

VOGUEGENICS MOONLIGHT RESET



Rituals for the Full
Pink Moon



WELCOME TO THE MOONLIGHT RESET

There's something sacred about standing under a full moon. The world hushes, the sky glows, and everything feels like it's holding its breath.

This Full Pink Moon isn't about actual pink hues (sadly)—it gets its name from the phlox flower that blooms around this time—but symbolically? Oh, it's everything. It's about letting go, making room, and blooming into the version of yourself you've been becoming all winter long.

This is your moment to reset. In this ritual, you'll cleanse, reflect, release, and rise. All in your own style, with just enough woo to make the soul shimmer.

This Full Pink Moon isn't just a lunar event—it's your invitation to gently let go of the things that no longer serve you and make space for what will bloom next...

● Symbolism of the Pink Moon

The Pink Moon isn't actually pink—but it is powerful. Named after the wild pink phlox flower that blooms in early spring, this moon symbolizes rebirth, renewal, and soft—but-strong transformation.

It's the moon of gentle power—encouraging you to shed what's been weighing you down so you can rise into your own radiant bloom. Just like nature, you're allowed to start fresh.

The background features a series of vertical lines of varying lengths, each ending in a different moon phase: a crescent moon, a half moon, and a full moon. A dotted line with small circles connects the top of these lines. A small pink flower is positioned at the top left of the dotted line. The text is centered and overlaid on this background.

Why This Ritual Matters

This ritual isn't about performing some perfect mystical act—it's about giving yourself a moment of sacred stillness.

When the world is loud, chaotic, and draining... the Full Moon becomes a mirror.

A reminder to reflect.

A nudge to release.

A space to reclaim your energy and call it back home.

You deserve rituals that support your growth—not just your calendar.

“Rituals like this aren't about perfection—they're about connection.”

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YOUR FULL PINK MOON RITUAL

You'll Need:

- A candle or two
- Your favorite pen
- A journal or printable page (see next!)
- Optional: incense, crystals, a bathtub, a playlist

Step-by-Step Glow-Up:

Cleanse Your Space

Open a window. Light incense or play sound bowls.

Speak your intention aloud:

"I cleanse this space of stale energy and welcome peace."

Set the Mood

Dim the lights. Turn on a calming playlist. Let this feel like a date with your soul.

Write Your Release List

What are you ready to be done with? Write it down. Thought patterns, fears, people-pleasing, perfectionism, nothing's off-limits.

Let It Go (Safely)

Burn the paper in a fire-safe dish OR tear it into little pieces. Imagine the weight leaving your body as you do.

Soak in Moonlight

Step outside under the moon, or take a moon-inspired bath.

Add salts, oils, petals—whatever makes you feel like lunar royalty.

Seal With Gratitude & Intent

Whisper thankyou's to the sky.

Then say: "I now rise lighter, freer, and more aligned."

Optional: Charge water or crystals under moonlight to amplify energy.

See bonus content for instructions how.

FULL MOON JOURNAL PROMPTS

Use these questions to dig deep or just let your pen wander.
This is your moonlit mirror moment.

What have I been holding onto that's ready to go?

Where in my life am I feeling ready to bloom?

What parts of me have grown quietly over winter?

What feels aligned—and what feels forced?

What kind of energy do I want to attract in this next cycle?

 *Write freely. There are no wrong answers under moonlight.*

FULL MOON AFFIRMATIONS

Say them aloud.

Say them slowly.

Let them settle into your bones.

“I release what no longer serves my highest self.”

“I am allowed to bloom in my own time.”

“The moon sees all of me, and I am still whole.”

“I trust the process of release and renewal.”

“My energy is sacred, and I protect it with grace.”

✦ *Want to go extra? Write your favorite on a mirror or post-it note tonight.*



BONUS – MOON TOOLS FOR ENERGY AMPLIFICATION

These are optional—but deliciously supportive.

Crystals for Full Moon Energy:

- ♥ Rose Quartz – For self-love and emotional release
- ✨ Clear Quartz – To amplify intentions
- ♥ Amethyst – To soothe anxiety and deepen intuition

Herbs & Scents:

- 🌿 Lavender – Calming and clarifying
- 🌼 Chamomile – Gentle emotional healing
- 🌿 Eucalyptus – Clears away lingering energy

Optional Add-Ons:

- Charge a glass of water in the moonlight and sip it with intention.
 - Sleep with your journal nearby.
 - Pull a tarot or oracle card to close your ritual.

“Don’t have crystals? Use intention. You are the magic.”

HOW TO PERFORM YOUR MOONLIGHT RESET RITUAL

A simple, sacred guide to walking yourself through the magic

How to Do the Ritual – Step by Step

No pressure. No perfection. Just intention.

First, know this: there's no “wrong” way to connect with the moon.

What matters most is that you show up.

But if you're craving structure or you've never done a ritual before—this guide will walk you through it like a friend who keeps crystals in her bra and tea in her veins. 😊

1. Choose Your Space

Find a quiet spot—indoors or out—where you feel safe and undisturbed.

Light a candle.

Dim the lights.

Open a window if possible.

Set the mood with music or silence.

This is your sacred space.



2. Cleanse the Energy

You can:

Light incense or ethically sourced sage/palo santo

Use a sound bowl or a playlist of frequency tones

Simply say aloud:

“I clear this space of all that is heavy, stagnant, or not mine to carry.”



3. Write Your Release List

In your journal or on a piece of paper, write down what you're ready to let go of.

This could be:

Habits

Beliefs

People-pleasing patterns

Fear, guilt, resentment

Don't edit. Just let it out.

🔥 4. Destroy & Release

Carefully burn the paper in a fire-safe dish *(never leave unattended!)*,
or
rip it up and toss it outside to the wind.

As you do, whisper:

“I release you with love. I no longer carry you.”

🌙 5. Optional Moon Bath

Run a warm bath or take a calming shower.

Add salts, herbs, or essential oils. Let the water cleanse you, physically and energetically.

🌸 6. Reflect & Affirm

Use the prompts in this guide to write what's blooming next.

Close by saying your chosen affirmation aloud.

You may end with:

“I am renewed. I rise. I am aligned.”

The background features a series of golden celestial motifs including circles, crescent moons, and vertical lines, some connected by dotted lines. The text is centered within this decorative frame.

✦ Final Tip:

There's no need to rush.

This ritual is about presence, not performance.

Come back to it each full moon, or whenever you need to clear your energetic slate.

BONUS: CHARGING MOON WATER OR CRYSTALS

You can charge tools like water, crystals, or even jewelry under the full moon to absorb its energy.

It's a gentle, beautiful way to create your own moon-blessed ritual items.

✨ How to Charge Moon Water:

Fill a glass jar, bowl, or bottle with clean water.

Set it outside (or on a windowsill) where it can "see" the moonlight.

Say an intention aloud:

"I charge this water with clarity, peace, and release."

Leave it overnight.

In the morning, you can:

Drink it mindfully

Add it to a bath

Use it in rituals or mist bottles

Note: If it's going to be consumed, make sure it's sealed and only use filtered or distilled water in a clean container.

💎 How to Charge Crystals:

Lay your crystals in a safe, moonlit spot—outside or on a windowsill.

Cleanse them first (smoke, sound, or intention).

Leave overnight and retrieve in the morning.

Store them with purpose, or carry them with your affirmation.

● Best for: Clear Quartz, Rose Quartz, Amethyst, Moonstone

⚠️ Avoid water for crystals like Selenite, Malachite, or Labradorite

“Charge water or crystals” side-by-side can make it sound like you might be placing crystals in water, especially for folks newer to ritual work.

The ⚠️ note is a gentle way to protect beginners from doing just that—because some crystals (*like Selenite and Malachite*) are water-soluble or toxic when wet, and people might instinctively combine the two, like dropping crystals into moon water bowls.

TikTok has led many astray. 😊

🌕 ✨ Dear Moonbeam,

If you've made it this far, then you've gifted yourself something rare: sacred time. I hope you feel lighter, clearer, and a little more luminous tonight.

Rituals like this aren't about perfection—they're about connection. To yourself, your growth, and that quiet knowing inside that you're ready for more.

Come visit me at [Voguegenics.com](https://voguegenics.com) for more glow-up guides, self-care rituals, and moonlit musings.

And if this ritual moved you? Share it. Tag @voguegenics and light up someone else's night, too.

– Dorey 💋

🌙 P.S. – Your Ritual Doesn't End Here...

After this guide, you'll find a collection of extra pages to support your moonlit journey—designed to help you track intentions, reflect on your growth, explore your inner rhythms, or simply hold space for what's rising within you.

Think of it as your personal lunar journal: part companion, part sanctuary, fully yours.

Use them nightly, weekly, or whenever your spirit needs a soft place to land. These pages are your sacred space to continue what this ritual started.



LUNAR REFLECTIONS & RITUAL LOGS

A space to document your journey through clarity, cycles, and calm

These pages are here to hold your thoughts, rituals, reflections, and revelations—because your growth deserves to be witnessed.

Whether you're journaling after a moon ritual, logging intentions during a slow morning, or simply tuning into your intuition at midnight, this is your place.

There are no rules. No expectations. Only space to be—aligned, aware, and deeply in tune with what's rising within you.

Come back here as often as you need. Each time, you'll find something new... even if it's just a softer version of yourself.

Daily Manifestation

I Want To Manifest:

My Prayer To The Universe:

Visualization:

I See:

I Have:

I Feel:

Visualization:

1.

2.

3.

Action Plan:

1.

2.

3.

Daily Planner

Sun Mon Tue Wed Thu Fri Sat

Visualization
6.00:
7.00:
8.00:
9.00:
10.00:
11.00:
12.00:
13.00:
14.00:
15.00:
16.00:
17.00:
18.00:
19.00:
20.00:
21.00:
22.00:
23.00:

Visualization
Breakfast:
Lunch:
Dinner:
Notes
Reminders

Monday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Tuesday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Wednesday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Thursday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Friday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Saturday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Sunday

Priorities

Daily Focus

--

Moonlight Message

--

Moon Phase



Water



Self-Care For Today

--

Ritual Notes

--

Astrological Events

--

Weekly Planner

Week:

Month:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

Monthly Planner

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Monthly Planner

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

To-Do List

Notes

Yearly Goals

Priority

Optional

Bonus

The page is a template for setting yearly goals, divided into three sections: Priority, Optional, and Bonus. Each section has a grey header bar with the section name and several horizontal lines for writing. The page is decorated with faint, stylized illustrations of circles, crescents, and vertical lines.

Password Tracker

Website:	Website:
Username:	Username:
Password:	Password:
Notes:	Notes:
Website:	Website:
Username:	Username:
Password:	Password:
Notes:	Notes:
Website:	Website:
Username:	Username:
Password:	Password:
Notes:	Notes:
Website:	Website:
Username:	Username:
Password:	Password:
Notes:	Notes:
Website:	Website:
Username:	Username:
Password:	Password:
Notes:	Notes:

Budget Planner

Income	Date	Amount

Total

Expenses	Date	Amount

Total

Ritual Reflection Log

Date:

Ritual Name

Intention

Moon Phase

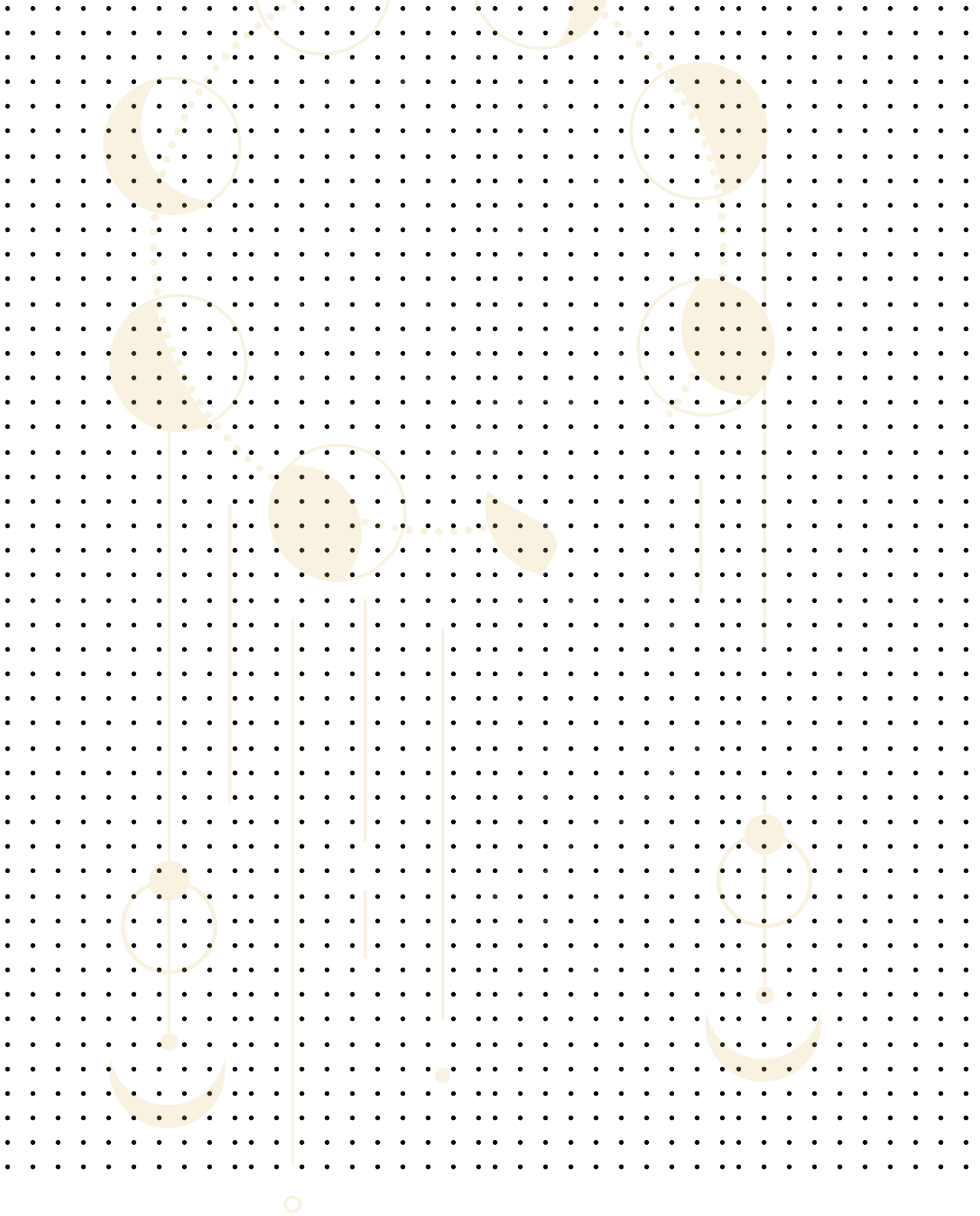


Reflection & Details

Tools or Support Items

How did this feel in my body, energy, or mood afterward?
What might I change or repeat next time?

Brain Dump



Ritual Notes

Date:

Intention

Energy Focus

Moon Phase



Supportive Elements

Ritual Tools or Props

Experience

Reflections

Crystal Companion Log

Crystal Name:	Crystal Name:
Support With	Support With
How I Use It	How I Use It
Crystal Name:	Crystal Name:
Support With	Support With
How I Use It	How I Use It
Crystal Name:	Crystal Name:
Support With	Support With
Method For Use:	Method For Use:
Crystal Name:	Crystal Name:
Support With	Support With
How I Use It	How I Use It
Crystal Name:	Crystal Name:
For:	For:
How I Use It	How I Use It

Crystal Name → e.g., Amethyst, Rose Quartz

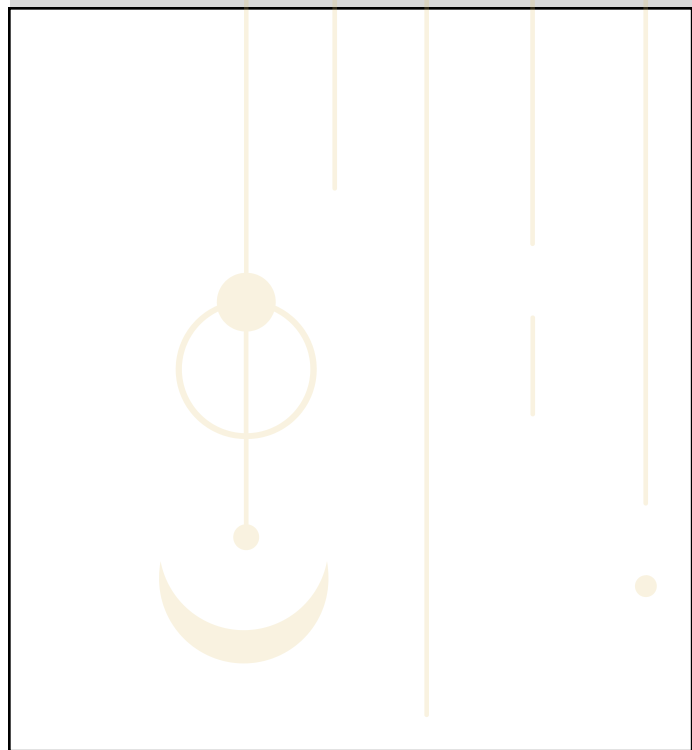
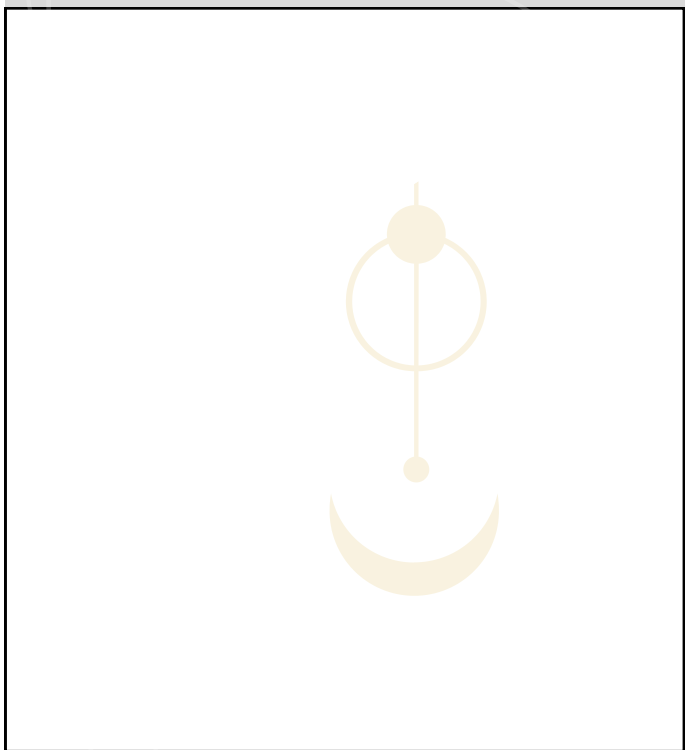
Support With → e.g., Clarity, Emotional Healing, Confidence

How I Use It → Carry, meditate with, place under pillow, bath ritual, etc.

Intentions for My Next Phase

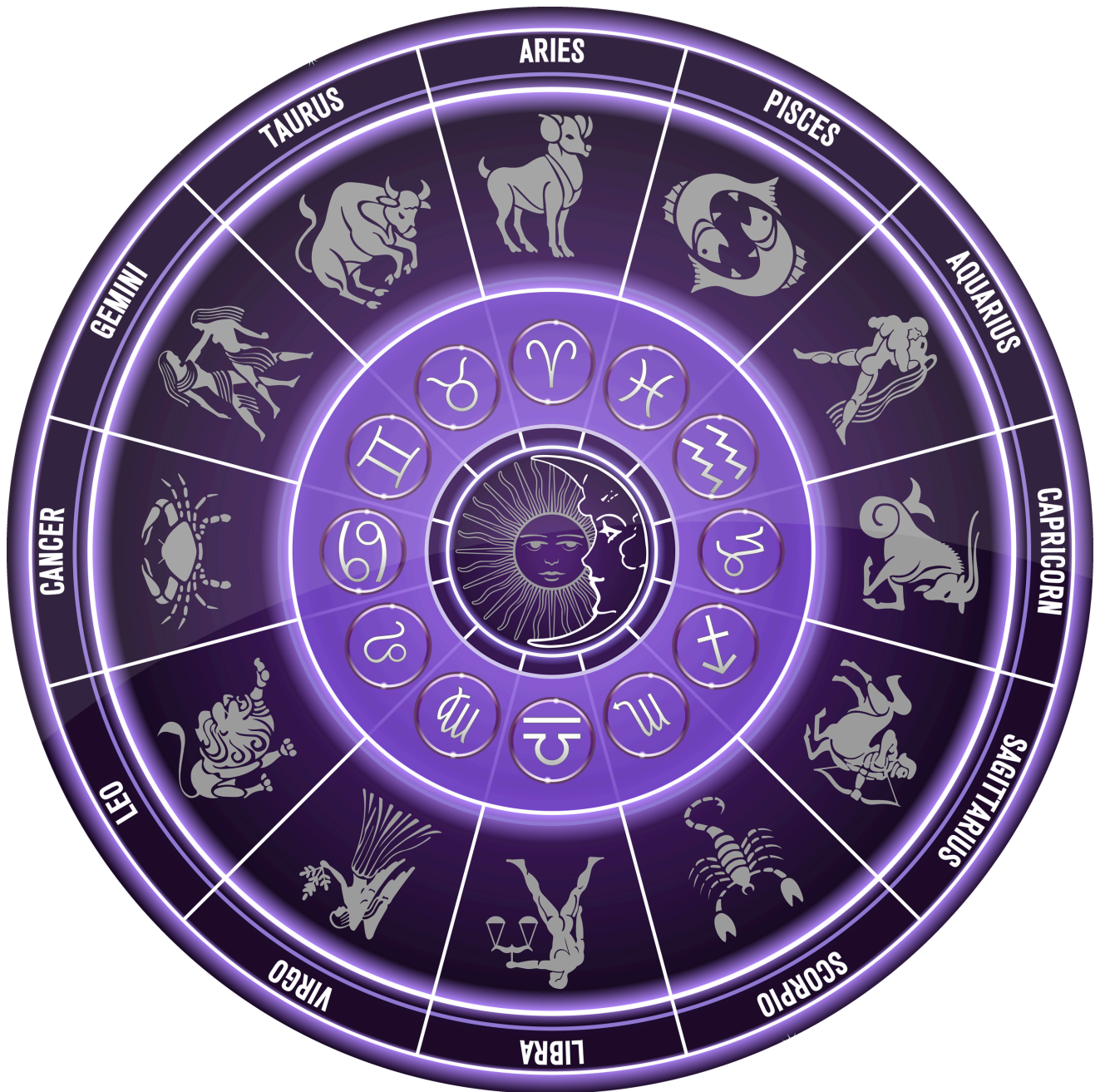
Mind & Lifestyle	Abundance & Stability	Joy & Fulfillment

Goals For The Coming Year

More of This Energy	Less of This Energy
	

Use this page to define the energies, habits, and intentions you're calling into your next chapter—and what you're ready to leave behind with the last moon cycle.

Wheel Of Zodiac

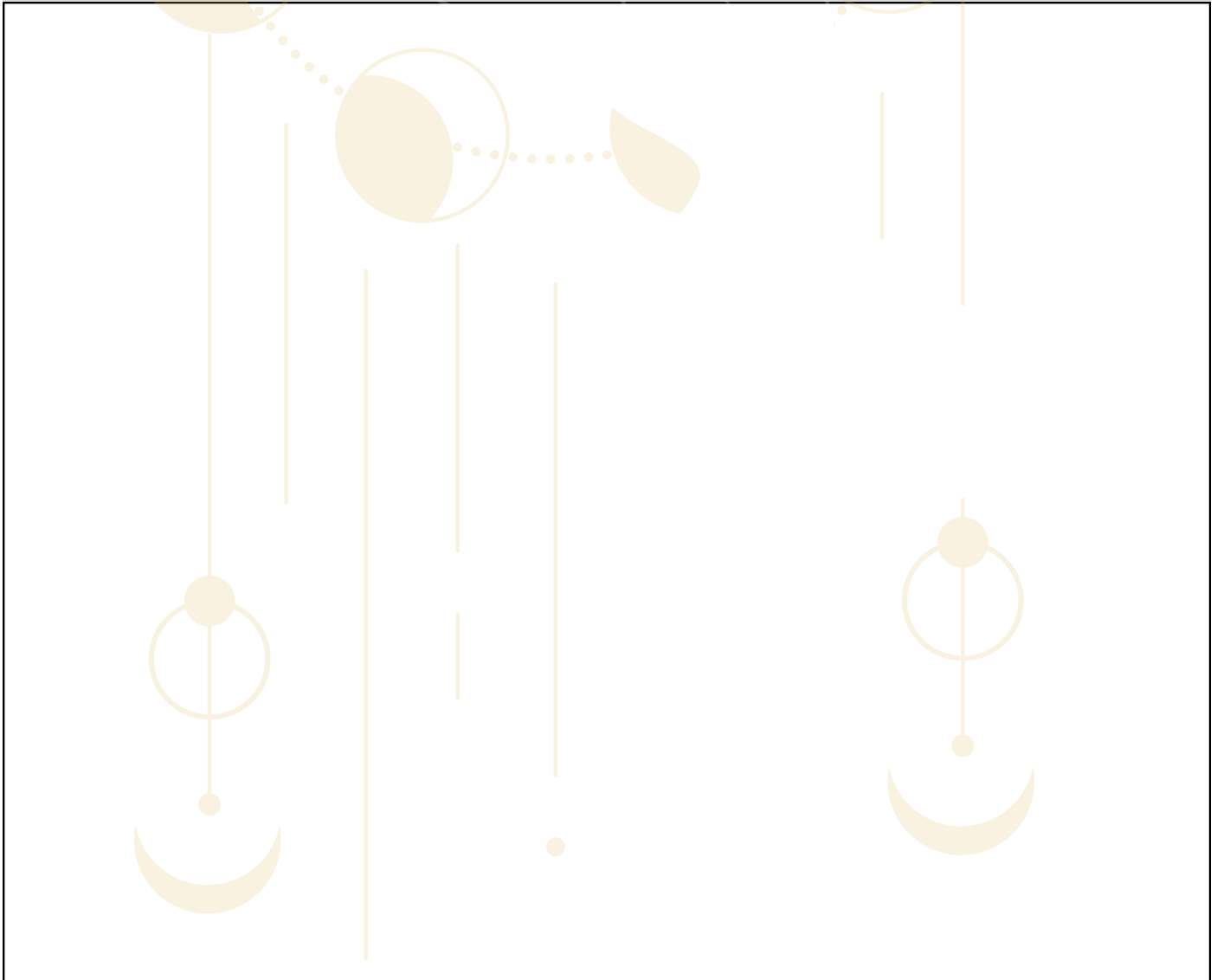


The personification of time, stands holding a wheel inscribed with the signs of the zodiac. The signs visible on this portion of the ring are Capricorn, Aquarius, Pisces, Taurus, Gemini, Cancer and Leo. Aeon was probably equated with Chronos (Father Time) and/or Uranus (Heaven).

Dream Journal

Date:	Dream Title:
Where Was I:	With Who:
How I Feel In My Dream:	How I Feel Now:
Dream Symbols:	Interpretation:

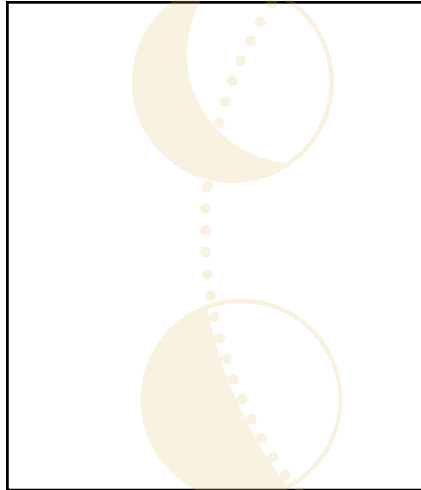
Dream It



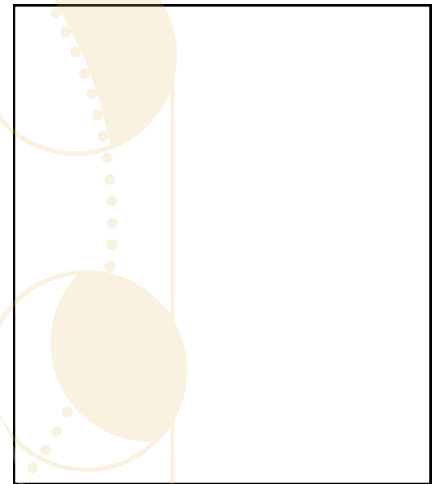
Lunar Guidance for This Month

Month: _____

Past



Future



Present

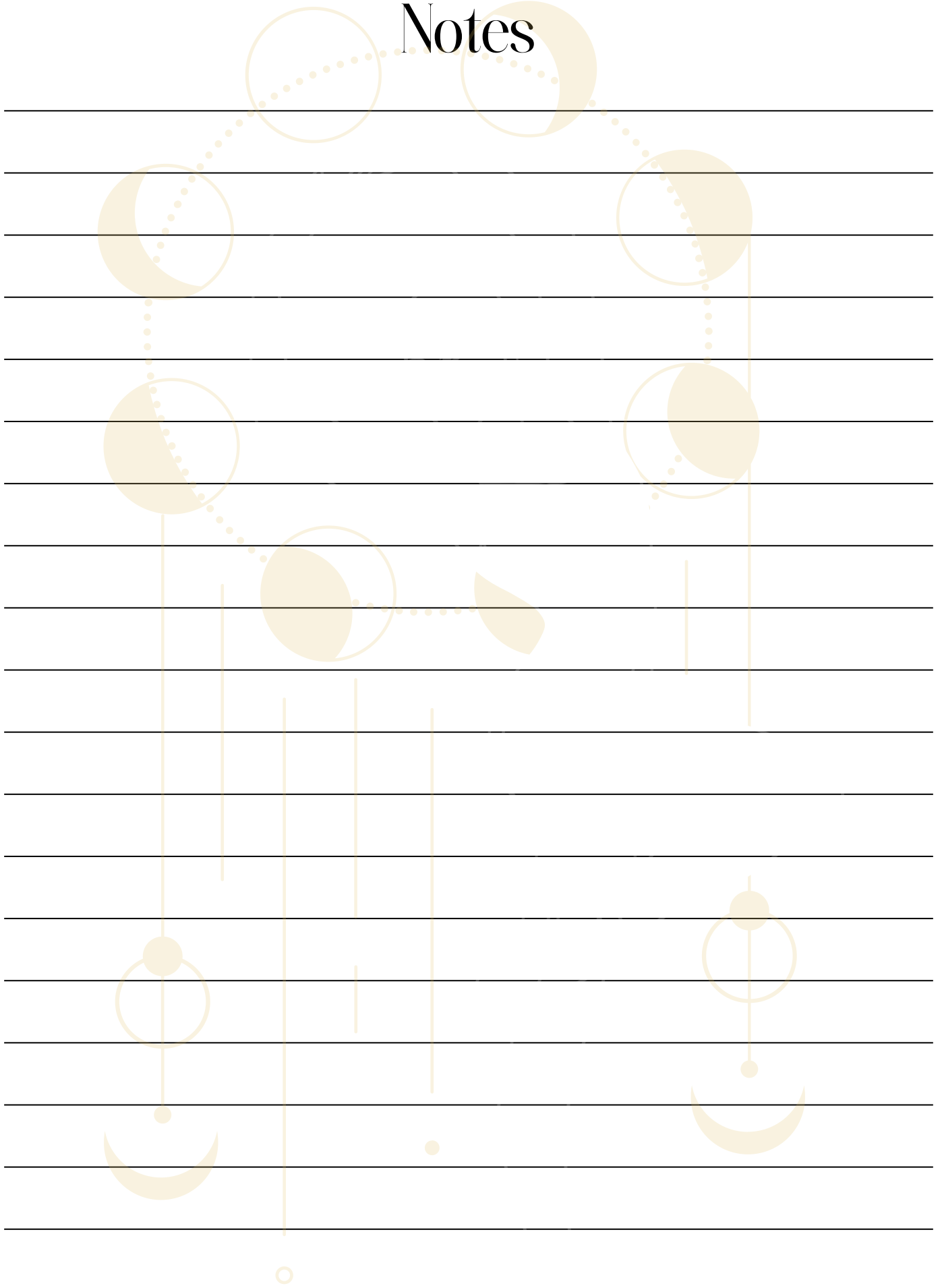


Interpretation



Handwriting practice lines consisting of ten horizontal lines. Vertical lines connect the boxes above to the lines below. There are decorative moon and dotted line graphics on the left and right sides of the lines.

Notes



🌙 UNTIL THE NEXT MOONRISE...

You've done something powerful.

You paused. You reflected. You honored your energy—and that matters more than the world often gives credit for.

This journal wasn't just a place for words. It became a mirror, a sanctuary, a map back to your inner calm.

Whether you lit a candle, pulled a card, soaked in moonlight, or simply breathed with intention, it was enough.

You were enough.

So come back to these pages whenever you feel untethered. The moon will always rise. And so will you.

With lunar love and glow,

Dorey

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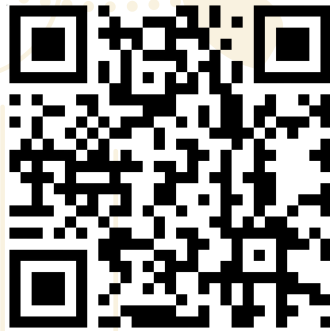
✨ Follow along @voguegenics for more rituals, reflections, and radiant self-care.

COMPANION RESOURCES

✦ Access more rituals, moon phase tools & lunar love at

[Voguegenics.com/moon](https://voguegenics.com/moon)

Or scan the QR code below:



● Scan to explore more rituals, moon guides, and magical freebies:

[Voguegenics.com/moon](https://voguegenics.com/moon)





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