

# MOON PHASES + ASSOCIATIONS

## Full moon

Sealing intentions  
Outward connection  
Releasing what doesn't serve

## Waxing Gibbous

Growth  
Refinement  
Building momentum

## Waning Gibbous

Release  
Gratitude  
Reflection

## First Quarter

Challenge  
Decision making  
Forward movement

## Third Quarter

Endings  
Forgiveness  
Closure

## Waxing Crescent

Intention  
Expansion  
Positive action

## Waning Crescent

Rest  
Renewal  
Surrender

## New Moon

Beginnings  
Manifestation  
Starting fresh

