through her own divorce trauma, and poor rebound relationship, she found the love of her life. After analyzing his hands and seeing the deep compatibility with herself, she's now determined to help singles across the globe find each other and reach new levels of happiness and fulfillment. In addition to the dating membership, she also offers worldwide private consultations and online courses to assist singles in their soulmate journey. She offers a free emotional assessment and compatibility report. I'll tell you at the end where you can get this, because I think a lot of people would be very, very interested in knowing who they are and how they are compatible with their now partners; what they can do to understand them better or maybe find somebody. So Cynthia, how did you get to this? How do you define that?

Cynthia Clark: Yeah, well the language of the hands is actually very scientific. So I don't know if you know anything about palm reading at all, but you know, there's so much stuff out there that's really not so great.

Dr. Irena: That's what I know about it. That it's kind of, yeah, woo-woo and then shady and shady practices, someone on the boardwalk and whatever.

Cynthia Clark: Yeah. So I would qualify that there are some fantastic palm readers out there. And then there are those who are, in my opinion, dragging the whole thing down. And those people really frustrate me. I mean, I actually met a lady who said she just made it up, you know, she's like, Oh yeah, I'm a palm reader, but I just make it all up. And I'm just looking at her like, wow, are you kidding me? What are you doing?

Cynthia Clark: This is insanity to me. It's like, why don't you pick a field where you can actually make a difference and not make things up? You know? And just to me it was totally unethical.

Dr. Irena: Oh, it is, isn't it?

Cynthia Clark: Yeah. So it frustrated me, but I found palm reading, actually through a *déjà vu* experience. Because I have a business background and I ran a restaurant for seven years. I mean, I've got, you know, I come from more of like the really rationalist club, you would call it. So I wasn't into any of that woo-woo type stuff that people call, uh, you know, all that stuff. But, um, palm reading actually found me and it was really interesting because I had run a restaurant for about seven years and sold it and took a couple of years off.

Cynthia Clark: And then I went to the library one day and I found this book on palm reading and it was very random. I was just walking up and down the aisles and I just was like, oh, I need a new book to read. And I picked up this book and I'm like, oh, this, I don't know about this. You know, I was totally skeptical, but there was something inside of me that said, maybe you should give it a try. And that's why you go to the library, right? To find something new and something that you don't necessarily study every day. So I took the book home and I started reading it and I just had this profound *déjà vu* experience that I had read it before. I had studied this before and I get this really clear, intuitive hit that it's like, you need to study this again.

Cynthia Clark: And I was just feeling amazed. So I ended up looking at a friend's hands and my, at the time, my husband's hands; all these people, and I was picking things up that, you know, I was going even beyond the book and I was starting those readings.

Dr. Irena: You actually did this before in this life?

New Speaker: Oh no, no, no. I think it was from a past life. Um, I felt like it was from a long (time ago), like, I can't even explain it. It just felt so familiar. But I had never studied it before. And, uh, this was 2008, so I ended up diving full fledged into palm reading. I got every single book I could find and I've probably read about 70 books on this subject by now.

Cynthia Clark: You'd be amazed how much is out there. But I found it really was a language and it was not anything like I thought it was, and it was scientific. You could measure things, you could read things, you could...I mean, it was tangible. You can touch it, you can see it, you can feel it and you know, ultimately I ended up combining the science and the language that I learned with my own intuition and new things started to come up and that's how I came up with this whole compatibility system.

I just ended up basically taking another step in the realm of the language and going, hey, guess what? This also ties in with compatibility. You can actually match people based upon their hands and it's something that most palm readers don't even talk about. You know, cause most people hear about like how many kids am I going to have? How long am I getting to live? Like those types of questions, which, by the way, are not accurate.

Dr. Irena: Okay. I was going to ask you that. This is kind of the stuff that people think, okay, that's just a charlatan, right? This is just complete BS. I wonder what you actually see then in the hands when you say it's a language and as a physician, I'm thinking, well I'm guessing I have the long fingers from both of my parents and stuff like that. The genetics. What else goes into the hands that it's a language?

Cynthia Clark: Yeah. So there's basically three aspects to palm reading that I like to address. Um, because they really do overlay into each other, sort of like a web or a net. You can think of it like that. The fingerprints for example, they form on your hands five months before you're born. They're completely formed by that point and they do not change. So you can burn them, you can cut them, they will grow back exactly the same way. So for me, that represents your soul imprint. You came in with an imprint. You came in with a set of fingerprints. They are obviously a hundred percent unique to you. That's why the FBI can identify you with fingerprints.

Cynthia Clark: But there are patterns that exist in the prints and those patterns have a very recognizable way of being. Okay? So there are actually only four types of fingerprints and then about 10 subtypes. And finite in how they appear. And they also have kind of a language of their own and they represent the soul's agenda. You can think of it like the big theme, the big overview of what your soul wanted to experience in this lifetime. So then we have the hand shapes, okay? Now the hand shapes; when you look at little baby's hands, you know, they're all kind of the same. They're chubby fingers and they're kind of short and stocky. You know, they're so cute, but they need to be that way because when you're born, you're basically absorbing everything in your environment.

Cynthia Clark: You're learning and you're picking up stuff and you're putting stuff in your mouth and you know, you're actually learning in your new environment as a new little human. Make sense? So by the time you get to be about six years old, and they've matched it with like the brain states. So you're completely in your subconscious mind when you're a baby till you're about six.

Dr. Irena: Exactly.

Cynthia Clark: And that is also when your hand shape takes its final form and it gels or sets. And I look at that as your personality archetype and that's going to impact you on a subconscious level for the rest of your life. And of course it overlays with the soul, which is your soul agenda, which is (expressed in) your fingerprints. And then you have the third aspect of palm reading, which is your lines and all the other stuff in your hands, the texture, the finger width and stiffness and all that sort of thing.

Cynthia Clark: All of that is changeable and that's going to ebb and flow. In fact, they recognize the patterns on the palm, like the lines, all the different lines as being like a mimic of your neural pathways of your brain.

Dr. Irena: Indeed? So we know that you can change the neural pathways of the brain. Are you saying you can actually change the lines in your hands as well?

Cynthia Clark: Yes.

Dr. Irena: Wow.

Cynthia Clark: Absolutely. And I've tracked people over the last 10 years and they do change.

Dr. Irena: Oh, that's interesting.

Cynthia Clark: So when you think about your free will, and this is why I don't predict, you know, somebody's death, this is why I don't predict kids. Because both hands actually do change and you can see, especially the little minor lines, you can see the changes over time, sometimes very quickly and you can recognize when there's a stress.

Like just as an example, this is kind of funny. Um, I pay very close attention to cuts, okay? So when I cut my hand or when my husband cuts his hand and suddenly they're bleeding and it's like, well, which way did it cut? And I want to pay really close attention to where did it cut, how did it cut? And then I know exactly what's going on in that person's life at that moment.

Dr. Irena: Really?

New Speaker: Yeah. It's so fascinating.

Dr. Irena: so you would say that if somebody has a scar on a finger like I have from one time when my finger got squashed in a car door and had to be stitched up...

Cynthia Clark: Yes.

Dr. Irena: So this was kind of premeditated by what was going on in my life at the time and that's why it happened on this finger and not another one?

Cynthia Clark: Oh yes. I am saying that the stuff that happens to your hands reflects directly with how you feel and think and what's going on in your environment.

Dr. Irena: Oh my goodness, this is amazing. This is like really deep.

Cynthia Clark: So as an example, um, when I ended up getting divorced, okay, there were two things that were going on at that time. There were actually three things the universe was trying to tell me, "guess what? Your marriage is about to end". And it was so traumatic at that time. I went through... I mean I was married for 19 years. It was an incredibly traumatic time. But the universe started by breaking my left thumbnail, which um, the left thumb represents like your family. Your thumbs are your willpower, but your left thumb in particular is like family and close relations and that sort of thing. Um, by the way, this can be

reversed if you're left dominant, left handed. Okay. So it could be your right hand if you're left handed. I do sometimes switch it around, but for the majority of people; and I'm a total right-handed person myself.

Cynthia Clark: My left hand is like what does this guy do anyway, so my left thumb nail broke so I knew something was going on with my family and I didn't know if it was my dad or my mom or my husband. Like I didn't know (if it was) my brother. And then I saw the triple nines, which um, I dunno if you studied numerology at all, but I'm into all these things now, but nines represent completion. And so I started seeing the nines everywhere. And I would see them on license plates and I would see them, I mean just constantly in my field, you know, it was like nine, nine, nine, three nines. And I saw this for like two weeks. And I'm like, wow, something is ending. I was just trying to figure it out and then, um, something else happened with my hand.

Cynthia Clark: There's an affection line that shows up in your hands and it's actually what most people call the marriage line, which is a very common misperception again with the hands cause a) I don't know if there's like a piece of paper attached to the line and B) these lines change cause all lines change. So I can look at the number of lines, like they (note: other palm readers) used to look at it like, okay, you have three lines, so you're going to have three marriages, things like that. That's actually not a hundred percent accurate because it could represent, it's just showing what you're still connected to. So, for example, some people who have been divorced for 30 years, they can be completely over it. That line could disappear. But you may have a new potential relationship that could be showing up and that could show up as well. Anyway, one of my affection lines was showing a detachment and I was like, maybe I'm not reading this right. I started questioning my own abilities and I'm thinking, I don't know if this is right. And it ended up everything came together and I was like, wow, okay, this is totally accurate. It really blew my mind. But it was like the universe will sometimes repeat itself...

Dr. Irena: ...until you get it; it hits you with the two by four, right.

Cynthia Clark: No kidding.

Dr. Irena: Happened to me too.

Cynthia Clark: And the hands sometimes will do that too. And they'll try to tell you what's going on and they'll actually repeat things, you know, by either breaking a nail or cutting or, you know, things like that. And it's like, wow, okay, interesting. What's going on? But yeah, I always pay very close attention when a nail breaks or I have a cut.

Dr. Irena: Well, I have never paid attention. But um, looking back, I don't even know...I at one time broke my right thumb and I don't, it's too long ago to be able to ask you now what could have happened. That could corroborate that it works...

Cynthia Clark: Well, that would be highly significant actually because the right thumb would represent your willpower. And so that would tell me that there was something going on in your life at the time that you felt like you couldn't achieve. Like you weren't getting your way or you weren't achieving what you were seeking to achieve.

Dr. Irena: So yeah, like I said, it's too long ago for me to say: "yeah, that's exactly what happened, I remember" because I don't; it's too long ago and we have such busy lives and I was a martial artist, so you got these injuries here and there and whatever. Bang into stuff; I get a black and blue. Don't even remember where it came from. Same with the thumb. I know where it happened. I don't even know when it happened; it was on the ski slopes. But yeah, I think that's just amazing. So you are actually... people can come to you, partners or maybe prospects, you know, people who want to find out whether they're good for each other, whether they're soulmates and whether they are compatible and you can look at their hands and say, yeah, there might be some issues. Or you could say, no, you guys, that's amazing. You're going to work out for sure. Is that right?

Cynthia Clark: Uh, well, nothing is ever 100% sure, obviously. But yeah, I have actually found a way to automate the whole system and that's what I've been working on over the last year. I'm creating a new website and creating a platform where people can actually upload an image of their palm digitally and anybody can do this worldwide and it'll give you a result as to what is your archetype. So it's basically what I read. Um, and then it will automatically categorize you with your best matches. So if you're seeking a partner, it's a great way to just go in and say, okay, this is who I am, this is who I'm looking for, and it knows what to do. And then I have obviously more in depth readings if you want to go into more detail because the hands are incredibly complicated. So, I definitely do readings with couples and I look at couples hands together or separate; sometimes somebody will come on their own and want me to read their partner's hand, you know, just with the one person. And that's fine too. And I can do that over the Internet. So you can be anywhere in the world as long as you have a computer.

Dr. Irena: So cool! Basically you are telling people how to understand themselves better. So they will be able to see in aware if there are issues where they can work on themselves as well. Because you said nothing is written in stone. It is actually changeable if you feel that there is something you need to work on yourself.

Cynthia Clark: Yes. And the neat thing about understanding your archetype is it helps you just to be more authentic. I'm all about authenticity because, you know, if you're trying to be someone else and you're trying to match up with a partner that way

and you're not being authentic, uh, it just creates all kinds of problems. It just doesn't work in the long run. And ultimately it's like, well, when you're being yourself and you're being authentic and you know what that is because your hands tell you, I mean, it's so clear.

Then you can make different choices and you can make better choices for yourself. And it's also about just being more happy and fulfilled. Just in general. You know, if you're living your authentic self, you're gonna be so much happier. As an example, I'm a chariot, that's one of my archetypes and I know that I need to be busy 'cause chariots are always in motion. We're always doing something. And if we don't have something to do, we create something to do.

Dr. Irena: Did you say there are four archetypes? Did I hear this correctly?

Cynthia Clark: No, no, there's 22.

Cynthia Clark: So, the chariot is just one example, but my husband knows that about me and he's so great because he supports that and he wants me to be busy and he wants me to help people and work with people and he actually really appreciates that about myself and I appreciate him for who he is, you know, because we're just so complimentary and I understand his archetype so well. He's an investigator and he's so curious and he wants to know about everything. He likes to slow things down a little bit, so he slows down my chariot, so I'm not running things so too fast.

Dr. Irena: but it's actually kind of fascinating because to both of those archetypes I could say, yeah, that sounds like me...and this sounds like me too. Do you have a main archetype and a sub-archetype or something like this?

Cynthia Clark: Yes, I would say everybody has one dominant archetype, but you may actually have up to three, okay?
When I do a reading for people on a deeper level, I definitely look at it, uh, what other archetypes might you have? But everybody has at least one and some people only have one. Um, and some people have two. A lot of people have two, but some people have three and it's good to recognize them because yeah, those are going to be the dominant. Now we do have little pieces of all of them in us obviously, and we can usually relate in certain ways to each of them, but there's going to be at least one that's very much dominant.

Dr. Irena: So Cynthia, you said you looked at hands of so many people you can very quickly zoom into certain things about a hand, right?

Cynthia Clark: Yes, yes, I can. I do.

Dr. Irena: Can I test you? I'd like to see how this could work. What if I hold my hand up to the camera, can you say something about me? And I want the audience to know that we really don't know anything; we didn't exchange any kind of information beforehand.

Cynthia Clark: No, this would be totally okay. I haven't looked at your hands yet.

Dr. Irena: Right or left hand, which one?

Cynthia Clark: Uh, well let's start with your active hand. So is that your right hand? Okay. So back it up a little bit for me so I can and see the whole thing...farther way. Okay. There we go. Um, okay.
So the first thing I like to just check for is your finger length versus your palm length. Okay. I'm just going to kind of come up here on this. Just hold still for me. Okay. Looks like you've got long fingers. Yeah. Okay. And it looks to me like your palm is also pretty narrow. So your primary element is water, which is the most adaptable of all the hands.
So we look at the elements of earth, air, fire and water based upon hand shape versus palm shape. And um, so water type is somebody who is adaptable and flexible. And of course, water can take on the form of anything as far as like a liquid, a solid or a gas.

Cynthia Clark: It's the only element that can do that. So you as a person are very flexible and you can fit into different situations very easily. You can morph yourself into different things and different, uh, ways of doing stuff. Um, that's your adaptability coming in.
Uh, you actually do very well to ground with an earth person. So that would be, as far as your compatibility goes, the best match for you. That would be somebody with the exact opposite hand shape as you. So short fingers and a square palm.
And what that does is it brings in a beautiful synergy with you so that you can be your flexible, adaptable self and then that earth person brings in some grounding and you feel supported and it's almost like they have a foundation for you to sit on. So yeah. So the next thing I look at is your fingers.

Cynthia Clark: And by the way, all the fingers, we talked a little bit about the thumb, but all the fingers actually represent different aspects of yourself. Okay.
So again, we're holding up a mirror of who you are and it looks to me like you are strongest in your, okay, well let's just take a look here. Yeah. It looks like your Jupiter finger is your strong finger. That's your index finger. Okay. It's a little bit, yeah, it's a little bit longer than your ring finger and it's standing tall. It's, you know, kind of thick. It's got some good strength to it. I would say your middle finger would be strong to you except for it curves just a hair at the top right. Anytime a finger bends it weakens slightly because it's showing up as a stress. And by the way, that could come from a break as well, you know?
But um, okay. So anyway, Jupiter, your index finger represents your, uh, how you look at yourself. Okay. So it's your power finger. It has to do with leadership ability. Okay. So your archetype combining with water is the butterfly.

Dr. Irena: Woot! I like that. You know; now I have to tell you something. And the audience. First off, I know that you said you spoke a lot about the numbers as well. You also know about astrology, right?

Cynthia Clark: Yes.

Dr. Irena: And that goes into this, it kind of weaves into this as well a bit or no? Because I'm a Scorpio, which is a water sign.

Cynthia Clark: That makes sense.

Dr. Irena: That makes sense, right? Now you say butterfly... Guess what; my very first tattoo was a butterfly.

Cynthia Clark: A Butterfly. Wow. That's so cool.

Dr. Irena: Yeah. I mean I swear to everybody she could not have known that.

Cynthia Clark: No. And I haven't read anything on you up to this point. This is all new. Yeah. But yeah, a butterfly person is actually a very powerful person in that. Not only is it your energy... I like to explain that the archetypes this way; it's like you embody the energy of that archetype, but you also demonstrate it to others and you allow it to happen in others. So what you do is you help other people transform.

Dr. Irena: (Laughs) Hey, no kidding. That is my profession, right? Wow.

Cynthia Clark: That's what a butterfly is.

Dr. Irena: Really, that's right on the money. I'm blown away.

Cynthia Clark: Yeah. And to know that about yourself, it's like not only can you make a better decision in your career path, but you can also recognize it in like, okay, this is who I am, this is what I'm doing. And it just helps you make better decisions in everything. So I mean it's super useful and as you can see, I didn't even have to look at too many things.

Dr. Irena: Oh, that's true. I don't know what else you'll look at, but...

Cynthia Clark: yeah, well that's an easy thing for me to check and, and that's how I look at compatibilities as well. So yeah, you do definitely best with an earth handed person and preferably somebody with a strong middle finger.

Dr. Irena: (laughs)So we'll have to check my husband's hands.
Um, I will say that I feel extremely supported and we get along beautifully. I mean he is the love of my life, but it wasn't always easy. But his sign is Taurus, which I believe is earth. I don't know more, because he has long fingers. He does have long fingers; definitely doesn't have short fingers. So I don't know...

Cynthia Clark: Yeah, the finger length is relative to the palm. Make sure you take a look at his palm relative to his fingers.

Dr. Irena: I think his are like similar to mine, cause my hands are pretty large; his of course are longer, but he doesn't have gigantic hands so I'm not sure. But I think he has long fingers. He may have a square palm, but...

Cynthia Clark: okay. So he might be air. It's a possibility. Um, that would be the air hand, but yeah. You'll have to take a look and see what he is.

Dr. Irena: Now you also say you're looking at lines and stuff. I know there's major lines and minor lines, right? And I don't remember what else. I remember, you know, only from the charlatan palm reading stuff that they say; one is a lifeline, one is a heart line. I don't know about marriage stuff or whatever. You mentioned the ones about relationships (affections).

Cynthia Clark: Yeah, the lines are the most changeable aspect of palm reading.

Dr. Irena: Even when I go here, I don't know if you can see... (holds hand up to camera)... Even these big ones, are these changeable too?

Cynthia Clark: The big ones, the deep ones are the major lines. Um, the major lines actually form on your hands about the same time that fingerprints form. But they do change, like I said, over time, but the major lines are going to...they're called that because they're on everybody's hands.

Dr. Irena: Oh, I see. Okay.

Cynthia Clark: So the life line, you're correct. The life line is this line that goes around the thumb ball. Okay. Now your lifeline represents more of your vitality and your stability, not how long you're going to live. Okay?

Dr. Irena: do I have two then? (shows palm)

Cynthia Clark: uh, no, that's your fate line is that other line. That one there is not the life line. The one that wraps around the thumb, that's the lifeline.

Cynthia Clark: Okay. Yeah. The fate line is going to be the one that goes up towards the middle finger usually, but it can start and end in a bunch of different places. The fate line represents more of your career path and your attitude towards work and duties, you know, that sort of thing. Your heart line, that's the top most line up here. That's your emotional flow line. And then the middle line that goes straight across the hands starting on the thumb side, that's your head line. And that represents your thinking. So you can see on your hands how you think, how much you think, and you can also see how you feel and how much you feel. On your hand you've got a very long heart line. And it looks like it goes pretty much straight across your hand. That's an air heart line. Yeah, the top one here, running straight across your hand. It's like somebody took a pen and just marked it. Yeah.

Dr. Irena: That's the case on both hands. Yes.

Cynthia Clark: Yeah. So an air heart line is somebody who is very thoughtful about their emotions. So it means you, the longer the line is, the more time you spend feeling. So you feel a lot and of course you're water. So that makes sense too. But you don't necessarily express all of those emotions until you think about them. So it's like you're thoughtful about how you express yourself. And you're also a very romantic person.

New Speaker: True!

New Speaker: Because the air heart line just loves that type of romance and planning things out and you know, plan the trip or plan the dinner or plan the movie. You know what I mean?

Dr. Irena: Yes I do. What you just found is astonishing me. Totally. And I wish I had looked at my hands, you know, maybe 20 years ago or something. And I'm sure that this must have gotten longer or deeper or whatever because of the Law of Attraction. I'm a Law of Attraction coach as well; it tells you to be very mindful of how you think because your feelings, your thoughts, your emotions are creating your reality. And before that probably, you know, I lived by default too. It would have been interesting to see how it's changed over the years, the decades.

Cynthia Clark: Yeah. So yeah, the emotional report that I do for people talks about the heart line. And I go through all the different heart line types and I teach you what is your heart line and then who are you compatible with based upon that heart line. So everybody can learn that aspect of their emotional system through that report. So it's really fun.
The heart line is always been one of interest, I think, for a lot of people cause they want to know: what am I, what is my emotional system? And again, it's all about being authentic. So for you as an air heart line it's like, well go ahead and be that, don't try to fight that, allow yourself those deep feelings and allow yourself to explore those deep feelings.

Dr. Irena: You are amazing. And I want the audience to know, I fought that and it wasn't a good time, or a good thing to do.

Cynthia Clark: No, it's never good to fight your nature because it's like, again, it's going to backfire. And there are positive aspects to all of the archetypes and all of the emotional types. And if you can really understand who you are and you can be that, it's just gonna make everything better in your life. It's going to create better relationships. It's going to make better interactions in your day to day life. You're just going to be more happy, you know, that's what it's all about. You know, why do we try to fight things so much? You know what I mean?

Dr. Irena: No, it's not a good thing. You sound very passionate about this. So what is your mission? What is your vision with your work?

Cynthia Clark: My vision is actually a pretty big one. I want to help thousands and thousands of people find their long lasting love and I want to do it through these tools that I use every single day that most people don't even think twice about. So my system uses palm reading as the primary way to match you. You don't have to answer a bunch of questions, which may or may not be truthful by the way.

Dr. Irena: Like when you look at (dating) profiles, very true.

Cynthia Clark: You know, the hands don't lie! Um, which is what's cool about it too. And I combine astrology and I combined Chinese astrology as well. And I have learned over the years to not discount these ancient tools, these ancient sciences. I mean, palm reading has been around for over 5,000 years.

Cynthia Clark: And you know, people in our western society especially don't necessarily value that. And to me, it's such a shame because palm reading really got a bad rap in the 1500s and there's a reason why it was a control thing. You could be burned at the stake back in the 1500s for practicing palm reading. And so it went underground, which makes sense. Well, of course people aren't going to do it out in public, if they want to live. It seems like it's taking that much time, hundreds of years, to actually come back. And I feel like it is time to put it back where it belongs; in a place of respect. And for people to really know that it's not voodoo. It's not witchcraft. It's not evil. It doesn't go against any religion. I mean, it's scientific. It's factual. It's your body. It's a language, you know, it's not anything weird or...

Dr. Irena: No, it's nature. Right? And it's another way of expressing your body; who you are, whatever you call it, whether you call it earth, water, fire, air; it doesn't matter, you could call it red, blue, yellow, green. It doesn't matter what language you use. This is real language, right? That's the real language. These are just the words you give it.

Cynthia Clark: Right. I mean we study, you know, when you look at what we're studying now, we study stem cells and we study DNA and we study chromosomes. It's the same thing. It's just your hands. It's different. It's a different tool and it's amazing. It's an amazing tool. And it's been around for so long, I think for a reason. And you know, it's to help us, it's to guide us. It's like any other tool that we use. And then there are other good tools of course. And this just happens to be the one that I use.

Dr. Irena: And these tools can be complementary, no?

Cynthia Clark: Absolutely! I use it with everything. I mean, I've always been the type of person to be like, okay, well if it's useful, let's use it. I'm all for other diagnostics and

ways of doing things and you know, I think the key is just to be open minded. If you're just totally closed minded, you're probably not going to learn from it.

Dr. Irena: Nothing works if you're closed minded.

Cynthia Clark: Yeah. But if you're open minded and you go in with a sense of adventure, which is kind of how I look at it. It's like discovering, you know, something new.

Dr. Irena: Plus it's fun, right? It looks like it's really fun.

New Speaker: It is so much fun!

Dr. Irena: And you were able to make a matchmaking platform out of this, right?

Cynthia Clark: Yes.

Dr. Irena: You created this. That's unique. That doesn't exist as far as I know. I have never heard of that before.

Cynthia Clark: I have never seen it out there before either. And yeah, I felt so strongly about it that I spent a good majority of last year getting it created and I'm really excited for people to get in there, upload their hands, start using it, you know, learn who you are. And it's just a whole new way of meeting people.

Dr. Irena: I mean, it sounds easy enough, right? It sounds really very easily doable. And now why is this better than other kinds of matchmaking platforms?

Cynthia Clark: Well, I feel like it's better because it's going from a totally different perspective and you know, the majority of platforms will just ask you a series of questions and if you're honest about it, you're probably going to get a good match, but if you're not...who the heck knows. You know?
I actually was on three different dating sites before I got married and I had the whole range of experience. So it was really interesting. But, my platform really is not about just getting a date; I don't want you just to get a date. I want you to find a deep and long lasting and meaningful connection. Somebody that goes more to that subconscious level of a match rather than, um, we're looking at your similar interests or we're looking at your proximity to each other; things like that. Those are more like on the surface and absolutely, they can be important, you know, I'm not saying they're not, but this takes it to a whole different level, and to connect to somebody on that level. I mean, just think about it like this. Have you ever met somebody and you started talking to them and you felt like you knew them? You know, like...

Dr. Irena: I might; as a matter of fact, many people tell me, "I feel I know you from somewhere".

Cynthia Clark: Yeah. That kind of connection.

Dr. Irena: I don't know. I don't think so myself. But who knows? Like you said, you had that déjà vu with the palmistry. I had this déjà vu when I visited Rome for the first time, which was...gosh; I lived in Switzerland and never visited Rome before... but flew there from here in 2016. I felt so at home in the city. I'm saying, maybe I lived there before, but not in this life, so... I did have these encounters where people say: I think I know you.

Cynthia Clark: yeah, but that's the kind of connection I want to have for people. I want it to be so easy and just so fluid and flowing and fun. It's like they feel they've known each other for a long time, even though they've just met. And that's the kind of connection you can have when you meet that type of a deeply compatible hand. So just as the example with my husband, my current husband now, who I definitely believe is a very deep, expansive match, and I'm super grateful for him, but I read his hands on our first date, of course, because that's what I do. (laughs).

Dr. Irena: Did he know? Did you tell him?

Cynthia Clark: He was totally open to the whole thing. He was so happy to be on a date with me. So sweet. I think he was a little bit scared and so he's like, "all right". Then he holds his hand out and I'm looking at it and I'm like, "Oh wow, you're an air", which was the best match for me. And you know, we talk really easily together and it was such an easy connection and I felt like, wow, we could just be like best friends. And that's how we started. We started out just as friends and I think that's one of the best ways to do it because it builds something again, when you think of like that foundation that you're building, for something long lasting.

Dr. Irena: I'm thinking of my youngest daughter right now. She had this kind of whirlwind romance into long-term relationship that happened, and when you see them, you feel like they just work together somehow. But of course nobody knows a hundred percent. So I'm guessing it would help if they could come to you, upload their hands and you tell them, that's definitely a connection that is deep enough for you to be able to commit to?

Cynthia Clark: Yeah! Well there are a couple of features on the site that are really cool that I tried to build in to make it easy for everybody. So for example, let's say you're on three different dating sites, and you meet somebody on another site and you're not sure, so you want to see if they're a match for you through my platform. So you create a profile just for you, but you ask them for their hand. Okay? So say, Hey, I want to get to know you better. Can you send me a picture of your hand?

Dr. Irena: so then you have like a photograph, take a picture with the cell phone?

Cynthia Clark: Yeah. Digital picture with your cell phone and they can send it to you and you can upload their hand into your profile because there's a place to import other

people's hands and you can import as many hands as you want. So you could do your whole family, you could do any potential partner, just anybody you want to know more about. And then I also created another part of the site, um, that's just called "Ask the Cards" and I actually created a whole deck of relationship cards into the platform where you can type in your question and then you can...it shuffles the cards for you and you pick a card and then it's going to relate to your relationship questions.

Dr. Irena: Nice! So I'm sure a lot of people are interested in wanting to explore this. Where should they go? How can they do this? Where can they get started?

Cynthia Clark: Uh, yeah. Just go to my website. It's LoveinYourHands.com.

Dr. Irena: Love in your hands.com. Sounds easy enough. I'm excited! I think I might want to find this out too. A lot of people will want to because yeah, it sounds super easy. And like you said, the hands don't lie.

Cynthia Clark: They do not!

Dr. Irena: Unlike other websites or whatever, where people say stuff about themselves. They can definitely lie. But the hands, that's the way they are and the fingerprints are what they are. Right?

Cynthia Clark: Exactly. And so it's just so much fun cause yeah, you get through to the results page and it's actually going to tell you, okay, this is your archetype, these are your great matches; this is your soulmate match. Or you're what I call "the fatal attraction". I did my fatal attraction for two years too. So I totally get that. And he absolutely was. But I learned so much from the experience. So I'm actually kind of grateful for all my experiences and I look at them as opportunities for growth. And I think if everybody can learn that too, like don't regret your relationships and don't regret what you perceive as a mistake because it's all part of your growth ideas.

Dr. Irena: That's a big one, right.

Cynthia Clark: And just be compassionate.

Dr. Irena: You wouldn't be here where you are now if you didn't have that beforehand. Right?

Cynthia Clark: Absolutely. I've learned so much from every single relationship I've been in. And ultimately it's also about the relationship with yourself. And you know, learning about yourself just by uploading your own hand, you're going to learn a lot and yeah. And that's, I mean for me it's just so validating, you know, cause it's like,

oh, okay, Yay. I don't have to apologize for being this way. It's not like it's a bad thing.

Dr. Irena: No. And you know, I think it also helps people who don't know yet who they are.

Cynthia Clark: Yeah. It helps.

Dr. Irena: I know everybody got brainwashed into being this, and doing that, and maybe they don't feel right; now they can find out why. And it makes so much sense. Like what you taught me was the little stuff just on the surface and that was so on the money!

Cynthia Clark: It's incredibly accurate. And yeah, the palm readers out there who really know what they're doing, they will blow your mind. That's how I got into the field because I just was amazed at how much was there. I mean, it can help you in every area of your life.

Dr. Irena: So cool! I'm so glad you have been here with us on the show and I learned a brand new science today and it's fascinating!

Cynthia Clark: Yay! Thank you.

Dr. Irena: Thank you so much for being here and explaining all of this and doing that test with me.

Cynthia Clark: Yeah, my pleasure. Yeah, it's been a joy to connect with you and, and all the great work that you're doing.
And the other thing I would just like to tell people out there is: don't feel like you got to do it all yourself. That's why there are people like you and me...that's why we're out here. We are here to be of service to you, to guide you in your relationships. And you don't have to feel like you're alone because you absolutely don't have to be alone in the process.
And when I went through my divorce, I felt really just rock bottom horrible, and I went through a lot of it on my own. Thank God I found my friends and the people who kind of got me through that whole process, but there's a lot of great professionals out there who are there for you and they can make it so much easier for you don't try to do it all yourself.

Dr. Irena: I mean, very, very true. I couldn't have said it any better. Having a mentor helps tremendously. Because they are in your corner, they have your back, but they're not invested as emotionally as you are. Or maybe like somebody who's close to you, who is a friend of whatever, who feels they have to be a certain way to support you.

Cynthia Clark: Yeah. It brings in a good objectivity and you can just feel like you can go through your process and it speeds it up and it just makes it easier. And you know,

ultimately it's about being happy and fulfilled. And I think that's what we all really want.

Dr. Irena: That's what we all really want. Yes. And I'm so happy I've found my way to happiness and fulfillment every day. But then I also found the shortcuts to get there, and now you are showing us another shortcut and I'm so grateful for this; I'm so happy that you have been able to make it today and that we could come together this way.

Cynthia Clark: Yeah. Well definitely. My pleasure. Thank you for having me.

Dr. Irena: and thank you, Cynthia.

Cynthia Clark: Thanks so much. Okay, great! Take care.

Dr. Irena: You too.