

TOTAL LUNAR ECLIPSE IN VIRGO

On March 3, 2026, the sky delivers a powerful trifecta:
a Full Moon in Virgo, a Total Lunar Eclipse, and the ancient seasonal energy of the Worm Moon.



WHY IS IT CALLED...

The Worm Moon

A full moon is centered in the upper half of the image, glowing against a dark, teal-colored sky. Below the moon, a thin white horizontal line is drawn. The background of the entire image is a landscape with snow-covered ground and bare trees under a twilight sky.

March Full Moon

The name Worm Moon comes from Native American and early colonial traditions. March is the time when the earth begins to thaw, and earthworms reappear, turning the soil and preparing it for planting. Their presence signals renewal, fertility, and the return of life after winter's dormancy.

Other traditional names include:

- Crow Moon – for the cawing of crows signaling spring
- Sap Moon – marking the flow of maple sap
- Lenten Moon – tied to the season of reflection and fasting

The Worm Moon represents awakening beneath the surface.

Something is shifting. Something buried is rising.

And when paired with a Total Lunar Eclipse, that shift becomes undeniable.

THE POWER OF A TOTAL LUNAR ECLIPSE

A lunar eclipse is often described as a “cosmic reset.” During a total lunar eclipse, the Earth moves between the Sun and the Moon, casting a shadow over the Moon. Symbolically, this represents:

- Illumination of hidden truths
- Emotional revelations
- Endings that feel destined
- Release of karmic cycles
- Accelerated spiritual growth

Eclipses work quickly and powerfully. They can bring sudden clarity, necessary endings, or awakenings that have been building quietly for months.

This eclipse is not here to punish — it is here to purify.



AFFIRMATIONS FOR THE VIRGO ECLIPSE

*I clear what
no longer
serves my
highest good.*



*My daily
rituals support
my healing.*



*I release
perfectionism
and embrace
progress.*



*I trust that
letting go
creates space
for growth.*



*I release
perfectionism
and embrace
progress.*



RITUAL INSIGHT: WHAT NOT TO DO DURING AN ECLIPSE

Unlike typical Full Moons, eclipses are not ideal for aggressive manifestation rituals. The energy is intense and unpredictable.



Instead, focus on:

- Quiet reflection
- Gentle release
- Meditation
- Cleansing baths
- Organizing and simplifying
- Prayer or grounding breathwork

Let the eclipse move through you. You don't need to control it.



FINAL REFLECTIONS

The Worm Moon Total Lunar Eclipse in Virgo is the sacred turning of soil. It may feel messy. It may feel uncomfortable. But it is preparing you for growth.

Just as worms aerate the earth to make way for planting, this eclipse stirs your inner world so something new can take root.

Trust the clearing.

Trust the release.

Trust that what falls away now is making room for something far more aligned.



*With grounded grace
and lunar devotion,*

Miss Dana

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