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# Scripted by the Moon:

rewriting the nervous system narrative with trauma informed tarot.

## FIRST QUARTER MOON IN PISCES



### Journal Prompts:

- Where in my life am I being asked to surrender, acknowledge the suspension between the old and the new?
- What old belief system, trauma story or narrative theme is being revealed when I feel “stuck,”?
- How is my body communicating a need for pause, stillness, or spaciousness?
- What part of my trauma blueprint feels activated?
- What gentle shift, transition from old to new can assist in loosening that loop?

The sacred pause is where transformation begins: the shift from automatic survival to intentional living, from looping the old to gently welcoming the new.

28 to  
29

NOV

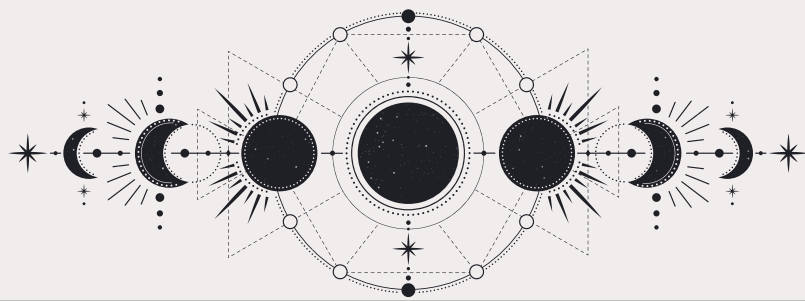
2025

### Pisces Moon: Sacred Pause before expansion

In Tarot, The Hanged Man doesn't ask you to force change. Instead, he turns the world upside down, offering a new angle on the same story. A time to surrender, combined with the lunar energy of Pisces, this becomes a two-day invitation to observe rather than react. Notice where your body slips into suspension (tight shoulders, held breath, a sense of waiting) and let that become an opening instead of a barrier. The sacred pause is not the absence of movement; it's the space where new meaning can form. By allowing yourself to surrender, to breathe into the stillness, and to gently question the perspective you've been carrying, you begin to interrupt the old loop.

#### This moon shift invites you to:

- Take action through attunement: Rather than pushing, listen inward. Your next step is often felt before it's known.
- Make decisions from the body, not the pressure: Pause. Feel. Let your emotional tides inform the most compassionate next move.
- Build momentum through micro-movements: Tiny shifts hold just as much power as bold leaps.



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As the moon shifts into Pisces on the 28th and 29th, the energy moves from Aquarius' need for clarity to a softer, more fluid landscape. Pisces, a water sign, brings the nervous system into the realm of freeze not as collapse, but as a sacred pause. After three days of mental spaciousness and future-oriented visioning in Aquarius, you may now feel the impulse to slow down, float, or suspend yourself between what was and what's emerging.

The First Quarter Moon is the phase of activation, where the intentions you set at the New Moon in Scorpio begin to take form. This is the moment where challenges arise not to block you, but to help you clarify your direction. It's where you choose, adjust, and take aligned action.

Let the pause  
become  
the medicine.

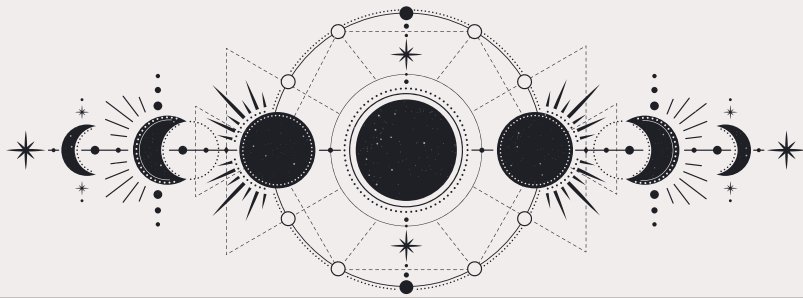
### Pisces Reflections: Transformation, Integration, and Inner Alignment

When Major Arcana cards repeat over several days (as with the Sun and Lovers, Fire and Air) it's a signal to pay extra attention. Your nervous system may be suspended between old patterns (fight/fire or flight/air) and new neural pathways (creativity, intentional movement) are inviting you to notice, feel, and integrate this message more deeply.

- Tower — Sudden shifts, endings, or revelations. Your nervous system is being invited to notice where it has been bracing or over-controlled.
- Strength — Courage, inner power, and embodied resilience: ground in your body, soften your boundaries where possible, and assert your inner power from presence rather than force.
- Hanged Man — Perspective, surrender, and nervous-system attunement. Old patterns vs. new pathways.
- Sun — Clarity, vitality, and alignment. Repeating from the Capricorn Moon, the Sun signals that the outcome of these shifts is renewed confidence, energy, and clarity of purpose, your system is learning to feel safe enough to shine.
- Lovers — Choice, alignment, and conscious connection. Also repeating from the Capricorn Moon, Lovers emphasizes decisions made from integrity, heart, and embodied awareness rather than fear or habit.

(Sun and Lovers repeats {(Capricorn/Earth/Fawn Moon, on Nov 23-24)}





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## SOMATIC TIPS:

### CONNECTION WITH WATER ELEMENT

#### Purpose:

To use simple daily interactions with water as micro-practices that slow the nervous system, invite presence, and deepen your connection to the Water element during the Pisces moon—supporting surrender, softness, and emotional flow. Invite the water element into your day as a nervous system balm by slowing down the ordinary moments where water meets your body.

These micro-moments of mindful connection with water help shift your system from urgency into spaciousness, reminding your body that it is safe to soften, pause, and flow. EXAMPLES:

#### In the shower:

- Explore different temperatures or pressures (warm to cool, gentle to strong) and notice how your skin, breath, and muscles respond.
- Move slowly instead of rushing through the routine; let each step be intentional.

#### In the kitchen:

- wash a few dishes with the same presence, feeling the weight, texture, and warmth of the water as it moves over your hands.

#### In the home:

- When you water your plants, pour slowly and watch the soil receive it.

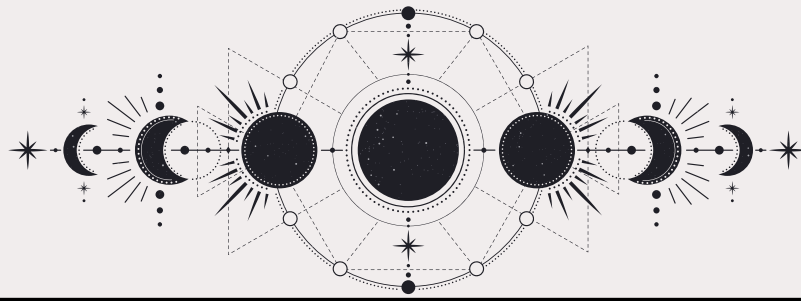


#### Spirituality Lens

Water is the element of intuition, emotion, and purification. When you consciously slow down in the presence of water, you align with its natural rhythm of release and renewal.

#### Neuroscience Lens

Slow, intentional interactions with sensory input regulate the nervous system by shifting you out of urgency-mode and into a parasympathetic state. Varying temperature or pressure in the shower provides gentle sensory contrast, which increases interoception and helps the brain update its safety cues.



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## MESSAGE:

The Divine Feminine is rising from the depths, not through force but through feeling. She is feeling renewed by everything she has allowed herself to release. As we move toward the Full Supermoon in Gemini on December 4th, an air-element moon, flight response.

She is choosing to move with intention.

She is learning to stay with herself rather than scatter.

She is embracing grounded presence rather than rushing through life.

She is reclaiming connection rather than seeking escape.

Her emotions are her compass, her breath is her anchor, and her presence is her power. As she prepares to meet the clarity of the coming Full Super Moon, she is ready to be seen, valued, and heard. Not for what she produces, but for who she is.

She no longer seeks approval outside of herself.

She turns inward. Shifts her perspective. Finally, includes herself in the equation. She honors her nervous system's need for the sacred pause. Letting old patterns surface not to be judged, but to be witnessed.

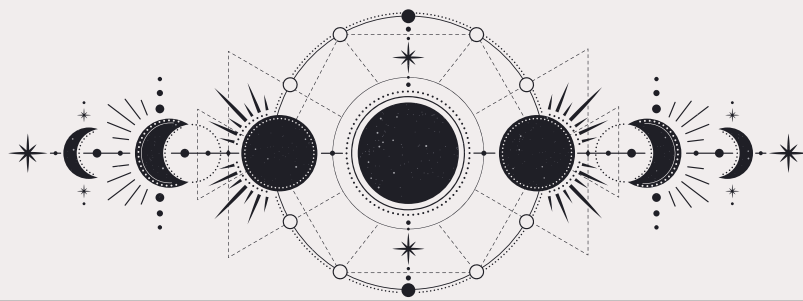
What old patterns that returns, are either ready to loop again or ready to release. She no longer forces outcomes; she allows truth to move through her.

Can a shift in perspective break a trauma blueprint? Yes, but perspective alone is incomplete.

Through repeated moments of pausing, these micro-moments gently loosen the old loop. As she understands her own trauma blueprint loop, she makes room either for her nervous system to replay an old protective story or provide space for a new neuropathway to form. It's the familiar rhythm of tightening, bracing, shutting down, or over-adapting, even when your body is finally safe enough to choose something new.

Healing begins when you can see these loops not as flaws, but as the sacred survival strategies that once kept you alive, and are now ready to be rewritten.

The sacred pause is the opening where the loop can be interrupted—not through force, but through awareness.



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## MESSAGE:

There are moments in life where one learns the power of the pause, surrendering to the new. This is a time where old patterns of fight may be emerging: conflict, chaos in communication. (5 of Wands) The nervous system is returning to what it knows, there is safety in the conflict/chaos.

Yet the energy of the Divine Feminine knows there comes a moment to surrender to the new. By laying down her sword (fight energy), she embodies emotional maturity, compassion, and wisdom. She now flows with the energy of life, with a focus on balance, between logic and feeling. This energy reflects emotional mastery, diplomacy, and graceful navigation of difficult situations. She no longer leans on old patterns of manipulation, control, or selfishness, but instead chooses presence, empathy, and conscious emotional expression. (King of Cups)

This energy is reminding her, that balance and alignment are not only internal, they are practiced in the rhythm of daily life. Clarity, joy, and authenticity shine as guiding lights, while the dance of juggling responsibilities, priorities, and shifting energies asks for awareness and flow. Together, these forces invite her to move with creative, intentional momentum, navigating life with grace while honoring both the light of her purpose and the practical rhythms of her world. (Sun & 2 of Pentacles)

Where in your life are old patterns of conflict or chaos still feeling familiar, and how might you consciously choose presence, empathy, and intentional movement instead of reacting out of habit?

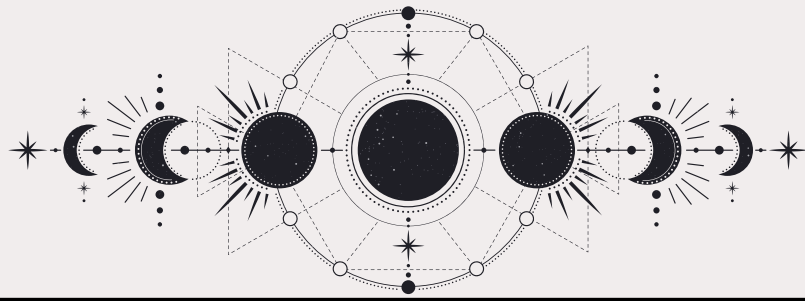
Can you see your trauma blueprint?

Do you notice the loop and the patterns emerging?

With growth and expansion, you are learning to connect with your nervous system differently, no longer reactive, but responsive. This is where your ambition shifts, signaling momentum and foresight after a period of planning. It's a time to take action on ideas, move in a new direction, and embrace opportunities for growth, often involving travel, learning, or broadening your horizons. (3 of Wands)

As you strengthen your nervous system and open to receive, your connection with Divine Feminine energy deepens, and the healed expression of the Divine Masculine begins to emerge. True power reveals itself not through force, but by taming fears and impulses. This energy signifies overcoming challenges with patience, perseverance, and inner calm, moving through life with a gentle yet firm presence.

(Strength)



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## MESSAGE:

You no longer live in the energy of:  
this or that  
right versus wrong  
left versus right

You are learning that life flows between the opposites. No longer the energy of:  
Divine Feminine versus Divine Masculine,  
intuition versus logic, or  
creativity versus reason

You are integrating both. This is where true mastery emerges: wise, rational, and direct, acting from clarity and embodied discernment. (King of Swords)

This is your pivot moment. A conscious choice point.

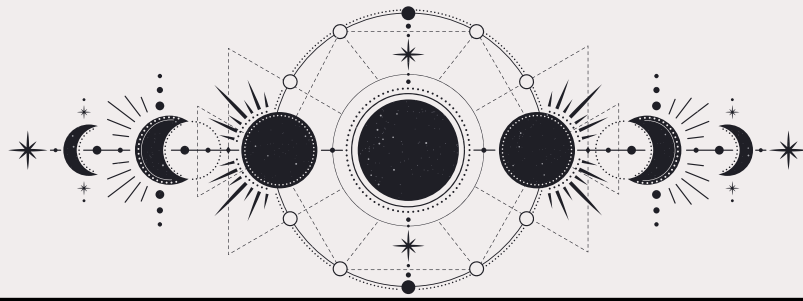
Will you return to old habits, patterns, and limiting beliefs, or will you allow yourself to expand, grow, and feel liberated? (Tower)

As you navigate the fluid movement between Divine Feminine and Divine Masculine, intuition and logic, creativity and reason, your nervous system will seek clarity and safety. The old patterns of guarding, clinging to security (4 of Pentacles), or withdrawing emotionally (4 of Cups) are making way for a new energy: gratitude, generosity, and conscious giving (6 of Pentacles).

As you honor the sacred pause, this is a transitional, liminal moment.

- Where the old way of being has not yet fully passed, and the new way is not yet fully formed.
- Where growth, insight, and change happen.

The nervous system lingers between old patterns and emerging ways of being. Movement slows, perspective shifts, and insight arises, not through force, but through pause, surrender, and embodied awareness. Here, growth is found in the space between what was and what is becoming. (Hanged Man)



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## MESSAGE:

The more you live with conscious choice and heart coherence, honoring the sacred pause, your trauma blueprint may be activated, a buildup to the nervous system's extinction burst. This is the momentum of releasing old patterns to make space for the new. It can feel fast, like a whirlwind, signaling a time for decisive action and clarity. This energy often brings news, messages, and the completion of a trauma loop, highlighting the principle of "strike while the iron is hot." (8 of Wands)

This is the moment to dream of the future, free from the constraints of your trauma blueprint.

Ask yourself: Just how good can it get?

With the New Moon in Scorpio and the guidance of the Sun and Lovers repeating their call to conscious alignment, this is a time of integration of mind, body, and spirit. The grip of generational trauma is loosening, signaling the successful culmination of hard work, a sense of security, and the ability to enjoy the fruits of your labor while building a foundation for future generations.

This energy also highlights the importance of relationships and a sense of deep-rooted purpose. It marks new beginnings in tangible, practical areas of life (financial stability, a new job, a new home, or a new venture) inviting you to plant seeds for future prosperity that require nurturing, focus, and intentional action. Potential, abundance, and the chance to make dreams real are all within reach. (10 of Pentacles / Ace of Pentacles)

The old is dissolving, and the new is taking root.

You have adapted, transformed, and embraced flexibility, allowing your nervous system to shape-shift: not from reaction, but from conscious choice. You are choosing to live in harmony, to connect, and to move with conscious love. (Lovers)

Where in your life can you consciously release old patterns and allow the new to take root, moving with presence, harmony, and intention rather than reaction?

