

# Full Moon Lunar Eclipse

## FROM JUDGMENT TO COMPASSION

The forthcoming Full Moon on March 3 is also a powerful Lunar Eclipse, with the Virgo Moon illuminated by the Pisces Sun. Lunar Eclipses bring culmination, release and revelation. They shine a light on what has been quietly building beneath the surface and invite us to let go of patterns that no longer serve us.

With the Moon in Virgo and the Sun in Pisces, this eclipse highlights the tension between logic and faith, control and surrender, judgment and compassion.

Virgo energy is discerning, analytical and detail-oriented. It seeks improvement and refinement. Yet this same gift can turn inward and become harsh self-criticism, or outward as judgment of others. Virgo is not only about judging others. It also asks: how harshly do you judge yourself?

Do you, like many of us, replay past conversations in your mind and slightly cringe, wishing you had said something differently? Do you revisit decisions and quietly catalogue your perceived mistakes?

This eclipse invites you to soften that inner dialogue.

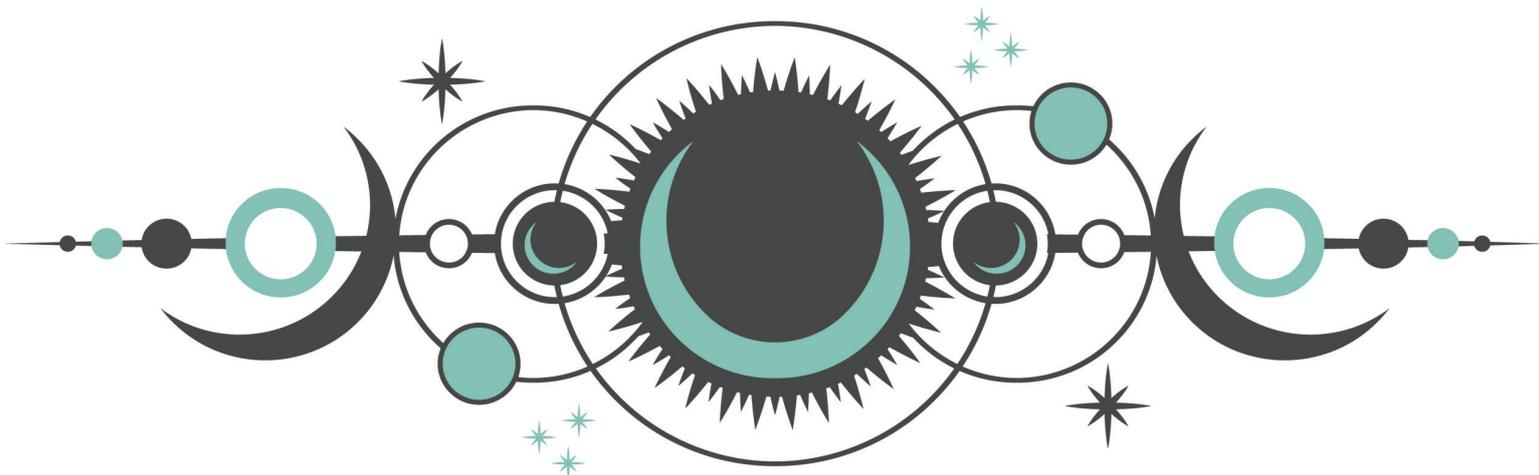
Use the energy of this Full Moon to consciously cast aside self-judgment and replace it with self-compassion. When you notice the critical voice arise, pause. Acknowledge it. Then gently release it. If you find yourself judging someone else, catch yourself mid-thought. Place their words or actions into an imaginary bubble, watch it float away, and choose to move on.

You are not in control of everything. And you are not meant to be.

Virgo loves logic. Virgo loves order. Virgo loves control. And we all carry Virgo somewhere in our charts, whether it is strong or subtle. Yet life is not always logical. Not everything can be managed, organised or perfected.

This Full Moon highlights an area of your life where you are being asked to loosen your grip. You may believe that everything will fall apart without your constant attention. But perhaps it will not. Perhaps it will simply find its own rhythm. And in releasing control, you may discover more freedom, more time, and more energy to nurture your inner Pisces — your creative, intuitive, spiritual self.

This is a moment to shift from perfection to presence. From criticism to kindness. From managing to trusting.



Here is where each sign may be called to soften and release:



## ARIES

Let go of trying to manage everything on a daily basis. Prioritise what truly matters in your routines and allow the smaller, unnecessary tasks to fall away.



## TAURUS

Are you trying to be the fun police? Ease up on rigid expectations and allow yourself and others more room for joy.



## GEMINI

Your home does not need to be in perfect order. Release the need for everything to look just right and embrace comfort over control.



## CANCER

You are not the neighbourhood police. Soften your mindset and allow others to live their lives without constant commentary or correction.



## LEO

Loosen the purse strings and release persistent money worries. Trust that generosity and flow can replace fear and tight control.



## VIRGO

This eclipse is deeply personal for you. Soften your judgment of yourself and others. Perfection is not required for worthiness.



## LIBRA

Move away from subconscious worries and quiet anxieties. Not every fear deserves your attention.



## SCORPIO

Soften your attitude toward friends and social connections. Allow differences without needing to control the emotional tone.



## SAGITTARIUS

Give yourself a reprieve from relentless career ambition. Success does not require constant striving.



## CAPRICORN

Embrace a gentler communication style. Not every message needs to be firm or strategic. Speak with warmth.



## AQUARIUS

Reassess your personal values and invest in what truly matters to your heart, rather than trying to uphold external ideals.



## PISCES

Have compassion for your partner. Release unrealistic expectations and lead with empathy.

**Let this Full Moon be your reminder that faith can coexist with logic, and that surrender can be a form of strength.**