

Virgo Blood Moon Eclipse Reset Circle

Integration Ritual Workbook

Name: _____

Rising sign (if known): _____

Date: _____

How to Use This Workbook

This workbook is designed to help you follow the Virgo Blood Moon Eclipse Reset Circle in real time. You will identify one repeating pattern, release it cleanly, and install one daily practice for the next 14 days.

What you will leave with

- A clear sentence naming your default Virgo pattern (your stress strategy).
- A written release statement, the real costs of the pattern, and a boundary to stop feeding it.
- One simple Pisces-based daily practice you can actually do for 14 days.
- A 24-hour action that makes the shift real.

What to have nearby

- Pen and paper (recommended) or a notes app
- A candle (optional, but helpful as a physical anchor)
- Water or tea
- Your Rising sign or a birth chart app (optional)

Important note

This is not about forcing perfect clarity. Eclipse work is about honesty, release, and a practical pivot. Keep it simple. One pattern. One practice.

Section 2: Minimum Necessary Context

Let me give you just enough astrology so you understand what we are doing and why it works.

This is a Full Moon lunar eclipse in Virgo. A normal Full Moon is illumination. A lunar eclipse is illumination with movement. It brings something to a turning point: a reveal, a release, a closure, or a decision that becomes obvious because you cannot unsee what you now see.

This eclipse is happening on the Virgo-Pisces axis. Virgo is practical: daily routines, health, habits, work rhythms, systems, boundaries, what is working and what is not. Pisces is emotional and spiritual: surrender, trust, compassion, grief, endings, intuition, meaning.

Eclipses happen near the Lunar Nodes. The South Node shows old default patterns - things that feel familiar, and often what we do when we are stressed to feel safe. The North Node shows growth - where life is trying to pull us forward.

Right now, the South Node is in Virgo and the North Node is in Pisces. In plain language: we are outgrowing control as a coping strategy, and we are learning trust as a skill.

Mercury is retrograde in Pisces during this. Pisces Mercury is not linear - it is intuitive, emotional, symbolic. Retrograde makes it reflective and messy. So tonight, we are not here to force perfect clarity. We are here to get honest, release what is unsustainable, and choose one grounded practice to carry you through the next two weeks.

Notes

Section 3: Find Your Virgo and Pisces Houses

Your Virgo house is where the eclipse brings a reveal and a correction. Your Pisces house is the opposite side - where trust and a new practice needs to be built.

Option A: Use your Rising sign (fast method)

| Rising sign | Virgo house | Pisces house |
|-------------|-------------|--------------|
| Aries | Virgo 6th | Pisces 12th |
| Taurus | Virgo 5th | Pisces 11th |
| Gemini | Virgo 4th | Pisces 10th |
| Cancer | Virgo 3rd | Pisces 9th |
| Leo | Virgo 2nd | Pisces 8th |
| Virgo | Virgo 1st | Pisces 7th |
| Libra | Virgo 12th | Pisces 6th |
| Scorpio | Virgo 11th | Pisces 5th |
| Sagittarius | Virgo 10th | Pisces 4th |
| Capricorn | Virgo 9th | Pisces 3rd |
| Aquarius | Virgo 8th | Pisces 2nd |
| Pisces | Virgo 7th | Pisces 1st |

Option B: Use your birth chart (more exact)

Find Virgo on your chart wheel and note the house number. Then look directly across the chart for Pisces - that opposite house is your Pisces house.

My houses

Virgo house (reveal + correction):

Pisces house (trust + practice):

Virgo House vs Pisces House

Use this as your anchor while you work.

Virgo house = the area where your life is asking for reality.

It is where the system is failing, inefficient, draining you, or being held together by stress. Virgo shows you the leak.

Pisces house = the area where your life is asking for trust and surrender.

It is where you can get foggy, avoidant, or over-merged when you are scared - but it is also where healing happens. Pisces shows you the medicine.

One-line integration

Virgo house is what gets cleaned up. Pisces house is what gets restored.

Notes

Virgo Audit: Identify the Pattern

Answer quickly. Do not overthink. You are looking for what repeats.

Where in this area of life am I over-functioning?

Where am I trying to control the outcome because I do not feel safe?

Where am I micromanaging myself or other people?

Where am I stuck in perfectionism or self-criticism?

What feels unsustainable here, even if I have been pretending it is fine?

What am I doing on autopilot that drains me?

Circle the words that repeat (control, overworking, fixing, self-criticism, obsessing, never resting).
Whatever repeats is the pattern.

My pattern sentence

Use this structure:

In my Virgo house, when I feel unsafe, I default to _____.

South Node Virgo Release

You are releasing a survival strategy - a habit you have been using to feel safe. Write the behavior (not the emotion), name the real cost, then set a behavioral boundary.

1) The pattern I am releasing

Write it like this: **I release the habit of _____.**

2) What it costs me

List 3 to 5 practical costs (sleep, time, peace in your body, joy, relationships, confidence).

3) The boundary I am placing with it

Boundaries are behavioral. Use this structure:

When I notice myself doing _____, I will _____ instead.

Spoken release (optional)

I am done using control as a substitute for safety. I release this pattern from my body and my life. I do not need to earn peace through pressure.

North Node Pisces Practice

Now we replace. If you only let go, the nervous system fills the empty space with the old habit. Choose one practice small enough to stick (2 to 10 minutes a day) and strong enough to change you.

Reflection prompts

In this area of life, what would trust look like if I stopped forcing certainty?

What would compassion look like here, without rescuing or collapsing?

What needs to be forgiven or released so I can move forward?

What am I afraid will happen if I let this unfold naturally?

What would it look like to stay connected to my intuition but grounded in reality?

Pick one daily practice (ideas)

Emotional regulation

- 3 minutes of slow breathing with a hand on the chest and belly
- One nightly journal line: 'What am I carrying that isn't mine?'
- A 5-minute body scan before sleep

Spiritual hygiene

- One prayer or intention each morning
- Quick grounding visualization: roots into the earth, exhale what isn't yours

- Salt bath or shower release once a week

Boundaries that protect sensitivity

- Daily check-in: 'What is mine today, what is not mine?'
- Turn off one source of emotional noise for a set window
- Say no to one thing without overexplaining

Trust building

- Take one small step without needing the full plan
- Allow someone else to help you once per day
- Choose one thing to stop monitoring

My practice sentence

Use this structure:

In my Pisces house, I practice trust by _____ for the next 14 days.

Integration Bridge: 24-Hour Action

This is where the ritual becomes real life. Choose one small action you will take within 24 hours that proves you mean it.

Examples (choose one style of action)

- Send one boundary text
- Cancel one obligation
- Clean up one system that is stressing you
- Schedule one rest block
- Stop one compulsive check
- Ask for one specific support

My 24-hour action

My 14-day commitment

Write these three lines somewhere you will see them daily.

RELEASE:

PRACTICE:

24-HOUR ACTION:

14-Day Practice Tracker

Check in daily. Keep it simple. Consistency builds trust.

| Day | Date | Done | Notes |
|-----|------|--------------------------|-------|
| 1 | | <input type="checkbox"/> | |
| 2 | | <input type="checkbox"/> | |
| 3 | | <input type="checkbox"/> | |
| 4 | | <input type="checkbox"/> | |
| 5 | | <input type="checkbox"/> | |
| 6 | | <input type="checkbox"/> | |
| 7 | | <input type="checkbox"/> | |
| 8 | | <input type="checkbox"/> | |
| 9 | | <input type="checkbox"/> | |
| 10 | | <input type="checkbox"/> | |
| 11 | | <input type="checkbox"/> | |
| 12 | | <input type="checkbox"/> | |
| 13 | | <input type="checkbox"/> | |
| 14 | | <input type="checkbox"/> | |

Notes / patterns I notice over these 14 days

Final Seal

Whatever is leaving is leaving because it cannot come with you. Whatever is being built is being built because it is real. For the next 14 days, honor your practice like it is a promise to your nervous system — not a punishment. A promise.

Before you sleep tonight

Before you sleep tonight: write your three lines somewhere you will see them.

RELEASE:

PRACTICE:

24-HOUR ACTION:

Then tomorrow, do the 24-hour action. That's how this becomes real.