

# 72 SHEM ANGELS LENORMAND PRINTABLE INSTRUCTIONS

NOTE: these instructions are for use with the printable PDF [“Angels with Tarot, Lenormand, Oracle Cards + Astrology Cheatsheet and Workbook”](#) for sale at my “Spiritsaid Style” Etsy store for \$4.95.

That document includes a list of the 72 Shem Angels and all of their Tarot, Lenormand, and astrological correspondences as well as two maps for using Lenormand houses and Angel houses to see angelic help.

However, all of the information you need to connect Tarot and Astrology to Angels is available on the internet, just on a variety of websites. So feel free to do your own research. (Connecting angels to Lenormand cards is my own work, so you'll have to check out PDF or FREE class video for that!)

## HOW TO USE LENORMAND HOUSES WITH 72 SHEM ANGELS

1. Lay out 36 Lenormand, Tarot, or oracle cards in the Lenormand House pattern.
2. Consult the Lenormand House map and turn over one or more cards related to your target life area(s).
3. Interpret that location's card as a message about what to ask the angel for or to implement.
4. Go to that house number in the list. Ask the first listed angel for anything that you want to increase, and the second listed angel for anything you want to decrease. (Consult the instructions at the end of PDF.)
5. Optional: use any other Lenormand House or Grand Tableau techniques including connections, knighting, and diagonals to understand how those angels and energies work together in the reading.

## HOW TO USE THE ANGEL HOUSES

1. Lay out 36 Tarot, Lenormand, or oracle cards in the Angel House pattern.
2. Turn over all of the cards, and look for the location of the ones that represent the life area you are targeting, or just see which card or cards catch your eye.
3. Ask the angel associated with the space that card occupies for help. Consult the first angel if you are trying to increase something in that life area and the second angel if you are trying to decrease something in that life area.
4. If you decide to work with more than one card, you can use any set of Lenormand House or Grand Tableau techniques (e.g. knighting, diagonals, intersections) to understand how those energies work together. (Check out [this FREE Lenormand class](#) for some examples.)

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## SIX OTHER WAYS TO CHOOSE AN ANGEL

Note: you can pick a different angel for a different topic every time, choose a specific angel to build an ongoing relationship with for all your requests, or some combination of both - trust your intuition.

If you don't want to use the Lenormand Houses technique or lay out 36 cards, try any of the following:

### SUPER SIMPLE METHOD

1. Shuffle and pull a Tarot or Lenormand card.
2. Look up that card in the correspondence table.
3. Ask the associated angel for help.

### FOR HELP WITH A GENERAL LIFE AREA (BUSINESS, HEALTH, OR COMMUNICATION)

1. Go to the Lenormand card that covers that topic.
2. Pick the first angel if you want to increase something in that life area.
3. Pick the second angel if you want to decrease something.

*For example, if you wanted help with your writing ability you might pick #27 Letter. To overcome writer's block and write more (increases), you would work with the first angel, Nanael. To become less wordy or narrow your focus to a single topic (decreases), you might work with the second, Nithael.*

### FOR HELP WITH SOMETHING VERY SPECIFIC (A LAWSUIT, PHYSICS CLASS, FISHING)

1. Read through the specific domains covered by each angel and choose one that rules your specific area.

*For example, if you want to increase your visibility as an artist, you might work with angel #6 Lelahel "Praiseworthy" who enhances public recognition and material prosperity and assists artists in society.*

### FOR HELP WITH PERSONAL QUALITIES (EMOTIONS ENERGY, OR RELATIONSHIPS)

1. Create a copy of your birth chart at [astro.com](http://astro.com) or [astro-see.com](http://astro-see.com) - if you don't already have one.
2. Find the planet who rules that specific life area.
3. Write down the sign that planet is in, and note the number next to it, which gives you the degree. (These should be written in a table to the right at the bottom of the chart, depending on which site you've used.)
4. Find that sign and degree range in this list's astrological correspondences to discover the angel who covers your planet's placement.

*For example, if I wanted to improve my relationship with my husband, I would choose the planet Venus, who governs relationships. In my natal chart, Venus is at 8° Leo, so I would work with the angel #8 Cahetel*

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*“Adored” who covers that place in the zodiac (Note, it's a complete coincidence that angel #8 just happens to cover 8°. That probably won't happen in your chart!)*

**NOTE:** *If I didn't want to use astrology, I would just work with an angel whose domain includes relationships, love, or marriage.*

### FINDING THE ANGEL OF A MOMENT IN TIME

#### THE MOMENT YOU'RE ASKING THE QUESTION

(e.g. I need help right now because I'm emotionally overwhelmed or about to have a challenging conversation)

1. Use this link or go to [astro.com](http://astro.com) - free astrology - current planets.
2. Write down the sign the moon is in, and note the number next to it, which gives you the degree.

#### A FUTURE OR PAST MOMENT

(e.g a big presentation next week or last year's accident or trauma you're healing from)

1. Go to [astro.com](http://astro.com) or [astro-seek.com](http://astro-seek.com).
2. Type the date, location, and the time into the natal chart calculator (if you don't know the time, you can estimate it or just use noon.)
3. Identify the degree and sign of the Moon.
4. Find that sign + degree range in the astrological correspondences to identify the angel of the moment.

### SUPER, DUPER SIMPLE METHOD WHEN EVERYTHING ELSE SEEMS LIKE TOO MUCH!

If all that seems too complicated (or you're lying in bed unable to fall asleep, and you don't want to do anything more than the bare minimum),

1. Ask for the angel who governs any area you are interested in.
2. Make your request.

As nice as it is to have a name and all the details, a request like, *“Angel who governs peace and tranquility, please help me fall asleep and stop worrying about tomorrow's meeting”* can be highly effective. Just do your part by trusting that help is being given. Try to relax and calm yourself as much as you can to accept angelic assistance. One advantage of working with emanations of divine love is they are always willing to help!

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## FIVE-STEP METHOD FOR GETTING HELP

Any request for angelic assistance is better than no request; however, these steps can maximize your benefit.

### STEP 1: FIGURE OUT WHICH ANGEL YOU WANT TO WORK WITH

- Use a Lenormand house spread
- Pull a single Tarot or Lenormand card
- Choose an angel based on the sign and degrees of a planet in your natal astrology chart
- Choose an angel based on the sign and degrees of the moon at the time you want help with
- Read the list of Lenormand cards meanings to find angels for the general area you want to target
- Read through the list of angels to find which one covers the specific domain where you want help

### STEP 2: GROUND OR CENTER YOURSELF

Create the most positive emotional state you can to facilitate connection and healing. (It's fine if you're in tears, furious, or navigating the depths of despair.)

- As much as you can, breathe evenly and try to call me yourself.
- Use any grounding or centering practices (e.g. meditation, visualization, breath work, or connecting with nature) that work for you.
- Reach out and connect with angelic energy to the best of your ability.
- If you don't feel anything, don't worry - just visualize the assistance all around you.

### STEP 3: SUBMIT A TWO-PART REQUEST FOR HELP

PART 1: ASK FOR WHATEVER OUTCOME YOU WANT IN THE PHYSICAL WORLD

PART 2: ASK FOR A RELATED PERSONAL GROWTH OR SPIRITUAL PATH OUTCOME

- 1) *I want to get along better with my romantic partner.*
- 2) *Please help me be aware of when I'm being triggered so I don't take it out on her.*

- 1) *I want help developing good ideas for my work presentation.*
- 2) *Please help me have more faith in my ability to come up with something good.*

- 1) *I need guidance about whether moving is the best thing for my spiritual path.*
- 2) *Please help me overcome my fear of change so I can embrace the signs given to me.*

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Although it's fine to ask for physical-world outcomes, it's hard to know whether they are always for our highest good. Including a personal growth element ensures angelic support and minimizes the chance of falling into a "Please save me by doing all the work" request.

Feel free to talk a lot as long as you're not talking yourself into feeling worse. It's okay if it takes a long time. Angels are good listeners, you can vent as long as your goal is to find resolution and not just complain (a little complaining is okay!)

### STEP 4: SPEND TIME SENSING ANGELIC HELP AND FEELING BETTER

- Take time in stillness to tune in to your emotional and physical sensations.
- Resolve to stop worrying about how or when this angelic help will arrive.
- Experience the physical and emotional benefits of having asked for help.
- Sense improvement right away from your divine love connection.

### STEP 5: AS YOU MOVE THROUGH YOUR DAY, BE ALERT FOR THE HELP AS IT ARRIVES

Look for signs, emotional or physical sensations, energy changes in you or someone else, unexpected opportunities, repeating numbers on license plates, inspiring songs, an encouraging phone call or message.

**For psychological reasons, it's vital to notice and celebrate every small improvement or positive step.**

- Write a note.
- Take a moment to stop and say "thank you" out loud to the angel you asked for help.
- Write it down in your gratitude journal.
- Put a sticky note on your bathroom mirror or refrigerator.
- Text a friend to tell them the good news, no matter how small.
- Remind yourself that things are getting better.

**Resist the temptation to say that it was a coincidence because your big ask hasn't come true yet.**

Recognizing and celebrating small progress improves your mindset so that you will be able to capitalize on the growth you've achieved and not slip back into a despairing, frustrated, or sour state.

Be grateful for whatever help the angel gives you and build on that. Don't decide that you won't believe that it worked unless a certain set of standards are met.

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## OTHER WAYS TO WORK WITH ANGELS USING THIS LIST

**When you do a Tarot, Lenormand, or oracle reading**, ask the angels associated with the cards that come up for help in implementing the reading's message or advice.

**Consult angels for advice** – ask for their perspective. Ask them to help you understand someone else's perspective.

**Use the initials to create a sigil or other artwork** using Western initials (read from left to right or Hebrew initials (right to left).

**Draw angelic initials** in the sand at the beach, in the dirt at the park, on a piece of paper that you carry around in your bag, or spell them out in bird seed on the deck railing and let the birds carry them away.

### **What to do with Tarot Major Arcana, Court Cards, and Aces?**

These cards are not traditionally associated with the 72 Shem Angels (the math of associating 72 angels with all 78 Tarot cards isn't as neat as associating them with the 36 pip cards - not counting the Aces, or in some systems the 10s). Using Lenormand houses, you can work with the angel of that house, no matter what tarot card comes up. But if I'm pulling an individual card to choose an angel, I simply redraw until a pip card comes up.

Some systems associate the Ace of Pentacles with the Uriel, the Ace of Cups with Gabriel, The Ace of Wands with Michael, and the Ace of Swords with Raphael. But to be clear, those are not in the 72 Shem Angels list.

### NOTES ON THIS DOCUMENT

In the Tarot correspondences, the letter U means "Upright," and the letter R is "Reversed."

For more information and FAQs, and the angels' origin story, consult this blog post on my website.

**BONUS FREEBIES:** Check out the "Free Resources" page of my website [www.spiritsaid.com](http://www.spiritsaid.com) for an expanded version of this instructional page and a 1-hour recorded class!

**NOTE:** Hebrew initials read right to left.

The angel name spellings vary in different sources, due to Hebrew-English vocal differences - they all work!

Of the four ways of associating the Shem angels with astrology quincunxes (5 degree segments) and Tarot cards, I have chosen medium complexity and wide acceptance, associating them by element in zodiacal order - fire, earth, air, water. However, if your research uncovers another association you like, feel free to experiment.

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I consulted approximately 15 sources (websites+books+videos) to create a single PDF with the angel names, initials, domains, and correspondences to Tarot, Lenormand, and astrology. I have not found any example associating the Shem angels with Lenormand cards, so that represents my original work. Thus, this document is copyrighted. Please do not share without my permission. If your friends want a copy, please direct them to my Etsy site to purchase one of their own!

I teach regular Tarot, Lenormand, and Angel work classes at my Spiritsaid Style Meetup Group (<https://www.meetup.com/spiritsaid-style/>). If you'd like to pursue this more, I hope to see you there.

Thank you for pursuing angel work! I believe you will find it richly rewarding as it has been for me. If you have any thoughts, questions, or feedback, please contact me through my website [www.spiritsaid.com](http://www.spiritsaid.com). Happy angeling! Thanks, Robin