50+ Midjourney → Flux Prompt Conversions + Resolution Matrix + Troubleshooting

A practical conversion pack. No theory. Use it to translate Midjourney shorthand into Flux-native prompts that actually work.

Recommended "safe baseline" (start here)

Guidance: 2.6
(then adjust)

Steps: 28

Seed: fixed
for consistency (change to explore)

Resolution
use the matrix below (avoid random sizes)

Conversion Rules (fast)

Remove all MJ flags
(--ar, --s, --c, --v, --style)

In Flux, write:
subject + environment + lighting + camera + composition

If results look "too literal":
lower guidance (2.0–2.4)

If results ignore details:
raise guidance (3.2–4.2)

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ANTI-DOUBLING RESOLUTION MATRIX

use these exact sizes

Aspect Ratio	Resolution (px)	Notes
1:1	1024 x 1024	Safe base
3:2	1216 x 832	Wide landscape
2:3	832 x 1216	Portrait
16:9	1344 x 768	Cinematic / YouTube
9:16	768 x 1344	Shorts / mobile

TROUBLESHOOTING (Symptom → Fix)

Symptom	Likely Cause	Fast Fix
Object doubling / extra subjects	Weird dimensions / too big	Switch to the matrix sizes; reduce resolution first
Plastic / over-processed look	Guidance too high	Drop guidance to 2.1–2.6
Flat lighting / boring image	Prompt lacks lighting logic	Add "key light, rim light, soft bounce, film grain"
Details missing	Prompt too vague / guidance too low	Add concrete details; raise guidance to 3.2–3.8
Hands/anatomy glitches	Overcrowded prompt	Reduce subjects; add clearer pose + camera distance
Text in image is unreadable	Generic instruction	Specify exact short text + placement + sign material + lighting

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COPY/PASTE PRESET (generic)

Preset Name	Value
Guidance	2.6 (adjust 2.0–4.2)
Steps	28 (adjust 24–36)
Seed	12345 (change to explore)
Negative prompt	"extra limbs, extra fingers, duplicated face, warped text, low quality"
Resolution	Use matrix only

PROMPT PATTERNS (Fill-in-the-Blanks)

Use these templates to convert ANY Midjourney prompt fast. Replace the {brackets}.

Pattern 1 — Portrait (Photoreal)

Template: "A {age} {gender} with {distinct facial details}, {emotion}. {wardrobe}. Shot on a {lens} portrait look, shallow depth of field. Soft {key light} from {direction}, subtle rim light. Natural skin texture, film grain. Background: {simple environment}."

Recommended:

- Guidance: 2.3–3.2
- Use case: faces, skin, realism

Pattern 2 — Product / Commercial Render

Template: "Studio product photo of a {product} on {surface}. Clean composition, premium commercial lighting (softbox key + gentle fill). Sharp reflections controlled. High clarity, realistic materials, subtle shadows. Background: {color/gradient}."

Recommended:

- Guidance: 3.0–4.2
- Use case: bottles, gadgets, packaging, mockups

Pattern 3 — Cinematic Environment (Wide Shot)

Template: "Cinematic wide shot of {main subject} in {location}. Weather: {rain/fog/snow}. Lighting: {neon / golden hour / moonlight} with reflections and atmosphere. Composition: {camera angle}, {foreground elements}, deep depth cues. Film grain, high texture detail."

Recommended:

- Guidance: 2.0–3.0
- Use case: cyberpunk streets, landscapes, scenes

Pattern 4 — Poster / Key Art (High Impact)

Template: "Poster-style key art: {hero subject} centered, strong silhouette, dramatic contrast lighting. Background: {epic scale element}. Clean negative space for title area. Cinematic color grading, sharp focal point, premium look."

Recommended:

- Guidance: 2.6–3.6
- Use case: posters, thumbnails, hero images

Pattern 5 — Text-in-Image Signage (Best Practice)

Template: "A {sign material} sign in {environment} with readable text: '{exact short text}'. Text is centered, high contrast, clean typography, no distortion. Lighting: {soft even light}. Camera: straight-on, medium distance."

Recommended:

- Guidance: 3.4–4.2
- Use case: labels, signage, UI-like text

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HARD CASE FIXES (copy/paste)

Problem	Quick Fix
Text is garbled	Shorten the text, specify exact placement + straight-on angle, raise guidance to 3.6–4.2
Hands are broken	Reduce scene complexity, specify pose + camera distance, keep guidance 2.6–3.2
Crowds look cloned	Add "diverse faces and outfits", vary ages, change seed, lower guidance slightly (2.2–2.8)
Reflective products look messy	Specify "controlled studio reflections", "softbox key light", "clean highlights", raise guidance 3.2–4.0
Too literal / boring	Add lighting logic + camera/lens feel + film grain, lower guidance to 2.0–2.5

PRO TIP (useful, not theory)

Key Insight

If a prompt feels "dead", add **lighting + camera + composition** (it wakes up Flux results).

Migration Strategy

If you're migrating a huge prompt library: convert by **"patterns"** (portrait, product, environment) instead of 1-by-1.

Keep the first pass at safe resolution, then upscale later if needed.

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PROMPT BRIDGE — 50 MIDJOURNEY → FLUX CONVERSIONS

Category 1 — Portraits (10)

MJ	Flux (semantic prompt)
old man face, extreme detail --ar 2:3 --s 750	Ultra-detailed close-up portrait of an elderly man with weathered skin and visible pores, soft window light from the left, subtle film grain, 85mm portrait lens look, shallow depth of field, calm expression.
cyberpunk girl, neon hair --ar 16:9 --s 750	Cinematic wide shot of a young woman with glowing neon-blue hair on a rainy rooftop in a cyberpunk city, pink and blue neon reflections on wet surfaces, detailed skin texture, moody atmosphere, film grain.
viking warrior, cinematic lighting --ar 2:3 --s 500	Dramatic portrait of a viking warrior in worn leather and fur, scarred face, intense eyes, cold misty air, strong rim light, gritty realism, 85mm lens look, high texture detail.
child laughing, sun-drenched --ar 2:3 --s 250	Warm portrait of a laughing child in golden-hour sunlight, soft backlight halo, natural skin tones, candid expression, gentle bokeh background, documentary photography feel.
samurai in the rain --ar 16:9 --s 600	Cinematic scene of a lone samurai standing in heavy rain under a paper lantern, wet fabric textures, reflective puddles, dramatic contrast lighting, detailed metal on the katana, film grain.
ballerina in motion, blur --ar 3:2 --s 250	A ballerina mid-spin captured with intentional motion blur, studio spotlight, dark background, elegant silhouette, long exposure feel, graceful movement, high contrast.
ethereal goddess, glowing --ar 2:3 --s 750	Mythic portrait of an ethereal goddess with subtle glowing veins, soft volumetric light, floating particles, fantasy realism, delicate facial detail, cinematic color grading.
steampunk inventor, workshop --ar 3:2 --s 500	Portrait of a steampunk inventor inside a cluttered workshop, brass gears and tools, warm tungsten lighting, dusty air, textured clothing, shallow depth of field.
detective noir, rain, streetlight --ar 2:3 --s 250	Noir portrait of a detective under a streetlight in the rain, high-contrast shadows, wet coat fabric, cigarette smoke haze, monochrome film look, grainy texture.
editorial fashion, desert wind --ar 16:9 --s 500	Editorial fashion shot in a desert, high couture fabric flowing in strong wind, sharp key light, cyan sky, cinematic framing, premium magazine look.

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Category 2 — Landscapes & Environments (10)

MJ	Flux (semantic prompt)
magical forest, glowing mushrooms --ar 16:9 --s 750	Enchanted forest clearing at night with bioluminescent mushrooms, soft fog on the ground, moonlight filtering through tall trees, sparkling fireflies, cinematic wide composition.
cyberpunk city, rainy night --ar 16:9 --s 750	Dense cyberpunk city street at night in heavy rain, neon signs reflecting on wet asphalt, foggy air, high detail on storefronts, cinematic wide shot, film grain.
serene lake, golden hour symmetry --ar 16:9 --s 250	Symmetrical wide landscape of a calm lake at golden hour, perfect reflections, gentle haze, warm sunlight, balanced composition, natural colors.
victorian street, fog, carriages --ar 16:9 --s 250	19th-century Victorian street in thick fog, gas lamps glowing warm, horse carriages on wet cobblestones, period clothing, cinematic atmosphere.
japanese zen garden, minimal --ar 3:2 --s 250	Minimal Japanese zen garden with raked sand, stones, and bonsai, soft morning light, clean composition, calm mood, high clarity.
ancient temple in jungle, mist --ar 16:9 --s 500	Overgrown ancient stone temple in dense jungle, vines and moss, misty air, soft god rays, cinematic framing, rich textures.
snowy mountains, wide angle --ar 16:9 --s 250	Wide-angle mountain landscape with snow peaks, crisp air, detailed rock textures, deep blue sky, realistic color grading, sharp foreground-to-background detail.
desert dunes, dramatic shadows --ar 16:9 --s 250	Golden desert dunes at sunset with long dramatic shadows, wind ripples in sand, warm tones, cinematic wide shot, high texture detail.
underwater coral reef, sunbeams --ar 16:9 --s 500	Underwater coral reef scene with sunbeams, floating particles, colorful fish, realistic water caustics, cinematic clarity, vibrant yet natural.
futuristic space bazaar, station --ar 16:9 --s 750	A bustling space-station bazaar with diverse alien merchants, glowing stalls, floating signage, depth and crowd detail, cinematic wide shot, sci-fi realism.

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Category 3 — Product, Branding, UI (10)

MJ	Flux (semantic prompt)
luxury perfume bottle render --ar 3:2 --s 250	Studio product render of a luxury crystal perfume bottle on black glossy surface, softbox lighting, sharp reflections, premium commercial photography look, high clarity.
coffee advertising hero image --ar 16:9 --s 500	Advertising hero image of premium coffee: roasted beans frozen mid-air around a ceramic cup, dramatic side light, visible steam, dark background, crisp detail.
minimalist tech logo, vector --ar 1:1 --s 250	Minimal vector-style tech logo on clean white background, geometric icon, crisp edges, modern sans-serif wordmark, high contrast, centered composition.
app UI glassmorphism, futuristic --ar 16:9 --s 250	Futuristic tablet UI mockup with glassmorphism panels, clean icons, readable typography, soft glow accents, high-end product design presentation.
packaging design, skincare label --ar 3:2 --s 250	Premium skincare packaging mockup: matte bottle with clean label, minimal layout, soft studio lighting, realistic shadows, brand presentation style.
isometric icons set, game assets --ar 1:1 --s 250	Set of isometric game icons (potion, shield, sword) with clean shading, crisp outlines, vibrant but controlled palette, consistent lighting.
movie poster sci-fi astronaut --ar 2:3 --s 750	Epic sci-fi poster: lone astronaut facing a massive cosmic phenomenon, dramatic lighting, cinematic contrast, poster-style composition, space dust and scale.
botanical illustration, vintage plate --ar 3:2 --s 250	Vintage scientific botanical illustration of an orchid, paper texture, precise linework, subtle watercolor shading, labeled specimen style.
architectural minimal museum photo --ar 16:9 --s 250	Minimal architectural photograph of a modern museum: clean geometry, marble and glass, centered symmetry, hard shadows, high contrast.
menu photo ramen close-up --ar 3:2 --s 250	Close-up food photo of steaming ramen, glossy broth highlights, crisp ingredient detail, shallow depth of field, dark background, appetizing realism.

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Category 4 — Concept Art & Stylized (10)

MJ	Flux (semantic prompt)
dragon over castle, epic --ar 16:9 --s 750	Epic fantasy scene: massive dragon circling above a medieval castle, storm clouds, dramatic moonlight, cinematic scale, detailed stone textures, atmospheric fog.
mech warrior, battlefield smoke --ar 16:9 --s 750	Large mech warrior walking through smoky battlefield, sparks and embers, hard rim lighting, gritty metal textures, cinematic wide shot, high detail.
anime hero, dynamic pose --ar 2:3 --s 500	Stylized anime hero in dynamic pose, dramatic perspective, clean linework, vibrant shading, expressive face, action composition, sharp detail.
pixel art cyberpunk street --ar 16:9 --s 250	High-quality 16-bit pixel art cyberpunk street in rain, neon signage, parallax vibe, small characters, limited palette, crisp pixels.
storybook illustration, cozy cottage --ar 3:2 --s 500	Storybook illustration of a cozy cottage at dusk, warm window light, soft painterly textures, whimsical mood, gentle depth and detail.
surreal floating islands --ar 16:9 --s 750	Surreal landscape with floating islands, waterfalls into clouds, soft volumetric light, dreamlike color grading, cinematic wide framing.
low-poly diorama forest --ar 1:1 --s 250	Low-poly 3D diorama of a forest scene, simple geometry, soft lighting, clean materials, cute miniature look.
comic noir alley, rain --ar 16:9 --s 250	Noir comic style: detective in a rainy alley, strong chiaroscuro, ink-like textures, gritty mood, dramatic streetlight.
oil painting portrait, impasto --ar 2:3 --s 750	Oil painting portrait with visible impasto brush strokes, rich paint texture, warm studio lighting, expressive face, classical composition.
abstract geometric glass shards --ar 16:9 --s 500	Abstract geometric composition of glass shards and refracted light, rainbow dispersion, high contrast, clean shapes, modern art look.

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Category 5 — People, Street, Documentary (10)

MJ	Flux (semantic prompt)
street photo candid laugh, bokeh --ar 3:2 --s 250	Candid street photography moment of strangers laughing, warm late-afternoon light, natural skin tones, subtle bokeh, documentary realism.
night city through rainy window --ar 16:9 --s 250	City lights seen through a rain-soaked window, droplets in sharp focus, blurred neon bokeh behind, moody night atmosphere, cinematic framing.
crowded metro station rush hour --ar 16:9 --s 250	Busy metro station during rush hour, motion blur from passing commuters, overhead fluorescent lighting, gritty realism, documentary style.
musician on street corner, sunset --ar 3:2 --s 250	Street musician performing at sunset, warm rim light, textured clothing, shallow depth of field, candid emotional moment, film grain.
chef in kitchen, dramatic light --ar 3:2 --s 250	Portrait of a chef in a professional kitchen, dramatic side light, steam in the air, stainless steel reflections, candid realism.
friends around campfire, night --ar 16:9 --s 250	Friends around a campfire at night, warm firelight on faces, dark forest background, subtle smoke, cozy mood, cinematic shot.
boxing gym, sweat, grit --ar 3:2 --s 250	Gritty boxing gym scene: athlete resting between rounds, sweat detail, harsh overhead light, textured walls, documentary realism.
old bookstore interior, dust rays --ar 16:9 --s 250	Old bookstore interior with tall shelves, dust particles in sun rays, warm atmosphere, rich paper texture, cinematic wide shot.
market vendor, close-up hands --ar 3:2 --s 250	Close-up documentary photo of a market vendor's hands arranging produce, natural light, realistic skin texture, shallow depth of field.
winter street, breath visible --ar 16:9 --s 250	Winter street scene with visible breath in cold air, warm shop lights, wet pavement, cinematic mood, natural color grading.

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