May Flower Moon



Manifestation Workbook



Moon Magick Manifestation Workbook

Welcome to your Moon Ritual Workbook, a guide to connecting with the moon's energy and aligning your intentions with its natural cycles. This workbook is designed for individuals and families to create meaningful rituals and fostering connection with each other and the world around you.

This workbook is a tool for creating intentional, magical moments. There's no right or wrong way to use it—what matters most is the time you spend together, the connections you build, and the joy of aligning with the moon's natural rhythm.



What's Included

Understanding the May Moons

May Moon Overview

Activities & Rituals (Family & Personal)

Working with the Waning Moon (see other guides for other phases)

Moon Phase Planner

2025 Moon Calendars



May Moon Dates

Below are the different moons for May combined with their times, astrological signs and energies.

First Quarter	Date & Time	Astrological Sign	Energies
	Sunday, May 4 9:52 AM	Leo	Creative Expression Confidence & Leadership Celebration & Joy
Full Moon	Date & Time	Astrological Sign	Energies
	Monday, May 12 12:56 PM	Scorpio	Shadow Work & Transformation Protection & Banishing Emotional Healing
Last Quarter	Date & Time	Astrological Sign	Energies
	Tuesday, May 20 7:59 AM	Aquariaus	Innovation & Creativity Freedom & Rebellion Humanitarianism
New Moon	Date & Time	Astrological Sign	Energies
	Monday, May 26 11:02 PM	Gemini	Learning & Writing Exploring New Ideas Socializing & Networking

May's Full Moon: The Flower Moon

The May Full Moon is traditionally called the Flower Moon, a name that originates from Native American and Old English traditions. This name honors the abundance of blooming flowers and lush vegetation that emerge in the Northern Hemisphere during this time of year. Other traditional names for the May Moon include:

- Milk Moon Associated with fertility and the season of milkbearing animals
- Corn Planting Moon Signifying the time for planting crops
- Hare Moon A Celtic name linked to Beltane and fertility rituals



Themes and Energies of the Flower Moon

The Flower Moon symbolizes growth, fertility, abundance, and the blossoming of intentions planted earlier in the year. It is a time of celebration, vitality, and embracing the beauty of life. This moon invites us to:

- · Celebrate how far we've come
- Attract love, passion, and creative energy
- Nurture intentions that are beginning to bloom
- Honor the divine feminine and sacred sensuality

This moon's energy is closely tied to Beltane (May I). a festival of fire, fertility, and union — making May a potent time for love spells, manifestation work, and rituals that honor the earth's fertility.





Energies of the Flower Moon

- Abundance The earth is in full bloom: so are your dreams
- Love & Passion Perfect for attraction and intimacy magick
- · Celebration A time to honor joy, connection, and vitality
- Gratitude Appreciate the growth that has already happened

THE FULL MOON IN SCORPIO

The Full Moon in Scorpio invites us into the depths of our inner world, where transformation, truth, and emotional intensity reside. Known for its powerful, alchemical energy, this moon illuminates the shadows we often avoid—offering us the chance to release old wounds, patterns, or fears that no longer serve our growth. Scorpio's influence encourages profound emotional healing, making this an ideal time for rituals centered on rebirth, shadow work, and spirituals

this an ideal time for rituals centered on rebirth, shadow work, and spiritual release. Under this moon, we are reminded that true power lies in vulnerability and that by facing our inner truth, we can emerge more empowered, authentic, and aligned with our soul's path.





- Finergies of the Full Moon in Scorpio
- $\overset{\mbox{\tiny 4}}{\mbox{\tiny 4}}$ Transformation & Rebirth A powerful time to shed old layers and rise renewed
- Shadow Work Illuminates hidden emotions, fears, and limiting beliefs
- Emotional Depth Encourages deep introspection and vulnerability
 Truth & Intensity Reveals what's been buried or avoided, calling for radical honesty
- Magick & Mystery Heightens intuition, spiritual insight, and psychic sensitivity
- Energetic Cleansing Ideal for release rituals, cord-cutting and purification practices
- Empowerment Through Surrender Teaches that letting go is a path to reclaiming personal power
- Death & Renewal Cycle Supports endings that make space for new beginnings

Moon Symbolism for Families

The Flower Full Moon is a beautiful time for families to pause and appreciate the growth happening all around—and within—you. Just as flowers are blooming in nature, this moon reminds us that our hopes, dreams, and connections are blossoming too. It's the perfect time to celebrate how far your family has come,

blossoming too. It's the perfect time to celebrate how far your family has come, share moments of gratitude, and spend time outdoors soaking in the magic of spring. Whether you're making flower crowns, going on a nature walk, or simply enjoying a moonlit moment together, the Flower Moon invites your family to honor beauty, joy, and togetherness. Let it be a reminder that love, like flowers, flourishes when nurtured with care.



The Full Moon in Scorpio invites families to gently explore their emotions and deepen their bonds through honesty and connection. This moon carries powerful energy for transformation, making it a beautiful time to support each other in letting go of worries, fears, or anything that feels heavy. You might notice more intense feelings during this time—especially in kids—and that's okay, It's a chance to talk openly, practice compassion, and create a safe space for everyone to share. Simple rituals like writing down feelings to release in a fire-safe way, taking a calming bath together, or cuddling under the moonlight can help bring a sense of peace and healing. Under Scorpio's moon, families can grow stronger by facing challenges together with love and trust.



Full Moon Family Activities

Moonlight Releasing Ritual (with Petals)

Have each family member write down something they want to release—like a fear, worry, or unhelpful habit—on small slips of paper. Place flower petals (fresh or dried) over each slip, and as a family, safely burn or bury them under the moonlight. This symbolizes letting go and returning those emotions to the Earth for transformation.



Emotional Garden Drawing

Set out crayons or markers and ask each family member to draw a 'garden' that reflects how they're feeling. Flowers can represent positive feelings, weeds can show challenges, and rain or sunshine can represent emotional weather. Share and discuss together!.

Truth & Trust Circle

Sit in a circle and let each person (even little ones!) share something that feels important, something they're proud of, or something they're struggling with. Use a flower or special object as a 'talking piece' that's passed around.





Create a Flower of Strength Craft

Each family member creates a flower (using paper, felt, or even drawing it) with petals that represent their inner strengths—like kindness, courage, creativity, or honesty. On each petal, write on personal strength or positive trait. Then, gather the flowers together to make a 'Family Garden of Strength' to display on a wall or altar.

Family Kitual: Flower Moon in Scorpio

BLOSSOMING HEARTS UNDER THE FULL MOON

To deepen emotional connection, celebrate each other, and tune into your family's inner wisdom under the Flower Full Moon in Scorpio

What You'll Need:

- · A flower for each family member (real or crafted)
- · A small bowl of water or moon water
- · A candle or LED light
- · A soft cloth or blanket for your ritual circle
- Optional: a calming herbal tea or warm drink to share afterward



Family Ritual: Blooming Hearts

1.Create a Circle

Set up a cozy circle with your candle in the center, the bowl of water nearby, and each flower laid out for each person. Let everyone get comfy and grounded. Play soft music if you like.



2. Set the Intention
Light the candle and say together.
Tonight we honor the love and strength that
blooms in our family. We open our hearts
like flowers under the moonlight.

3. Flower of Appreciation

Go around the circle. Each person picks up their flower and shares one thing they appreciate about the family or someone in the circle. You can say:

Like this flower, our love grows with care. I am grateful for...





4. Blessing & Connection

Hold hands and say a family blessing, such as:
'May our hearts stay kind, our words stay gentle,
and our home stay filled with love.'
End with hugs, laughter, or a song—something
joyful to seal the energy of togetherness.

FAMILY RITUAL: BLOOMING HEARTS

5. Intuition Moment

Scorpio is deeply intuitive, so take a quiet moment to sit in stillness with eyes closed. Ask each person to gontly place their hand over their heart and listen to what it wants to say. After a minute, invite sharing: "My heart says..." or "My heart wants me to remember..."



6. Blessing the Water

Together, dip your fingers into the bowl of water and gently sprinkle a few drops on each other's hands or flowers, saying 'May our love continue to grow and guide



7. Close the Ritual

Blow out the candle and hold hands, saying: "We are rooted in love, blooming in trust, and guided by the moon."



8. Optional Add-On:

Share a cup of calming tea or warm drink together as a way to ground and carry the magic into your evening





Flower Moon in Scorpio for Individuals

Intuitive Flower Divination

Gather a few fresh or dried flowers and sit quietly with them under the moonlight. Choose one intuitively and reflect on what it symbolizes to yourose for love, marigold for courage, daisy for innocence, etc. Journal about the message it may hold for your current transformation or emotional journey.



Moon Mirror Ritual Sit in front of a mirror with a candle and look gently into your own eyes. Whisper affirmations that honor your growth, beauty, and truth. Scorpio energy supports inner shadow work, but this ritual focuses on embracing and loving all parts of yourself-especially the ones you've hidden.

Sacred Flower Bath for Empowerment

Prepare a warm bath with rose petals, jasmine, or hibiscus, along with salts and a few drops of essential oil (like ylang ylang or lavender). As you soak, visualize shedding emotional heaviness and soaking in divine self-love and personal power. Say aloud: 'I bloom in my truth and power."



Heart & Shadow Journaling

Draw a flower in your journal with two sides: one for 'what's blooming' in your life and one for 'what still hides in the shadows." Use this to explore where you're growing and what you're still nurturing behind the scenes. Scorpio invites radical honesty: let this be a space to honor both the light and the unseen..

Solitary Ritual: Flower Moon in Scorpio

THEME: MANIFESTING HARMONY, LOVE, AND INNER RADIANCE

To honor your emotional journey, connect with your intuition, and embrace the personal growth blossoming beneath the surface.

What You'll Need:

- A small bouquet or a few single flowers (fresh or dried)
- · A journal and pen
- A candle (black, white, or pink work beautifully)
- · A bowl of water or moon water
- Optional: crystals like rose quartz, obsidian, or moonstone



Personal Ritual: Blooming from Within

1. Create the Sacred Space:

Cleanse your space with smoke, sound, or intention. Set your candle and bowl of water in front of you. Place the flowers nearby, and dim the lights or sit under the moonlight if possible.



2. Set Your Intention Light the candle and say: 'Under the Flower Moon. I honor what is blooming within me. I trust my path. my feelings. and the wisdom that rises from deep inside.'

3.Flower Gazing & Intuition Activation

Choose one flower and hold it gently in your hands. Gaze at it softly and allow your intuition to speak. Ask yourself: "What truth am I ready to see? What part of me is ready to bloom?"

Write down anything that comes to mind, without judgment or editing,



Personal Ritual: Blooming from Within

4. Moon Reflection & Water Blessing

Dip your fingers in the water and touch your heart, your forehead, and your solar plexus, saying: 1 bless my truth, my mind, and my power. I bloom with trust and transformation."

Place the flower into the water as a symbol of your heart's offering to the moon.



5. Close With Gratitude

Thank the moon and your own inner wisdom. Blow out the candle and say:
'I carry the light of this moon within mo. My strough is sacred and my.

I carry the light of this moon within me. My growth is sacred, and my soul is strong

6. Optional Final Step:

Place the flower on your altar or keep it in your journal to remind you of this sacred moment.





How to Work with the Waning Moon

The Waning Moon phase begins just after the Full Moon and continues until the New Moon with several key phases: Waning Gibbous. Last Quarter, and Waning Crescent. The Waning Moon phase is a powerful period of release, reflection, and renewal. During this time, the moon's energy supports the letting go of what no longer serves you—whether that's emotional baggage, old patterns, or external influences. It's an ideal time for cleansing negativity, removing roadblocks, and purging anything that's holding you back. As the moon decreases in size, it invites introspection and the opportunity to clear space for new beginnings. The Waning Moon encourages you to focus on release, healing and preparation for the fresh start that comes with the next New Moon.



Each Moon falls under a particular astrological sign. As the moon travels through the zodiac, there are different and unique energies that impact the Moon along with us humans. It's important to consider the sign that the moon falls in when planning rituals, spells, and other magickal workings. With each of these placements, it provides a direction and focus for us in planning the best way to harness that energy for our intentions and manifestations.

Waning Moon Phases

Waning Gibbous

The Waning Gibbous occurs just after the Full Moon, making it an ideal time for release and clearing. This phase is perfect for banishing, cleansing, and bringing closure to situations or energies that no longer serve you. It's a powerful moment to remove anything—spiritually. emotionally, or physically-that holds you back, creating space for transformation and renewal



Last Quarter

The Last Quarter moon marks the halfway point between the Full Moon and the New Moon, offering a time for reflection and transition. This phase is perfect for removing blockages or obstacles that stand in the way of achieving your goals and manifesting your desires. It's an ideal time to release fears, doubts, and limiting beliefs, allowing you to clear the path and prepare for new beginnings as the cycle closes and a



Waning Crescent

The Waning Crescent moon phase occurs just before the New Moon. making it a time of reflection and release. This phase is perfect for quick cleansing, banishing negativity, and letting go of bad habits or patterns. It's a powerful time to clear away anything that no longer serves you, creating space for new beginnings as you prepare for the fresh energy of the New Moon



Working with the Waning Moon

Cleanse Your Space

Clean and cleanse your space to clear out stagnant energy, creating an environment that feels fresh and open for new beginnings.



Spell Work

Perform banishing spells or rituals to remove unwanted influences or negative energy from your life. o a road-opening spell to clear blockages and free yoursel from obstacles that may be preventing progress or manifesting your desires.

Release What No Longer Serves You Write things down on a piece of paper that you wish to release—whether it's fears, doubts, or old patterns—and then safely burn or bury the paper as a symbolic act of letting go.





Cleansing Bath

Take a ritual cleansing bath infused with herbs or salts to release bad habits. cleanse your energy, and prepare for a fresh start in the next lunar cycle.

Waning Moon Ritual: Release & Healing

Create the Sacred Space:

- Choose a quiet, comfortable space where you can see the moon, either outdoors or near a window
- · Cleanse the space with smoke or sound
- Set up your altar with candles, crystals and your journal/notes from the new moon





2. Ground and Center Yourself

- Sit comfortably and take a few deep broaths
- Visualize a beam of moonlight shining down on you. filling you with power and strength



 Think abut any negative thoughts, habits, or relationships that are holding, you back.
 What do you need to let go of in order to move forward?





4. Write down what you want to release

Write down what you want to release on a piece of paper. Be honest and specific about why it is no longer serving your best interests.

Waning Moon Ritual: Release & Healing

5. Release and Let Go

 Hold the paper in your hands and close your eyes. Visualize the energy of the waniang moon helping you to release what you wrote down. Feel the relief throughout your body.





Burn or Bury the Paper

 Burn the paper as an offering to the moon (or you can bury it in the earth as a symbol of rlease). As you do, say something like 'I release what no longer serves me and make space for new blessings in my life'.

7. Journal Your Experience

 Close your ritual by journaling your thoughts and emotions. Write about what you've accomplished any adjustment, how you feel and your gratitude





8. Close the Ritual

- Thank the Moon for Her guidance and support
- Extinguish the candle and envision your intentions becoming a reality.

JOURNALING PROMPTS WANING MOON REFLECTION

forward? Reflect on what no longer serves you and how you can let go of these influences to create space for growth.
What emotional or spiritual blockages am I ready to clear? Dive into any lingering emotions or spiritual obstacles that are holding you back, and explore how you can release them.
What lessons have I learned from the past cycle that I am now ready to let go of? Reflect on any lessons or experiences from the previous lunar cycle that you've outgrown and are ready to release.
How can I cleanse my energy and environment to support my healing and transformation? Consider ways to purify your surroundings and energy, and how this cleansing can create a path for renewal and fresh beginnings.

OTHER MOON PHASES WORKBOOK

Each month, we've been building our Moon Guides, offering insightful overviews and planning tools for each moon phase to support your manifestation journey. To keep these guides succinct moving forward, we will now only include the newly written moon phase guide in each monthly workbook. Previous moon phase planners, rituals, and overviews can be found in earlier month workbooks or in our comprehensive BRAND NEW All-Up Moon Phase Magick Workbook. You can access all of these resources on our website here.

Below are some example pages from those moon phase planner pages



Charge Your Crystals Place your crystals under the moonlight to cleanse and recharge them with the Full Moon's potent energy. This helps amplify their natural proporties for future use in your magickal practices.



Make Moon Water Fill a jar with water and leave it under the moonlight to absorb its energy. Use this moon charged water for rituals, cleansing, drinking (if safe), or adding to baths to infuse your life with lunar power.





Celebrating with Friends and Family: Gather with leved ones for a Full Moon intentions, onjoy a feast, or simply dance and connect under the moonlight.

New Moon Ritual: Setting Intentions 5. Visualize Your Intention

 Hold the paper in your hands and close your eyes. Visualize your intentions coming to reality. See yourself achieving, your goals. How do you fool?

· Allow this vision to fill you with positive energy...



6. Seal Your Intention . Once you have the image in your mind, fold the paper towards you

· You can either @ Burn it @ place it under your pillow (3) Place it on your



· T commit to this intention(s) and trust in the universe to manifest them



8. Close the Ritual · Thank the Moon for Her guidance and support

· Extinguish the candle and envision your intentions becoming a reality

· Journal about the steps you will be taking to help manifest your intention.



ceremony or celebration. Share



Monthly Moons

Each month features a unique moon, often tied to seasonal themes and energies. These moons align with astrological signs as the moon moves through the zodiac, influencing how you connect with its power. The astrological sign the moon is in can enhance or shift its energy.

Astrological Sign

Month	Moon Name	Associated Energy	Examples
January	Wolf Moon	Reflection, inner strength	Cancer, Leo
February	Snow Moon	Purity, renewal, endurance	Virgo, Libra
March	Worm Moon	Growth, transformation, new beginnings	Scorpio, Sagittarius
April	Pink Moon	Blooming, love, creativity	Capricorn, Aquarius
May	Flower Moon	Abundance, fertility, celebration	Pisces, Aries
June	Strawberry Moon	Gratitude, sweetness, fulfillment	Taurus, Gemini
July	Buck Moon	Strength, leadership, vitality	Cancer, Leo
August	Sturgeon Moon	Wisdom, intuition, perseverance	Virgo, Libra
September	Harvest Moon	Completion, gratitude, abundance	Scorpio, Sagittarius
October	Hunter's Moon	Preparation, focus, determination	Capricorn, Aquarius
November	Beaver Moon	Hard work, community, stability	Pisces, Aries
December	Cold Moon	Reflection, rest, spiritual depth	Taurus, Gemini

2025 Moon Phase Dates

January	February
Frit Cuntar Full Moon Lest Cuntar New Moon Sh 20th Aries Cuncer Libra Aquarium	First Chanter Full Moon Last Chanter New Moon 2th 22th 27th Taures Lau Scorpio Pieces
March	April
Free Quarter Full Moon Last Quarter New Moon (4th 14th 22nd 22nd 22nd Arfee)	First Quarter Full Moon Last Quarter New Moon Gith Cancer Lithen Aquarlus Taurus
May	June
Fri Quarter Full Moon Last Quarter New Moon Loo Scorpio Aquarius Gemini	First Quanter Fall Moon Last Quarter New Moon 3rd Bh Bh 25rd Virgo Sagittarius Pieces Cancer
July	August
Free Cunster Full Moon Last Counter New Moon Unit of Ulbra Capricorn Taurus Cancer	Free Quarter Full-Moon Lant Quarter New Moon Freet Quarter Lant Quarter New Moon Freet Quarter Lant 23rd Starges Tuurus Virgo Sagittarius
September	October
Ful Moon First Querter Nov Moon Law Querter Ith Bith 2ls 2ls 2lsh Pisces Genini Viego Capricores	Full-Moon First Quaner New Moon Lest Quaner 7th 13th 2tr 28th Arties Cancer Illera Aquarius
November	December
Ful Moon First Questur New Moon Less Questur Zehn Unb Scornie Piscos	Full Moon First Quanter Now Moon Lest Quanter the Wh 20th 27th Seeman View Sweltteries Photos

2025 Astrological Dates

Planet Directs/Retrogrades

1	Mercui	ry			
Direction	Date	Sign		Venus	s
Direct	Jan 01	Sagittarius	Direction	Date	Sign
Retrogrado	Mar I5	Aries	Direct	Jan 01	Aquerius
Direct	Apr 7	Piscos	Rotrogyado	Mar 2	Aries
Rotrogrado	Jul 1S	Leo	Direct	Apr 13	Pisces
Direct	Aug, II	Leo			
Retrogrado	Nov 09	Sagittarius			

			Direction	Date	Sign
Jupiter			Direct	Feb 24	Cancer
Direction	Date	Sign			
Direct	Feb 4	Gemini			

		Direction	Date	Sign		
	-		Direct	Jan 01	Pisces	
Uranus			Retrogrado	Jul 13	Aries	
Direction	Date	Sign	Direct	Nov 28	Piscos	
Direct	Jan 30	Taurus				

Gemini

Pluto			Direction	Date	Sign
Direction	Date	Sign	Direct	Jan 01	Pisces
Dtrect	Jan 01	Capricorn	Retrograde	Jul 04	Aries
tetrograde	May 4	Aquarius	Direct	Dec 10	Pisces
Direct	Oct 14	Capricorn			

Neptune

Meteor Showers				
Quadrantids	03-Jan-2025			
Alpha Centauroids	08-Feb-2025			
Eta Vinginias	14-Mar-2025			
Kappa Serpentis	05-Apr-2025			
Lyrids	22-Apr-2025			
Pi Puppis	23-Apr-2025			
Eta Aquariids	06-May-2025			
Eta Lyrids	09-May-2025			
Bottids	28-Jun-2025			
South Dolta Aquariids	30-Jul-2025			
Alpha Capricornids	30-Jul-2025			
South Delta Aquariids	04-Aug-2025			
Persads	12-Aug-2025			
Kappa Cygnets	18-Aug-2025			
Alpha Aurigids	31-Aug-2025			
Capricorn ds	03-Oct-2025			
Camelopardalis	06-Oct-2025			
Draconis	08-Oct-2025			
Orionids	21-Oct-2025			
Northern Taurids	06-Nov-2025			
Southern Taurids	06-Nov-2025			
Leonidas	17-Nov-2025			
Alpha Monocerotids	2l-Nov-2025			
Geminids	14-Dec-2025			
Ursids	22-Dec-2025			
Comae Berenicids	25-Dec-2025			

For More Magick



We hope you find joy, inspiration, and connection as you work through this magical workbook. It's designed to help you align with nature's rhythms, set powerful intentions, and infuse your daily life with meaning and enchantment. If you're looking to dive deeper into magickal practices, explore seasonal celebrations, or connect with more tools and guidance for intentional living, we invite you to visit our website. There, you'll find resources, curated products, and teachings to support your journey and help you embrace a truly magical lifestyle.

Learn more at www.modernmagickalfamily.com and let the magic unfold!

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