

The Sacred Mandala Lenormand Oracle

Basic Instructional Guide for Beginners



Heather Mendel
October, 2014

This deck is dedicated to four wonderful women whose work has become familiar to me through the internet and whom I thank for introducing me to a whole new world.

Bonnie Cehovet
www.bonniecehovet.com

Lynn Boyle
The Prophecy Corner
<https://www.facebook.com/groups/prophecycorner>

DonnaLeigh DeLaRose
Beyond Worlds
<http://www.blogtalkradio.com/beyondworlds>

Rana George
author of 'The Essential Lenormand'

Most of the photographs used in the kaleidoscopic mandalas in this deck are my own; I wish to sincerely thank two talented and generous photographers who graciously agreed to my creating something entirely different from their beautiful photographs:

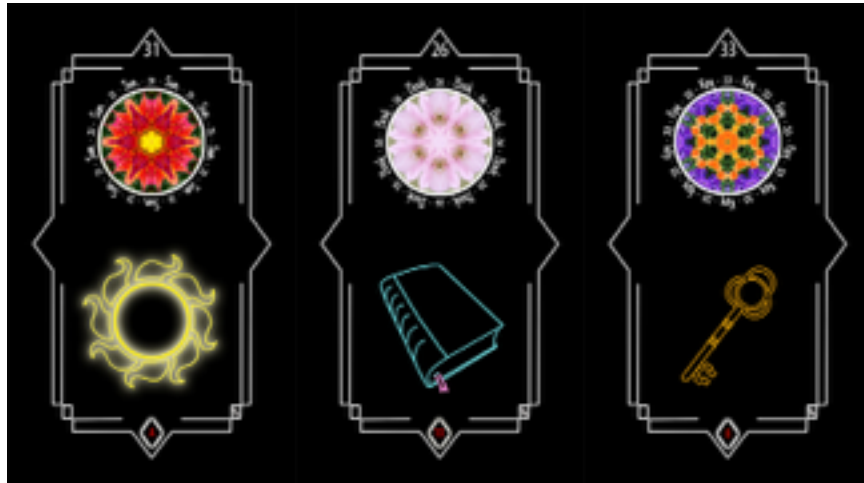
Helen Noble, Card 25: Heart
<http://www.helennoble.co.uk>

Audhild Ekanger Stueland, Cards 26: Book and 32: Moon
<http://audhild.deviantart.com>

I am indebted to you all and appreciative that we, cultural creatives all across the globe, dance to the same music

The Sacred Mandala Lenormand Oracle

In an age of instant everything, this small instructional guide serves only
as the briefest of introduction for beginners
. . . who can't wait to get started.



Honing our Intuitive Skills

With the rise of the Sacred Feminine, we are learning to access and rely on the intuitive as a reliable source of information about ourselves as spiritual beings on a human journey. We live our physical lives in the midst of great mystery and from our earliest beginnings, have turned to divination in its many and varied guises as we attempt to reveal what remains seemingly and confoundingly concealed.

Today, many of these ancient practices are being reinvented, recreated and reinterpreted for a contemporary audience. Some seekers who read oracular cards, enjoy the subtle and multi-layered depth explorations offered by Tarot — either as a prognosticative tool or as used in a daily, weekly or monthly spiritual practice. My previous work, **The Syzygy Oracle: Transformational Tarot and The Tree of Life** focuses on discovering in-depth answers to the questions we all have about who we are, why we are here and where we are going as it interweaves Tarot, Kabbalah and a search for the Sacred Feminine.

www.sacredfemininekabbalah.com

Lenormand (pronounced le-nor-mand) is different. The deck of 36 cards became popular among the affluent in 18th century Europe and is named after the famous (or for some, infamous) psychic, Mme. Marie Lenormand. As our intuitive skills strengthen, these simple cards offer us a powerful tool to help gain insight into yet-to-be-revealed aspects of our present circumstances.

Electrical current, invisible to our eyes, expands our access to light, warmth and information in ways few understand and mostly take for granted. Similarly, the intuitive sense is expansive, misunderstood and not-yet 'provable.' However, this ancient and innate portal into worlds with worlds allows us access to the awe-inspiring wonder, connection and oneness of a multi-dimensional reality that we are beginning to discover or re-discover— perhaps in the realm of animal communication that occurs without words, and possibly the way humans communicated before developing language. It is an invisible sense we all have and can strengthen, as the our evolving consciousness brings an awareness of a world of synchronicity and serendipity in which coincidences are recognized as 'Divinity's way of remaining anonymous.'

Unlike Tarot, Lenormand offers an instant panoramic 'snapshot' of the rippling circumstances in which we are enmeshed, constantly unfurling as we create our own futures. Understood as a language of pictograms that we synchronously are guided to join in order to make manifest what is still hidden from our intellectual minds, we select and read several cards together— each image influencing and being influenced by others cards placed before, after, above or below it.

To become proficient in reading Lenormand, we need to know several aspects of using the cards. Keeping detailed notes will greatly assist in the learning curve.

Suits, Card Numbers and Symbols

To become familiar with the cards, we first learn to associate each prescribed symbol with its assigned number, ranging from 1- 36. DonnaLeigh DeLaRose's short video lessons are most helpful and will assist you to master this in a couple of sessions. Learning them in groups and then testing yourself with pen and paper makes the task easy.

<http://www.divinewhispers.net/lenormandlessons.htm>

1 Rider	10 Scythe	19 Tower	28 Man
2 Clover	11 Whip	20 Garden	29 Woman
3 Ship	12 Birds	21 Mountain	30 Lily
4 House	13 Child	22 Path	31 Sun
5 Tree	14 Fox	23 Mice	32 Moon
6 Clouds	15 Bear	24 Heart	33 Key
7 Snake	16 Stars	25 Ring	34 Fish
8 Coffin	17 Stork	26 Book	35 Anchor
9 Bouquet	18 Dog	27 Letter	36 Cross

The origin and relationship of Lenormand to the playing cards is easily seen in the selection and use of nine playing cards from each suit (hearts, diamonds, clubs and spades) —6, 7, 8, 9, 10, J, Q, K, A. While many readers pay close attention to the symbols only, others feel that understanding the suits adds an extra layering to the cards. There are others too to add the card numbers together as in numerology to gain further insights from the cards.

	<u>Hearts</u>	<u>Clubs</u>	<u>Spades</u>	<u>Diamonds</u>
6	Stars	Cross	Tower	Clover
7	Tree	Mice	Letter	Birds
8	Moon	Mountain	Garden	Key
9	Rider	Fox	Anchor	Coffin
10	Dog	Bear	Ship	Book
J	Heart	Whip	Child	Scythe
Q	Stork	Snake	Bouquet	Path
K	House	Clouds	Lily	Fish
A	Man	Ring	Woman	Sun



Jack of Hearts



Jack of Clubs



Jack of Spades



Jack of Diamond

Learning to Read Lenormand

Lenormand is a portal into an expanded reality. To use the Lenormand Oracle as a prognosticative language, we need to learn its vocabulary and grammar. We first associate each symbol with meaning. Once again, DonnaLeigh's videos are extremely helpful.

<http://www.blogtalkradio.com/beyondworlds>

Each symbol has a range of related meanings, so to avoid being overwhelmed as we start, it is recommended that we first associate each card with one aspect of its meaning that resonates with us and remain consistent in its use. As we become more familiar with the deck, we can build our own repertoire of nuanced interpretations. Once we have the card name and number associated, we can try drawing cards from the deck and see how quickly we can assign it a meaning.

With the awakening of our attention to the intuitive, and become more familiar with the deck, we are ready to try different methods of shuffling, drawing and laying down the cards, beautifully detailed by Rana George in her quintessential, easy-to-understand book, '**The Essential Lenormand**' — a must-have for any Lenormand enthusiast.

http://pdfdownload.blogspot.com/2012/12/pdf-essential-lenormand-your-guide-to_16.html

Unlike reading Tarot, the Lenormand cards offer a powerful, 'first impression' understanding of the cards drawn. With time and experience, we as readers, learn to recognize their nuanced, layered meanings in relation to the others cards

drawn and the questions being asked. Becoming more comfortable with the cards, we start to recognize the language of our own intuitive sense as it speaks to us in its own unique and individual manner— in images, sounds or feelings. In this way, we begin to expand a personal linguistic system in keeping with the general tenor of each card.



‘Clover’ is easily associated by most people with luck and simple to read.



More challenging for me was ‘Snake’ because I have learned to associate this symbol with wisdom and eternity; however, coming from South Africa, home to many venomous snakes, my instinctive reaction is fear. In drawing this card in a Lenormand reading, I go with my gut feeling and read it as a warning of danger — an alert and a reminder to be cautious.



Similarly, while the 'Fox' while can be associated with wily-ness, the characteristic of the fox that rings true for me is 'street-smart' rather than deceitful. (As an aside, I find it fascinating and synchronous that while designing these cards, a fox has passed through our garden all summer, just as years ago, when first learning about women's spirituality and the pre-patriarchal cultural association with serpents, snakes appeared in our garden.)

'Fox' we learn, can also refer to small business rather than corporate enterprise. So it is with all the cards. There are many meanings for each one. I found that learning to pick up one quality of each card at a time was easy to do; once familiar with the symbols, expanding the possible and potential meanings of the cards can become a regular spiritual practice as we learn to read and decipher information offered by the cards relating to time, health and physical characteristics. **Rana's book, The Essential Lenormand** makes this easy and fun.

To become comfortable with the process, draw cards each day with general questions such as: 'What does today have in store for me?' 'Which team will win the game?' 'Will I enjoy the movie/book?' as well as asking for guidance on specific personal issues. Record your question, note the cards drawn and your interpretation, as well as a report what actually unfolds. As we progress, we realize that asking the question in the right way will effect the information we receive. Perhaps like me, you wonder how accurately you are reading? I highly recommend regularly visiting the informative and inspirational website on facebook from Lynn Boyle and Peter Clamp, 'Prophecy Corner' which offers daily opportunities to practice readings.

<https://www.facebook.com/groups/prophecycorner/>

Practise, practise practise the practice

The South African golfer, Gary Player, on being told how lucky he was to be such a great golfer, responded by saying: 'Yes, and the more I practise, the luckier I get.' Like anything we are learning to do, daily reading of the cards is the best way to become familiar with the process. Like a regular meditation practice, it becomes an important part of each day and offers us the opportunity to recognize how our own intuitive sense communicates with us.

To get you started, I offer own working list of possible meanings for each card and invite you to find more complete lists from experts in the field. Keep copious notes as you work and discover how these cards work for you.

Vocabulary

- 1. Rider (9 Hearts) Arrival/news**
- 2. Clover (6 Diamonds) A small blessing/fortune**
- 3. Ship (10 Spades) Travel/foreign connection**
- 4. House (K Hearts) Family/home/security**
- 5. Tree (7 Hearts) Health/life/endurance/family tree/lineage**
- 6. Clouds (K Clubs) Uncertainty/confusion/ambiguity**
- 7. Snake (Q Clubs) Difficulties/adversity/loss/betrayal**
- 8. Coffin (9 Diamonds) Endings/life change/depression**
- 9. Bouquet (Q Spades) Acknowledgement/appreciation/gift**
- 10. Scythe (J Diamonds) Clearing/cutting/break**
- 11. Whip (J Clubs) Punishment/quarrels/repeated physical activity**
- 12. Birds (7 Diamonds) Conversation/chatter/meeting/networking**

- 13. Child (J Spades) Child/ innocence/ new beginnings**
- 14. Fox (9 Clubs) Street-smart/strategic/shrewd/deceptive**
- 15. Bear (10 Clubs) Power/protection/authority/success/prosperity**
- 16. Stars (6 Hearts) Hopes/dreams/guidance/intuition**
- 17. Stork (Q Hearts) Transformation/renovation/improvement**
- 18. Dog (10 Hearts) Friendship/ loyalty/mentor**
- 19. Tower (6 Spades) Institutions/corporations/ivory tower/authority**
- 20. Garden (8 Spades) Groups/events/gatherings/conferences/public**
- 21. Mountain (8 Clubs) Obstacles/challenges/delays/opposition**
- 22. Path (Q Diamonds) Choice/decision/alternatives**
- 23. Mice (7 Clubs) Loss/stress/erosion/ diminishment**
- 24. Heart (J Hearts) Love/contentment/harmony/delight/passion**
- 25. Ring (A Clubs) Commitment/merger/partnership/confirmation**
- 26. Book (10 Diamonds) Study/mystery/secret/learning/education**
- 27. Letter (7 Spades) Written communication/paperwork/license**
- 28. Man (A Hearts) Man (or woman's male energy— animus)**
- 29. Woman (A Spades) Woman (or man's female energy —anima)**
- 30. Lily (K Spades) Wisdom/maturity/support/elder/healing**
- 31. Sun (A Diamonds) Happiness/joy/realization/fame/success**
- 32. Moon (8 hearts) Reputation/honor/creativity/intuition/dreams**

33. Key (8 Diamonds) Success/solution/initiation/ security

34. Fish (K Diamonds) Wealth/positive change/abundance

35. Anchor (9 Spades) Safety/ reliability/endurance/arrival

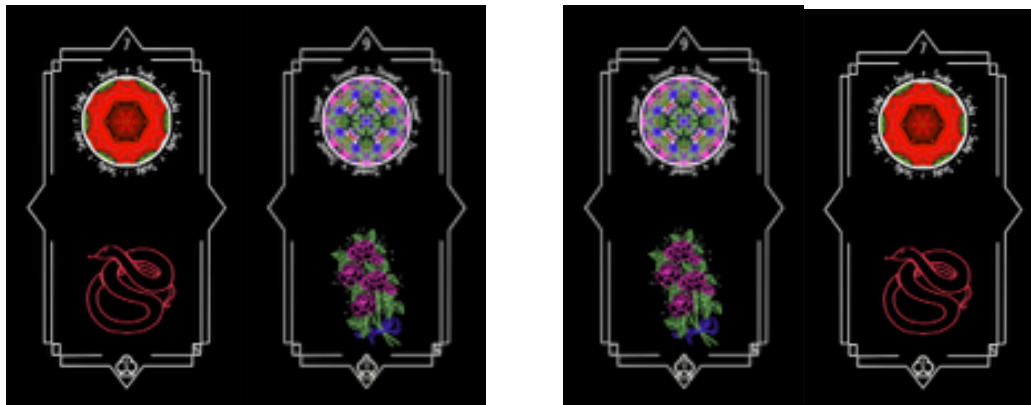
36. Cross (6 Clubs) Suffering/worries/burden/trials/pain

For more details refer to the files at **Prophecy Corner:**

<https://www.facebook.com/groups/prophecycorner>

Lenormand Card Meanings _ by Lynn Boyle - Sept 2014.docx

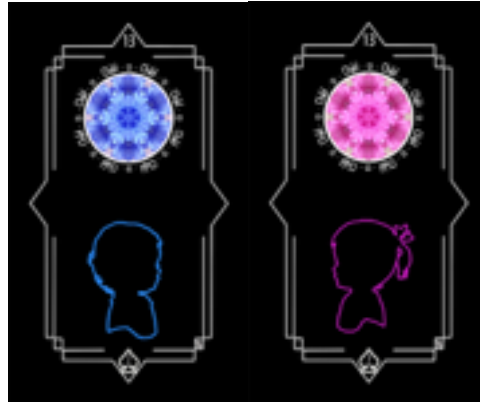
Once you have an idea of what each card means, you should start reading two cards together and learn how they influence one another. For example, 'Snake-Bouquet' could mean that after overcoming a betrayal or difficulty, you will be acknowledged; while 'Bouquet-Snake' may indicate that one should beware of praise that is disingenuous which may be given with a devious ulterior motive.



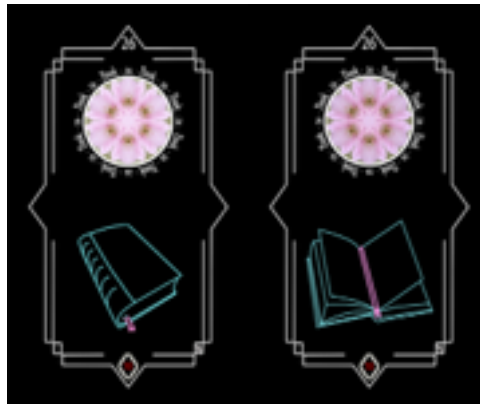
A great way to practice, it to take random pairs of cards and read them in both ways as shown above, making note of your interpretations. Some differences are very clear, others more subtle.

Once familiar with reading pairs of cards you will want to start reading to get answers to your personal questions. At this stage you may wonder how to shuffle and draw the cards. There are many ways we can do this as we think about the question we want answered.

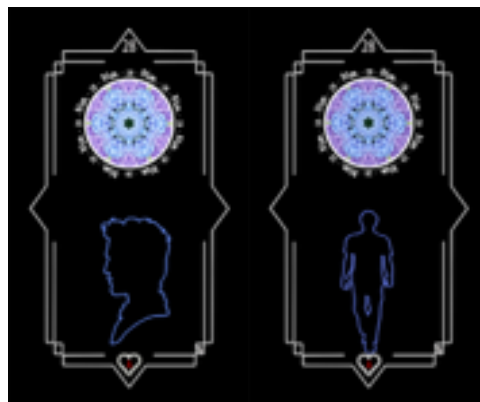
Remember that there are 36 cards in a deck; you may want to remove the four bonus cards in The Sacred Mandala Lenormand Oracle— there are 2 each for ‘Child’, ‘Book’, ‘Man’ and ‘Woman’.



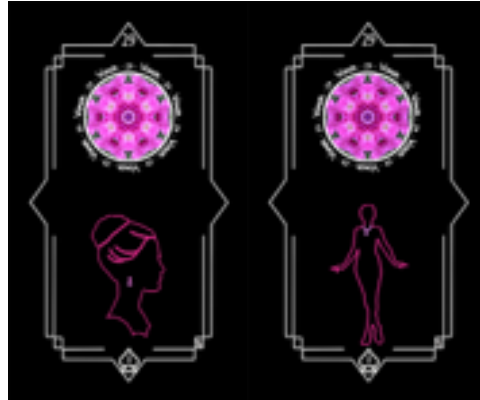
You have a choice of a boy or girl for the ‘Child’ (card 13)



The traditional ‘Book’ (card 26) is closed: I have included an open book as a significator card for study or learning



There is an additional 'Man' (card 28) and 'Woman' (card 29) for a reading involving two people of the same gender. One card is a facial profile, the other full figure.

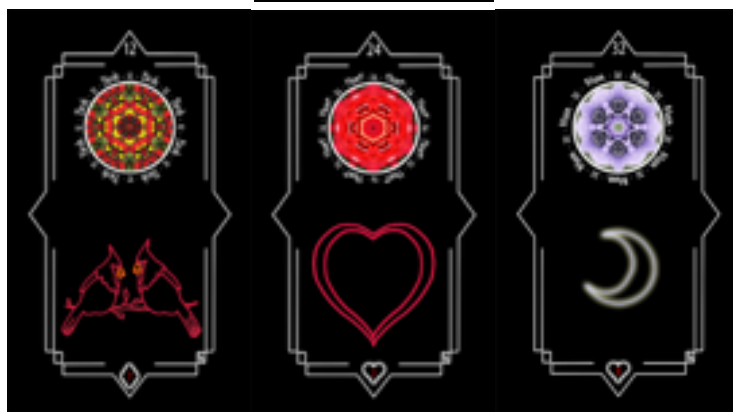


Shuffling and drawing cards as well as various layouts and spreads can be learned from the websites and books recommended in this guide. Many variations are beautifully detailed by Rana George in her quintessential, easy-to-understand book, '**The Essential Lenormand.**'

http://pdffreeownload.blogspot.com/2012/12/pdf-essential-lenormand-your-guide-to_16.html

As a starting point, it is useful to know that layouts can be done with a significator cards or without. A 'significator' is a pre-selected card laid down as a focal point for the reading. This could be a 'Man', 'Woman' or 'Child' or another card relevant to the question being asked. For example, '**Tree**' could be used for health, '**Fish**' for resources or finance and '**Heart**' for romance. Having selected the significator, shuffle the rest of the deck and draw your cards. Again there are many ways of doing this.

One method I enjoy is looking at the number on the significator card – for example, if asking about a child, lay down card 13 'Child' At the top of the spread, and then count to the 13th card and lay that down— if that is 'Birds' (card 12) lay that card down and next select the 12th card; if that is 'Heart' (card 24) lay it down and count to the 24th card which may be 'Moon.' If wanting to read 5 or 7 cards, proceed in the same manner until you have the desired numbers of cards with which to work.



Other readers prefer to keep all options open and do not use a significator. As they carefully phrase their question, they shuffle and select the cards for example, by cutting the deck into 3 piles, and choosing the pile from which to deal the desired number of cards—3, 5 or 7 which are laid down, face up. If wanting more information about the question being asked, you can continue to draw extra cards, keeping the question in focus. As a beginner, it is suggested that first we learn to read pairs before trying to proceed to 3/ 5/ 7 card combinations. Once again, Lynn offers daily practices opportunities for reading:

<https://www.facebook.com/groups/prophecycorner>

Experience readers can lay out a Grand Tableau using all 36 cards. This is very detailed and offers more information and possibility that any beginner may want to tackle. An interesting spread to read is Lynn Boyle's Gypsy Spread for 10 cards, which offers an outcome, and three rows of 3 cards each for future, present and past. An example is included on the next page.

Lynn Boyle's Suggested Gypsy Spread

10: Outcome



7



8



9



Future

4



5



6



Present

1



2



3



Past

The Sacred Mandala Lenormand Oracle

Perhaps being named Heather ensured my love for nature and flowers in particular. We love having fresh blooms in our home and we photograph flowers wherever we go - studies of single blooms taken up close, or massed beds and hanging flower baskets that provide a blaze of color. From these photos, over several years, I have been creating kaleidoscopic mandalas that are endlessly fascinating to make as there is no way of knowing what the final image will look like.

<http://www.wordartist.com/mandalas.html>

http://sacredfemininekabbalah.com/?page_id=94

When thinking about creating a Lenormand deck, it was immediately clear to me what decorative element I would use for the cards, knowing I wanted to create something that was easy to read and uplifting to see.



Simple line drawings of silhouettes make the symbols easy to read; the white border design moves the eye to the adjacent cards. The color used links the mandala and the symbol. The black background of the cards of **The Sacred Mandala Lenormand Oracle** honors the mysteries in our lives: each card is numbered at the top and shows the connection to the playing cards at the base; the kaleidoscopic mandala in some way relates to the specific card's symbol by color, shape or type— for example for Card 30, Lily – I created a design with call

lilies and on a lighter note, feature foxgloves for card 14, Fox. Other connections are more subtle and the flower chosen carries the mood of the card as I read it. The back of each card is embellished with the sacred geometric mandala of Metatron's Cube. Whereas the Lenormand deck includes 36 cards, **The Sacred Mandala Lenormand Oracle** offers 4 additional cards, specifically included for enhancing reading options.

Using Lenormand is fun and at the same time, touches on the mysterious in powerful ways that I honor and respect. I hope that using these cards will help you develop your own intuitive abilities so that you can enjoy the synchronicities and serendipities that are all around us and we expand and evolve consciousness on this planet.

Heather Mendel
October, 2014

Please visit my websites and enjoy my art galleries. For all my books, decks, artwork and more, please visit my online store.

www.sacredfemininekabbalah.com

where you can download a free 8.5 x11 expanded color illustrated version of this guide.

Additional websites:

www.heathermendel.com

www.wordartist.com

Earlier Books:

Towards Freedom: a feminist haggadah for men and women

Dancing In The Footsteps of Eve: retrieving the gift of The Sacred Feminine

The Syzygy Oracle: Transformational Tarot and The Tree of Life

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We will welcome your participation