Lenormand for Beginners

Understand the 36 Cards, Learn the Spreads and Read with Joy



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TO BEGIN

Foreword

This book is for everyone who has never read cards before and simply wants to try it - step by step, without prior knowledge and without esoteric baggage.

Among card readers, the Lenormand cards are considered the "sober" oracle. They manage without cryptic symbolism. The *House* card shows a house, the *Letter* a letter, the *Dog* a faithful companion. That makes getting started easy: you do not need to learn secret knowledge, you simply look closely and connect the pictures with each other.

With only 36 cards the deck is easy to survey. Every card has a clear core, and the connection of two cards creates whole sentences. This is the special charm of Lenormand: you do not memorise long lists, you learn to read a small language of images.

In this book you will first learn where the cards come from and how the deck is built. Then you get to know all 36 cards, with their keywords, their meaning in love and work and typical combinations. After that we show you how to combine cards and guide you through the most important spreads, from the simple daily card to the Grand Tableau. At the back of the book, Part VI is the Card Lexicon: every card has a page of its own there. We wish you plenty of joy in your discoveries.

> AN HONEST NOTE
>
> Card reading is not a look into a fixed future. The cards help you to see a situation more clearly, recognise possibilities and make your own decisions more consciously. They do not replace medical, legal or financial advice.

TO BEGIN

How to use this book

You can read the book from front to back or jump to what interests you. For a good start we recommend this path:

1. **Read Part I.** It explains the structure and function of the deck and how to prepare for a reading.
2. **Get to know the cards.** In Part II you will find every card on half a page. Read two or three cards a day, not all at once.
3. **Practise combining.** Part III shows how card pairs become statements.
4. **Lay the cards yourself.** In Part IV you will find spreads with step-by-step instructions.
5. **Deepen.** Part V contains a 30-day practice plan, sample readings and tips against typical beginner mistakes.
6. **Look it up.** Part VI is the Card Lexicon.

What you need

- A Lenormand deck with 36 cards. Almost all decks are suitable for beginners.
- Peace and quiet, a clear table and about ten minutes.

How the card pages are built

Every card has a number, a name and the matching playing card. Below you will find three keywords, a short interpretation, the meaning in **love** and **work** and two typical **combinations**. You do not need more at the beginning.

CHAPTER 4

How to read the cards

The art of Lenormand lies in reading cards **not individually** but **in context**. A card is a word; only with its neighbour does a sentence arise.

The principle: noun and adjective

In a pair of cards the **first card** usually becomes the noun, the **second** describes it more closely (like an adjective). So you read from left to right.

PAIR	READING
Letter + Heart	A love letter, a heartfelt message.
Heart + Letter	A feeling that shows itself in words.
Mountain + Rider	A delay that holds back news.
Rider + Mountain	Quick news that runs into an obstacle.

As you can see, the order changes the message. Always begin with the card that carries the topic and let the second colour it.

The three steps of reading

1. **Look.** Take a brief look at all the cards. What catches your eye, what feels right?
2. **Form pairs.** Read two cards together: what does the first say, how does the second colour it?
3. **Sum up.** At the end, formulate in one or two sentences what the spread tells overall.

Good and difficult cards

Some cards are considered pleasant, others challenging. But none is only good or only bad. Their effect depends on the neighbours:

- **Amplifiers:** *Sun*, *Bouquet*, *Heart*, *Stars* make a statement friendlier and stronger.
- **Brakes:** *Clouds*, *Mountain*, *Mice*, *Cross* bring delay, doubt or weight.
- **Neutral cards:** *House*, *Tower*, *Garden* mainly name the place or setting.

The direction of the cards

Some cards show a direction: the *Rider* comes from left to right, the *Woman* looks in one direction, the *Dog* looks sideways. In many decks a look to the **right** means the future, to the **left** the past. As a beginner it is enough to be aware of this without taking it too strictly.

The person cards

If the question concerns you, you take as **significator** the card that describes you: the *Man* or the *Woman*, depending on who you are. This card stands for you in the spread. The cards next to it show what currently surrounds you.

> IMPORTANT
>
> The choice of card does not depend on whether you see yourself as a woman or a man, but on which picture represents you better. You may choose freely.

SPREAD 1

The daily card

The daily card is the simplest spread and the best way in. It takes one minute and trains you a little every day.

How it works

1. Shuffle the cards and think: *What accompanies me today?*
2. Draw **one** card and lay it in front of you.
3. Look at the picture. What do you see, what do you feel?
4. Look up the keywords in the book and note in one sentence what the card could mean for your day.
5. Look back in the evening: has anything shown itself?



One card: your companion for today

What you learn

After three to four weeks you will know most of the cards from your own experience, not only from the book. This is the most stable foundation for every further spread.

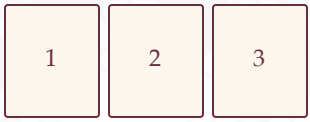
> TIP
>
> If you draw a card you do not like, ask yourself: What does it want to protect me from? What should I pay attention to today?

SPREAD 2

The three-card spread

The three-card spread is the classic. With three cards you can answer simple questions and learn to read card sequences.

The positions



Three cards, from left to right

POSITION	MEANING
1	Past or starting point
2	Present or core of the question
3	Future or possible development

How to read

1. Read card 1 and 2 as a pair: What leads to the present situation?
2. Read card 2 and 3 as a pair: Where is the situation heading?
3. Connect all three into a short story.

> ALTERNATIVE
>
> Instead of time you can also assign the three positions **situation – obstacle – advice** or **you – the other – connection**. Decide the meaning before drawing.

Example: Should I apply for the job?

You draw **Fox – Paths – Sun**.

- **Fox (1):** The present work situation, perhaps routine or caution.
- **Paths (2):** You face a decision, there is an alternative.
- **Sun (3):** If you decide for the new path, it brings success and energy.

Fox + Paths means: work raises the question of another way. *Paths + Sun* means that the decision can lead towards success. Overall the spread speaks for giving it a try, but it does not take the decision from you.

Example: How will the contact develop?

You draw **Rider – Mice – Heart**.

- **Rider (1):** The contact came about quickly.
- **Mice (2):** Worries or stress weigh on it.
- **Heart (3):** A way out lies in openness and affection.

Here the last card gives the direction: the *Heart* shows that warmth helps when stress is in the way.

> EXERCISE
>
> Repeat the examples with your own cards. Read aloud. Telling the story is more important than the right solution.

How to read a card page

On the left page you find the **card number** with its **playing card**, then the name of the card and three **keywords**. Below is a sentence that sums up the card. The picture follows on the right page.

- **Essence:** What the card is about at its core.
- **Symbolism:** Why the picture stands for this.
- **Love & Relationships:** What the card can show for questions about partnership and feelings.
- **Work & Money:** Meaning for work, finances and plans.
- **Wellbeing:** Mood and daily life. Health questions belong with doctors.
- **Typical Questions:** When the card often appears.
- **Timing:** A rough time frame. It is only a tendency.
- **As a Person:** Which kind of person can be meant.
- **Opportunity & Warning:** The light and the shadow side of the card.
- **Card's advice:** A sentence to take with you.

The playing card

In the corner of every card there is a small playing card, for example the Nine of Hearts. It comes from the parlour game from which the deck emerged and helps with some techniques. For getting to know the cards you do not need it.

> TIP
>
> After reading, take a long look at the picture on the right and say aloud what you see. This links text and picture.

CARD 1 · NINE OF HEARTS

The Rider

News · Visit · Speed

The Rider sets things in motion: something is coming your way, usually faster than you think – a message, a visit or a new impulse.

ESSENCE

The Rider is the messenger of the deck. He stands for everything that is on its way and carries something to you. The message is usually lively and often welcome. He shows speed, a fresh start and the readiness to engage with something new. Whether the news is pleasant is shown by the context of the spread.

SYMBOLISM

The horse stands for strength and speed, the rider for the will to reach a goal. As a messenger he carried news between places, which is why he is the card of mail, visits and quick journeys.

LOVE & RELATIONSHIPS

Someone gets in touch, a reunion is due, or fresh air blows into a sleepy relationship. Singles may make an acquaintance that quickly picks up speed. The Rider stands for the beginning, not for lasting.

WORK & MONEY

News at work, an appointment, a yes, quick progress. Orders get moving and decisions are made fast. With money: something is on its way, such as a payment or an offer.

WELLBEING

You are restless but alert. Movement helps: a walk, fresh air. For health questions the card does not replace medical advice.

TYPICAL QUESTIONS

When will someone get in touch? Is an answer coming? Will a first contact become more?

TIMING

Days to a few weeks. The Rider is one of the fastest cards in the deck.

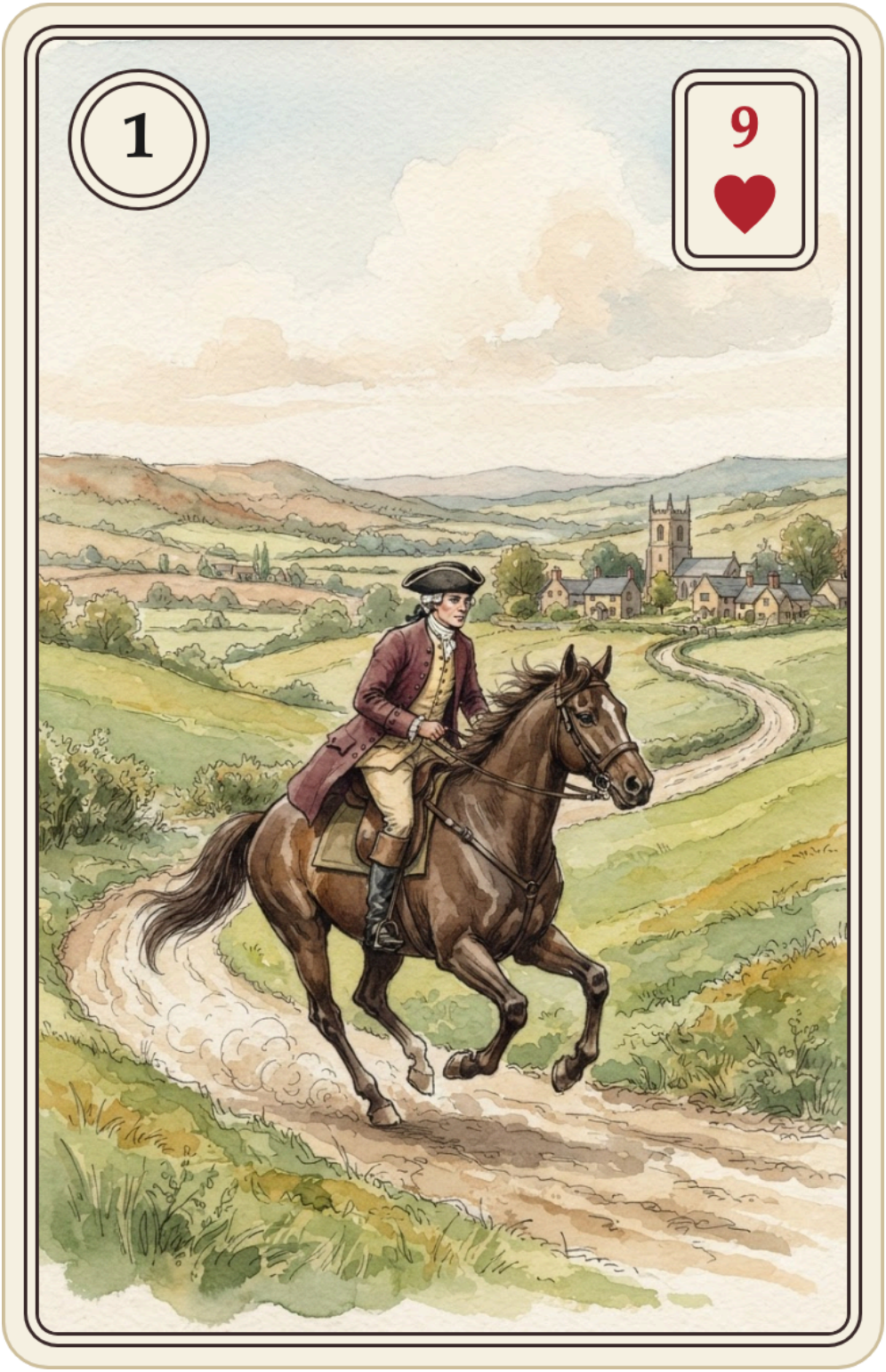
AS A PERSON

A young, active person, a messenger, someone who is often on the move or acts quickly.

OPPORTUNITY & WARNING

Opportunity: you can act quickly and seize chances. Warning: do not rush. Fast ways are sometimes fleeting ways.

> CARD'S ADVICE Stay flexible and open yourself to what is arriving.


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CARD 3 · TEN OF SPADES

The Ship

Journey · Distance · Trade

The Ship leaves the harbour: it stands for departure, wide horizons and everything that leads beyond everyday life.

ESSENCE

The Ship stands for movement over greater distances: travel, links abroad, trade and the inner wish to leave the familiar behind. It shows that your horizon is widening. At the same time it means distance from what you leave behind. The card speaks of longing and of the courage to head for something new.

SYMBOLISM

Ships have always connected countries and carried goods and news across the sea. The Ship is therefore a symbol of trade, discovery and the path into the unknown.

LOVE & RELATIONSHIPS

A long-distance relationship, love across distance or the longing for something new. Singles may meet someone while travelling or from far away. In relationships the card asks: where do you want to go together?

WORK & MONEY

Contacts abroad, trade, field work, business trips, export: business that goes beyond the region. With money, income from trade or from afar.

WELLBEING

Wanderlust and the wish for a change of scene. A change of place or a trip can do you good, even a small one.

TYPICAL QUESTIONS

Is a journey coming? Is a fresh start elsewhere worthwhile? How will business abroad develop?

TIMING

Weeks to months, like a sea voyage: it needs preparation and time.

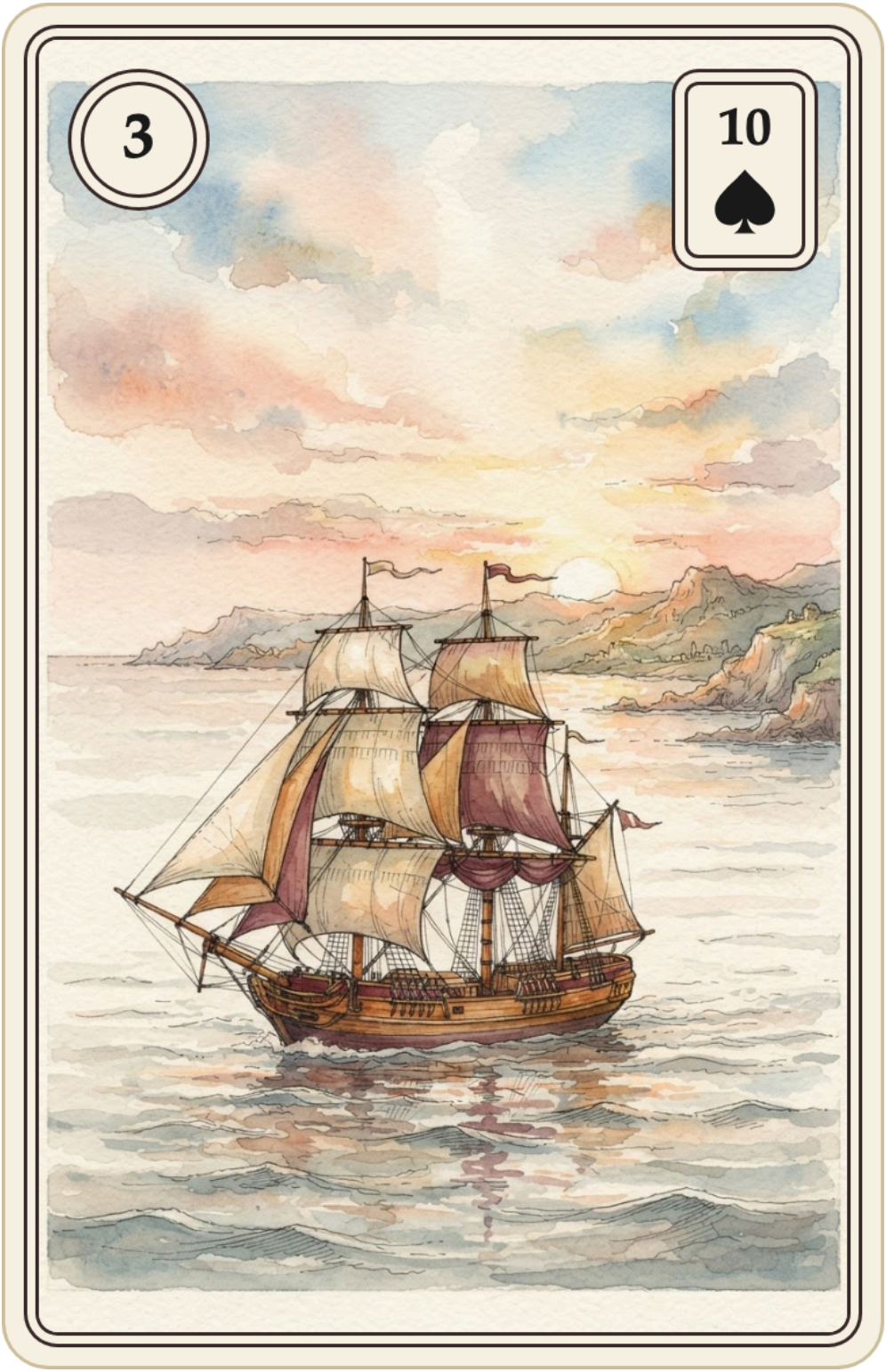
AS A PERSON

A traveller, someone from abroad, a trader or sailor.

OPPORTUNITY & WARNING

Opportunity: new horizons and good connections. Warning: whoever only flees takes their worries on board.

> CARD'S ADVICE Set sail when you know where you want to go.


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