

Quarterly Subscription

Lori Anne Spilman

Scripted by the Moon:

rewriting the nervous system narrative with trauma informed tarot.

WELCOME

◆ Scripted by the Moon Subscription ◆

Your timeless delivery of lunar wisdom—straight to your mailbox (well, your inbox).

Are you someone who remembers flipping through the newspaper for your daily horoscope—curious about what the stars had to say?

Do you find yourself drawn to tarot, sensing there's something deeper it can reveal about your own inner journey?

This subscription brings that same feeling of anticipation and discovery—only with more depth, more reflection, and more healing.



◆ A Message from the Creator ◆

Hi, I'm Lori Anne—creator of Scripted by the Moon.

This offering was born from my own love of the written word, the rhythm of the moon, and the healing wisdom of tarot. I've walked with these practices not as quick answers, but as companions—guides that help me slow down, reflect, and listen to my own energy.

I write each message through a trauma-informed, nervous system lens because I believe healing is not about labels or pathologizing—it's about remembering our wholeness, one reflection at a time. Scripted by the Moon is my way of sharing that practice with you. Think of each delivery as a small letter from the moon—arriving steadily, asking you to pause, breathe, and write your own story alongside it.

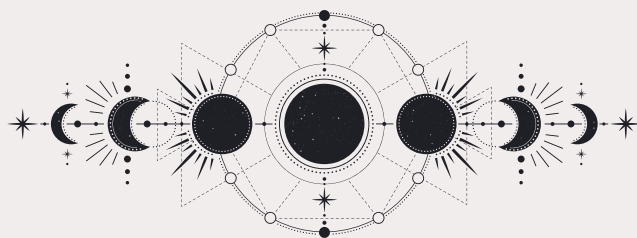
Thank you for inviting me into your practice. May these reflections help you discover the magic that's always been within you.

With lunar warmth,
Lori Anne

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SEPT

Welcome

2025



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What You'll Receive

- ✦ Quarterly Subscription – Commit to a 3-month season of lunar guidance.
- ✦ PDF Tarot Messages – Every 2–3 days, as the moon shifts signs, you'll receive a written tarot reflection tailored to that lunar energy.
- ✦ Trauma-Informed Language – Each message is written through a nervous system lens—helping you understand emotional patterns and pathways of healing.
- ✦ Guided Journal Prompts – Every delivery includes reflective questions, inviting you to track your growth and deepen your practice.
- ✦ Steady Rhythm – Messages arrive like an old-fashioned newspaper drop—reliable, comforting, and always right on time.



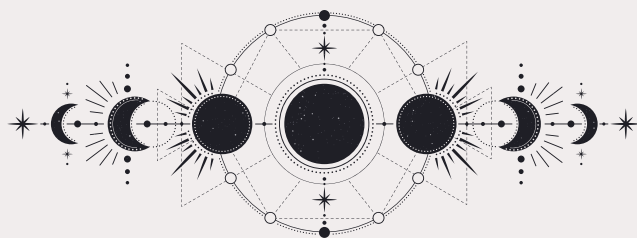
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Self-Care Check In:

- 🌙 Put Yourself First
 - Before opening each message, pause and take a breath. Remind yourself: this moment is mine.
- 🌿 Connect with the Elements
 - Notice the element that emerges in the reflection. Light a candle for Fire, drink water for Water, breathe deeply for Air, or ground your feet to Earth.
- 📖 Journal With Pen to Paper
 - Keep a dedicated notebook for your lunar reflections. Write, underline, doodle—whatever helps you make the message your own.
- 🎭 Pair With Your Own Tarot
 - After reading, pull a card or two from your own deck. Ask: How does this message live in me today?
- 🕒 Honor the Rhythm
 - The moon moves every 2–3 days. Let this be your reminder that growth is steady, not rushed.
- ✦ Create Your Ritual
 - Maybe it's tea, maybe it's the night sky, maybe it's quiet time in your favorite chair. Pair your lunar readings with a ritual that makes the practice yours.



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TIPS ON RECEIVING MESSAGE:

🌙 Welcome to Scripted by the Moon

I'm so grateful you're here. This subscription is a space where I read tarot through a trauma-informed lens—honoring the language of the nervous system, the wisdom of the elements, and the balance of Divine Feminine and Divine Masculine energies. Each lunar cycle—New, Waxing, Full, and Waning—I offer you a story created as a tool for lunar healing. These stories are more than card readings—they're pathways into your own healing, reflection, and empowerment.

Each session begins with a pre-pulled spread of fifteen cards drawn from three decks—Light Seers, Curious Creatures by Chris-Anne, and Disney Villains. I guide the cards with five carefully crafted questions, aligned with the energy of the moon's current sign and phase. What I share with you is the story that emerges—the way the cards weave together to reflect survival patterns, nervous system wisdom, and the potential for transformation.

In this work, Divine Feminine and Divine Masculine are not gendered, but energetic forces within us all. They are the dance of intuition and action, receptivity and direction, stored in both body and psyche. At times I may use “she” or “he” as shorthand, but always as archetypal energies—not as fixed identities.

As you receive these messages, I invite you to make them part of your ritual. Slow down. Light a candle. Pull your own cards alongside mine if you feel called, or simply let the journal prompts open new doorways of self-reflection. Write by hand when you can—the power of pen to paper anchors wisdom into the body and turns insight into lived truth. Whether you engage with the full story or just one question, you are stepping into a rhythm of empowerment: walking with the moon, reclaiming your voice, and tending your own becoming.

Welcome—this is your space for lunar healing. 🌑🌒🌓🌔

