

Scripted by the Moon:

rewriting the nervous system narrative with trauma informed tarot.

WAXING MOON IN VIRGO

About this Moon:

A waxing moon in Virgo is an ideal time for detailed planning, organization, and setting specific, grounded intentions to support growth and healing. This period emphasizes practical action, refining goals, and establishing healthy routines. It's a time to focus on the details, cleanse your space and self, and work with herbs or journaling to manifest your intentions.



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AUG

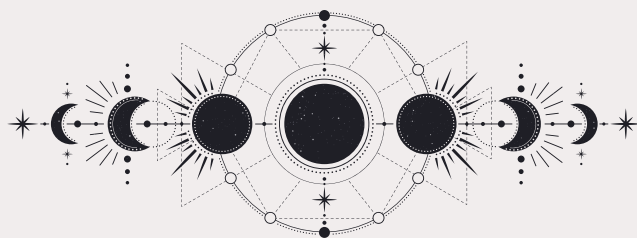
Welcome

2025

● Supplies You May Want to Have on Hand

- Journal + Pen — The power of written words deepens reflection and integration.
- Tarot or Oracle Deck (optional) — Pull cards alongside the session to mirror your own inner story.
- Quiet Space / Candle / Comfort Item — Create a ritual space that feels safe and grounding.
- Printed or Digital Questions — Keep the lunar reflection prompts close for journaling.
- Open Heart + Willingness to Pause — Your presence is the most important tool.

✨ Remember: you don't need every supply. Reflection begins with simply showing up.



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Here are 5 questions you could use for reflection or a tarot spread during this phase:

1. What practical actions can I take now to support my personal growth?
2. Where in my life could I benefit from more organization or clarity?
3. What habits or routines would help me align with my highest potential?
4. How can I approach challenges with discernment and grounded focus?
5. What details or aspects of myself am I ready to refine or improve?



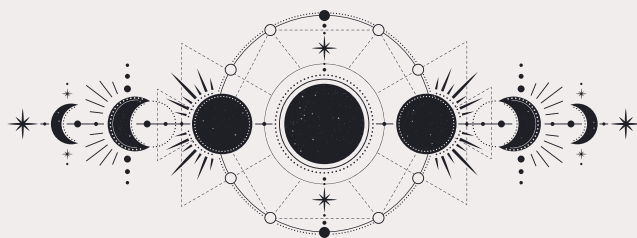
Today's Major Arcanas:

- The Tower: Disruptor/destructive, often feels sudden, but is liberating. Breaking old structures, limiting beliefs. (Aries)
- Wheel of Fortune: Fate Weaver as she is associated with 4 fixed signs. (Taurus, Leo, Scorpio, and Aquarius)
- Justice: alignment, accountability, ethical clarity. (Libra)
- The World: Integration. Completion. Fulfilled. (Capricorn)
- The Hermit: Reflective guide. Wisdom. Seeks Solitude. (Virgo)
- Judgement: awakening, integration, reckoning with past choices. (Scorpio)

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TODAY'S LUNAR MESSAGE:

🌙 Welcome to Scripted by the Moon

The tower feels like the necessary rapture — allowing what no longer serves to fall away to create space for new. What follows is a cycle-turning cascade: Wheel of Fortune and Judgement pairing with a strong presence of Wheel of Fortune. The shapeshifter/fate weaver (Wheel of Fortune) showed their presence twice, the integration of the DF (Divine Feminine) and DM (Divine Masculine) is the turning point, the destiny turning.

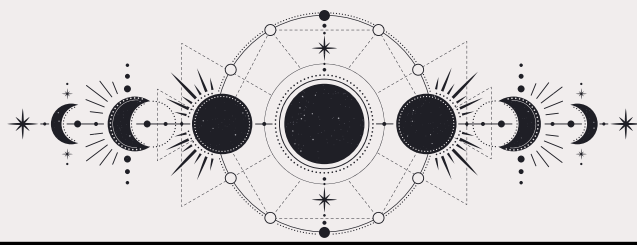
Double affirmation of the Wheel of Fortune signifies that change is not random but karmic, part of a larger spiral of return and review. The soul contract for past Judgment is complete. A new cycle of soul contracts are emerging through natural law (Justice), integrated/healed fawn response (The World), and presence of DF grounded care (Hermit). The Hermit/Virgo is gearing up to retreat after so much movement, taking a quiet step inward, where wisdom consolidates.

The turning point (the wheel) arrives when mastery is emerging with the DF emotional flow (King of Cups) and logical movement, healed flight from turbulence (6 of swords). The lunar healing actions of the past continue to support the Shapeshifter's personal growth.

Divine disruption (Tower) is what the shapeshifter/fateweaver (The Wheel) need to bring embrace knowing that reorganization in their life is needed. It is with wisdom knowing the DM transformation & clarity of mind needs the presence of DF grounded care & emotional flow. The nervous system is finally ready to embrace living like an Artisan (8 of pentacles) living in harmony is the emergence of internal strength (2 of cups).

With wisdom and mastery skills, healed flight, the shapeshifter continues to grow in strength (King of Swords). The DM clarity of mind is supported by the thawing of the DF freeze trauma response. During moments of emotional stagnation (4 of cups), the DM's energy continues to embrace the movement towards peace and satisfaction. (9 of cups).





Quarterly Subscription

Lori Anne Spilman

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TODAY'S LUNAR MESSAGE:

The guiding presence of abundance (King of Pentacles) continues to connect to the nervous systems ability to expand its Window of Tolerance. This energetic shift is possible as the Shapeshifter/Fate Weaver (Wheel of Fortune) begins a turning point.

A new beginning. (Ace of Wands).

Transformation is occurring for the DF as integration work continues (The World) knowing life meant to move in seasons. Cycles. Repeating the natural flow of growth and death, the emergence of new after the destruction of the old.

The Shape Shifter / Fate Weaver — embodied in the Wheel of Fortune — carries the wisdom and energy of the three kings: Cups, Swords, and Pentacles.

As this energy moves through the nervous system, we witness a profound shift: reactive responses are softening into healed states of freeze, flight, and fawning.

The Shape Shifter is strengthening the nervous system, supporting healed flight and the free flow of emotion, allowing us to navigate change with clarity, resilience, and aligned presence.

The Shapeshifter / Fate Weaver knows that to shift from the Awakened Observer (Judgement) means embracing natural law (Justice) while being the reflective guide (The Hermit).

