

VOGUEGENICS MOONLIGHT RESET



FLOWER MOON ENERGY

*Reflection and Release
Under the Full 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 Flower Moon doesn't get its name from a color—it's named after the abundance of flowers that bloom in May. Symbolically? It's everything. It's about expansion, release, and allowing yourself to blossom fully—no holding back.

This is your moment to reset.

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

The Flower Moon isn't just a lunar event—it's your invitation to gently let go of what's been stifling your growth and make sacred space for what wants to bloom...

● Symbolism of the Flower Moon

The Flower Moon symbolizes abundance, growth, and emotional clarity. It's the full bloom after a long season of inner work. It whispers: "You're ready now."

This moon reminds us that beauty comes not from perfection, but from blooming anyway—even after life's storms. It's the moon of radiant self-trust, calling you to show up in full color, full heart, and full bloom.

Just like nature, you are allowed to rise again—and this time, even stronger.



🌸 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 quiet invitation to bloom.

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 FLOWER 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 soul-soothing 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 growth.”

Set the Mood

Dim the lights. Turn on a calming playlist. Let this feel like a ritual of return—to your power, your peace, your inner bloom.

Write Your Release List

What are you ready to let go of to make room for growth?

Jot it all down:

old fears, limiting beliefs, people-pleasing, burnout...

Nothing is too small to release when it's standing in your way.

Let It Go (Safely)

Burn the paper in a fire-safe dish OR tear it into little pieces.

As you do, imagine the weight of winter leaving your body.

This is your sacred shedding.

Soak in Moonlight

Step outside under the moonlight, or draw a ritual bath.

Add salts, oils, or fresh petals—whatever makes you feel like lunar royalty in bloom.

Seal With Gratitude & Intent

Whisper thank-you's to the sky.

Then say aloud:

“I now rise lighter, freer, and more aligned with who I’m becoming.

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

See bonus content for instructions how.



FULL BLOOM JOURNALING: A FLOWER MOON REFLECTION

Use these questions to dig deep or just let your pen wander.

This is your moonlit mirror moment.

What part of me am I finally ready to show to the world?

Where am I still playing small, and why?

What does blooming in my own way look like—without comparison?

What beauty can I find in the messy middle of my growth?

What is something I've outgrown, and how can I gently release it?



Let your pen lead. Your truth always blooms at the right time.

FLOWER MOON AFFIRMATIONS

Say them aloud.

Say them slowly.

Let them settle into your bones.

“I am blooming into the version of me I was always meant to be.”

“It is safe for me to take up space, in my own timing.”

“Even when I’m still growing, I am already enough.”

“I am worthy of beauty, rest, and radiant expansion.”

“I don’t have to be perfect to be powerful.”

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



BONUS – MOON TOOLS FOR ENERGY AMPLIFICATION FLOWER MOON EDITION

These are optional—but deliciously supportive.

Crystals for Flower Moon Energy:

- ♥ Rose Quartz – For self-love, compassion, and emotional blossoming
- ✨ Clear Quartz – To amplify your intentions and clarity
- 💜 Amethyst – To soothe anxiety and deepen inner wisdom

Herbs & Scents for Bloom Season:

- 🌸 Lavender – Calming, clarifying, and emotionally balancing
- 🌼 Chamomile – Encourages gentle release and inner peace
- 🌿 Eucalyptus – Clears lingering mental clutter and energetic debris
- 🌹 Rose Petals – Honors beauty, softness, and feminine energy

Optional Add-Ons:

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

“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 chamomile 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

Place fresh flowers or petals nearby as a reminder of new growth

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 release to make space for your next bloom.

This could be:

Habits that feel heavy

Beliefs that no longer fit

People-pleasing patterns

Fear, guilt, resentment, or self-doubt

Don't edit. Just let it pour 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.”

Feel the weight leave your body like petals falling away.

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.

Bonus: Sprinkle in flower petals as a visual reminder of your own blooming.

6. Reflect & Affirm

Use the journal prompts to write what's blooming next.

Then close your ritual by saying your favorite affirmation aloud.

You may end with:

“I am blooming. I am becoming. I am free.”

The background features a series of thin, vertical gold lines of varying lengths. Interspersed among these lines are various celestial symbols in a muted gold color, including circles, crescent moons, and a small teardrop shape. A dotted line forms a loose, irregular path across the upper half of the page, connecting several of the circular motifs. The overall aesthetic is minimalist and ethereal.

✦ 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

Weekly Moon Cycle

Day	Sign	Degree	Angle
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

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		

[illegible][illegible]

Ritual Reflection Log

Date:

Ritual Name

Intention

Moon Phase

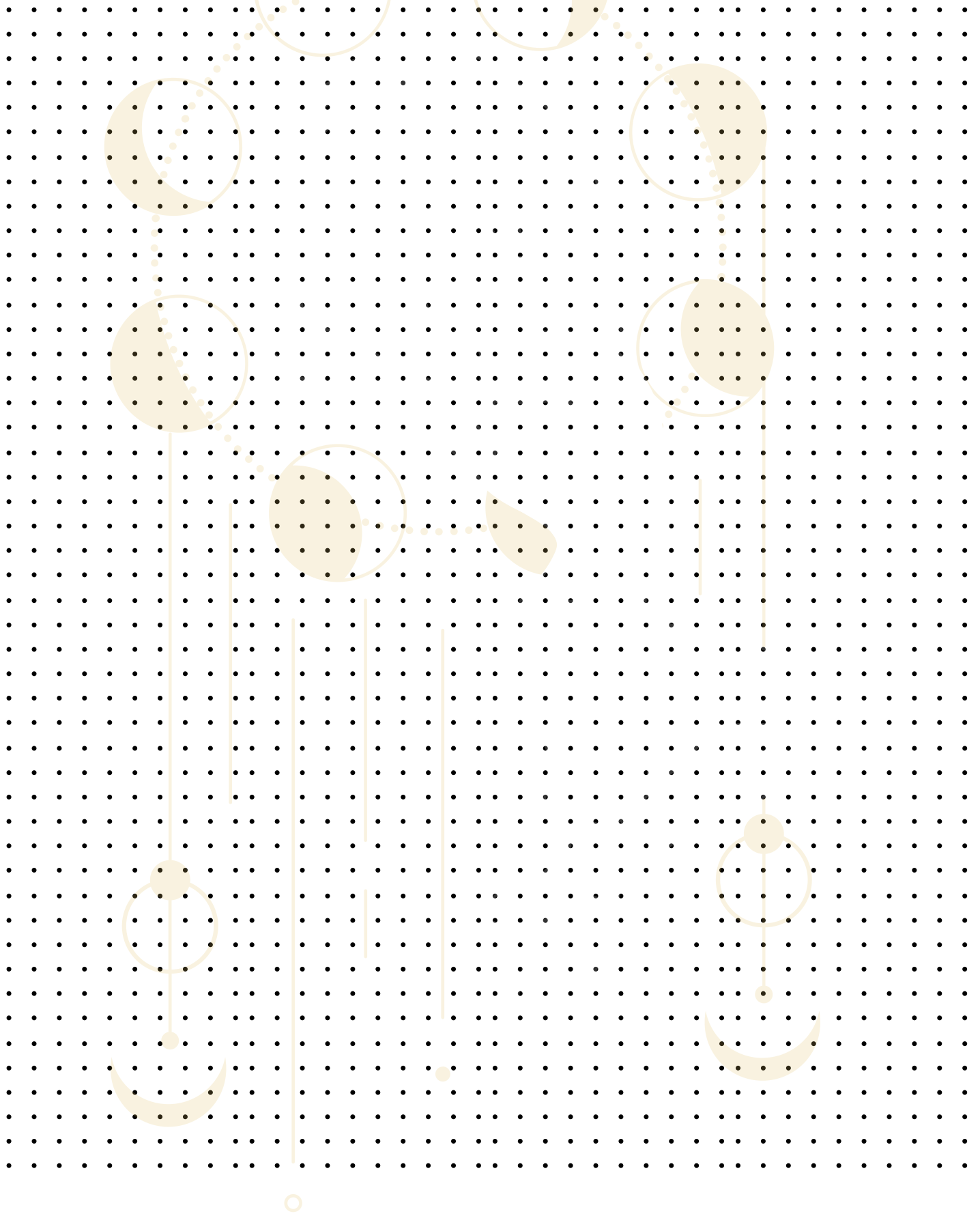


Reflection & Details

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


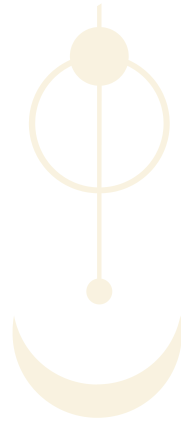
Support With → e.g., Clarity, Emotional Healing, Confidence

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

Intentions for My Next Phase

Mind & Lifestyle	Abundance & Stability	Joy & Fulfillment

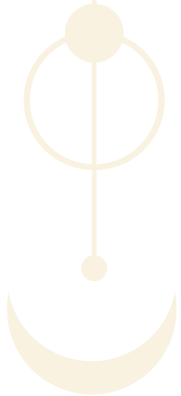
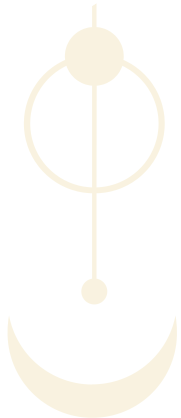
Goals For The Coming Year

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.

Herbal Allies & Resources

Herb Name	Source	Link or Contact Info

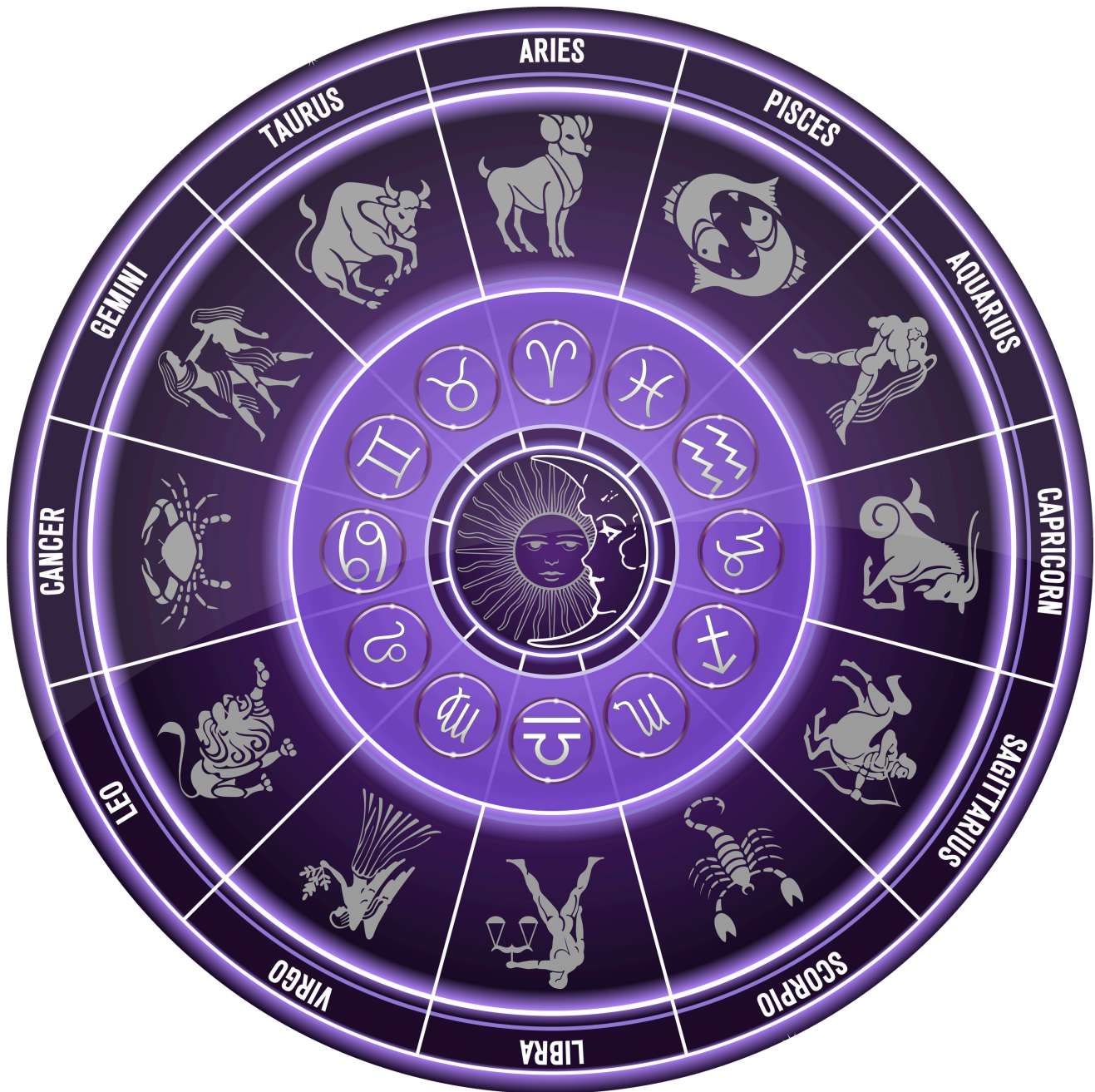
Go-To Herbs & Uses	Trusted Sources
	

Use this page to track the herbs you love working with—whether for tea, baths, cleansing rituals, or energetic support. This is your evolving plant companion list.

Supplies Need

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Wheel Of Zodiac

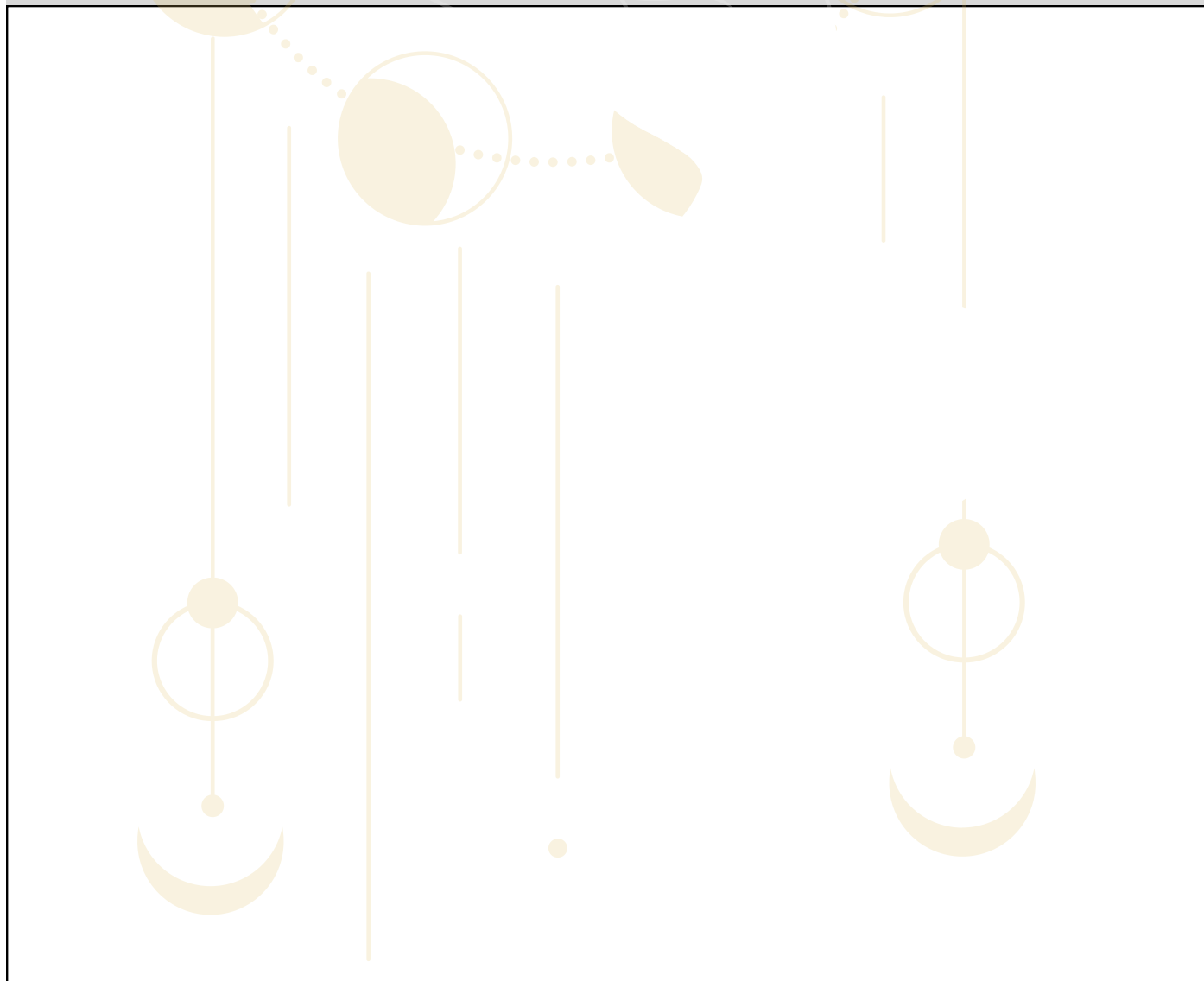


The personification of time, stands holding a wheel inscribed with the signs of the zodiac. The signs visible on this portion of the ring are Capricorn, Aquarius, Pisces, Taurus, Gemini, Cancer and Leo. Aeon was probably equated with Chronos (Father Time) and/or Uranus (Heaven).

Dream Journal

Date:	Dream Title:
Where Was Is:	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

The diagram is a conceptual illustration. At the top, three gray rectangular boxes are labeled "Past", "Present", and "Future" from left to right. Below the "Past" and "Future" boxes are two large white squares with black borders. A central gray horizontal bar labeled "Interpretation" spans the width of the diagram. Below this bar are several horizontal black lines. The diagram is decorated with abstract yellow and gray geometric shapes, including circles, crescents, and dots, connected by thin lines and dotted paths.

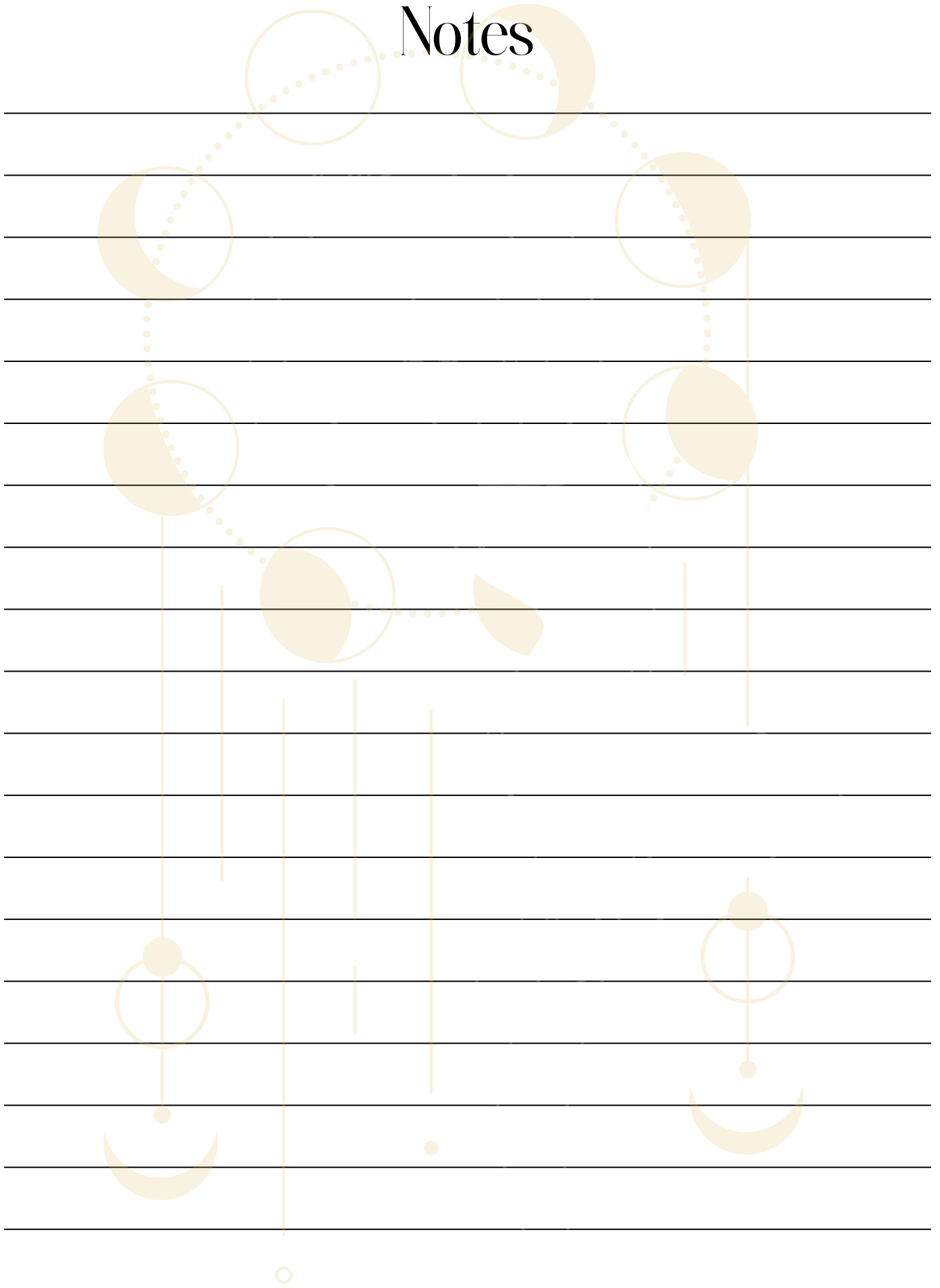
Goals Tracker

My Feelings

[illegible]

[illegible]

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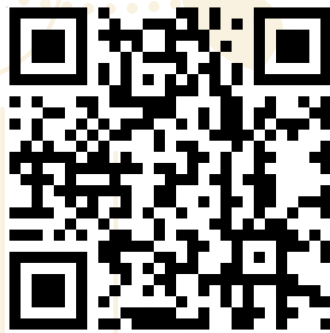
✨ Follow along @voguegenics for more rituals, reflections, and radiant self-care.

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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