

“Learning Lenormand” Activities

Biographical Readings:

Pick a celebrity or historical figure. Find an image of them, and just focus on the image for a bit. Don't do any research yet, but make sure you are focused on them. Now take your Lenormand deck and pull the man or woman card. Next, shuffle the cards, keeping your focus person in mind. Ask the cards to tell you about this person.

When you feel ready, pull out 8 cards, (plus the M/W card) and lay them out in the 3×3 format with your M/W card in the center. Follow the step-by-step guide to the 9 card spread to build up the full picture. If you chose a dead historical figure, they obviously don't have a present or future. In that case, rather than past-present-future, take the first column as their background, the middle as the point in time they're most famous for, and the future for what happened to them in the end.

After you have completed your reading, do a little biographical research and see how accurate the reading was.

Daily Draw 1:

This is a nice, simple exercise you can do in the morning while sipping your cup of coffee or eating your breakfast.

Pick 1-3 cards about your day that lies ahead. Journal about what you think they mean. Be on the lookout throughout the day to see how the cards come about.

You can also try this Lenormand exercise in the evening to see what the cards have to say about the day you had.

Daily Draw 2:

In the morning, pull a card to represent what you need to know for the day. At night, pull a card for what you need to understand from the experiences of that day.

Doing this will help you connect to your Lenormand cards in a deeper way. Be sure to journal how close the cards came to reading your day.

Guidance on Everyday Choices

Why not use your cards when you just can make a decision? Here are a few suggested times to ask the cards what you should do:

- Food/meal suggestions
- Date day activities
- Next book to read
- How to spend your day of relaxation
- Outfit options
- Gift shopping (yes, even on gifts for yourself)

The options are endless on letting your Lenormand cards guide your day-to-day experiences!

Modified Bibliomancy

Bibliomancy is a traditional divination technique where you ask a question and open a book randomly to find your answer.

You can apply bibliomancy to Lenormand by turning it into an exercise where you spread the cards out in front of you, ask your question, and pick a card at random. Write down your question, the card you drew, and your interpretation in your Lenormand journal.

Feel free to add more cards to practice reading Lenormand combinations or different Lenormand spreads.

Watch TV with Lenormand

Use Lenormand cards to ask questions about TV shows, such as 'What should I binge watch this weekend?' or 'What should I add to my TV watching schedule this season?'

- The Tower could be "Law & Order".
- The Coffin could be "Game of Thrones".
- The Man/Woman could be the "Bachelor" or the "Bachelorette" respectively.
- The Book could be Harry Potter movies.