

Scripted by the Moon:

rewriting the nervous system narrative with trauma informed tarot.

WAXING MOON IN LIBRA

Here are 5 reflective practice questions for the waxing crescent moon in Libra:

1. Where in my life am I being called to restore balance?
2. What does fairness mean to me in my current relationships or commitments?
3. How can I honor both my needs and the needs of others without losing equilibrium?
4. In what ways can I invite more beauty, harmony, or grace into my daily environment?
5. What seeds of truth and justice am I ready to plant and nurture at this time?

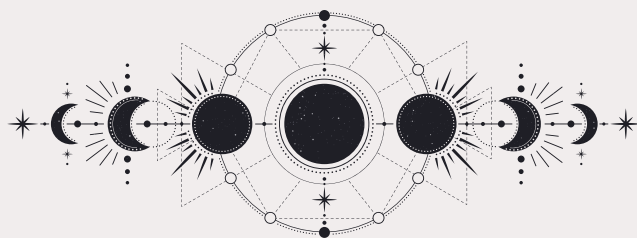


25,
26,
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AUG

2025

Spiritual Numbers Message:

4444 is a powerful message: "Stay disciplined, build strong foundations, and trust that divine support surrounds you as you manifest your path with both practical effort and spiritual alignment."



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What is Elemental Somatic Work?



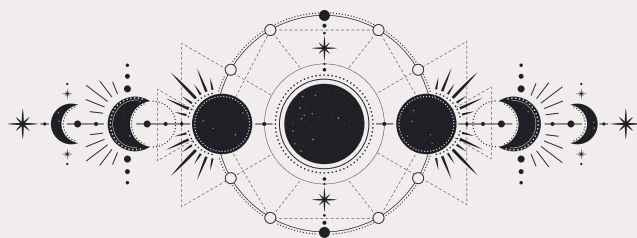
Elemental somatic work invites the body into rhythm with the elements that flow through both the cosmos and the nervous system. Each element connects us to a way of moving, breathing, and processing — bringing awareness to where energy is flowing freely and where it may feel stuck.

You can approach this practice in different ways, depending on what feels most supportive:

1. Breathwork — Use intentional breathing patterns to embody the element.
 - Air → balanced, spacious inhales + exhales
 - Fire → dynamic, energizing breath (like bellows)
 - Water → fluid, wave-like inhales/exhales
 - Earth → slow, grounded breaths with pauses
2. Movement Practices — Let your body move with the quality of the element.
 - Air → light sways, stretches, or opening the chest
 - Fire → rhythmic shaking, pulsing, or energizing movements
 - Water → flowing, circular movements of spine and hips
 - Earth → stillness, grounding postures, heavy-footed steps
3. Ritual Integration — Anchor the element in your space.
 - Air → fresh air, incense, feathers
 - Fire → candle, warmth, sun
 - Water → bowl of water, tea, bath
 - Earth → stones, soil, grounding outdoors

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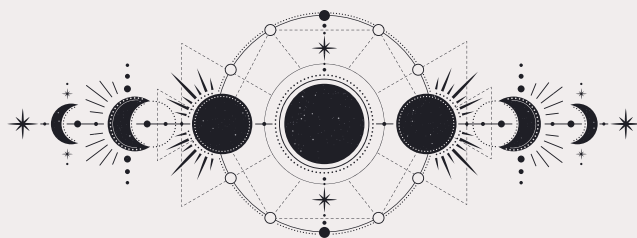


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TODAY'S LUNAR MESSAGE:

🌙 Welcome to Scripted by the Moon

Under this waxing crescent moon in Libra, it's all about making aligned choices (Lovers) with discipline and self-mastery (Chariot and Emperor), while trusting guidance, hope, and timing (Star and Wheel of Fortune). There is an energy of co-creating / fate weaving (Wheel of Fortune) knowing that you have the tools, clarity, and authority to steer the Chariot, the integration work of the nervous systems, both the Divine Feminine (DF) and Divine Masculine (DM) are both learning and embracing life, the elements that allow us to move in alignment with the cycles/rhythms/seasons.

The fateweaver (Justice) has a strong presence in this reading, they arrive mid-point signifying a shift is in the air. They remind our nervous system (4444) of the importance of safety/foundation in our environments (Maslow's hierarchy of needs), The current energy is a time for pause and embracing the DM/left brain/logical brain needs for being a restful thinker.

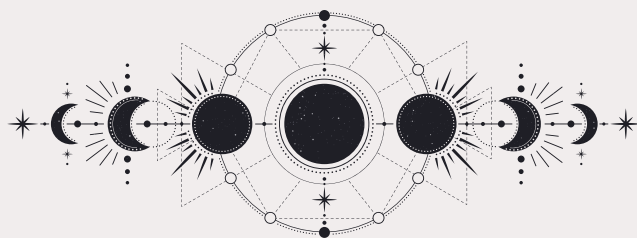
The energies of the DF/DM in the arrive of the Chariot signifies movement, healed freeze, through intentional flight. Knowing that in order to restore balance in one's life, is by turning inward, and grabbing the keys of life (5 of Pentacles). The Nervous System is embracing this new dance, this new rhythm, expanding its window of tolerance with conscious movement / conscious living.

The power of 444 emerged in this reading with back to back pulls in the rhythm of:

- 4 of Swords / Air / Flight*
- 4 The Emperor / Fire / Fight
- 4 of Swords / Air / Flight*
- 4 of Cups / Water / Freeze

*Highlighting the need of the restful thinker, the DM/logical brain need for restful thinking, reflective pause, and recovery.





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The DM/logical brain is slowly understanding the importance of the missing piece in the presence of DF healed fawning response through grounded care for self. The DF is modelling for the DM that the nervous system can only expand when she honors her own need for grounded care, healed fawning.

The fateweaver (Justice) arrives mid-point highlighting the need for balance in nervous system healing. As a fixed sign, Justice:

- Taurus / Pentacles / Fawn
- Leo / Wands / Fire
- Scorpio / Cups / Freeze
- Aquarius / Swords / Flight

They are showing both the energies of the DM and DF the presence of all 4 elements:

- Taurus / Earth
- Leo / Fire
- Scorpio / Water
- Aquarius / Air

The fateweaver (Justice) reminds both the energies of the DM and DF the importance of movement/somatic work as a tool to expand the nervous systems window of tolerance through the presence of forward thinking and travel (6 of Swords).

The DF's nervous system is ready to receive more harmony, grace, and beauty in her daily environments. The integration work she has done with her ability to process emotions and her reflective nature (2 of Cups), honoring her need to release grief (5 of cups) attached to old stories/narratives. It is with the DM logical brain and assertive nature that she is after to do the integration work. (Knight of Swords)

The seeds planted this fall with relational consciousness and connection (Lovers), along with planning and patience (7 of pentacles) paired with embracing DF need to dream, create, visualize environments that support her nervous system.

