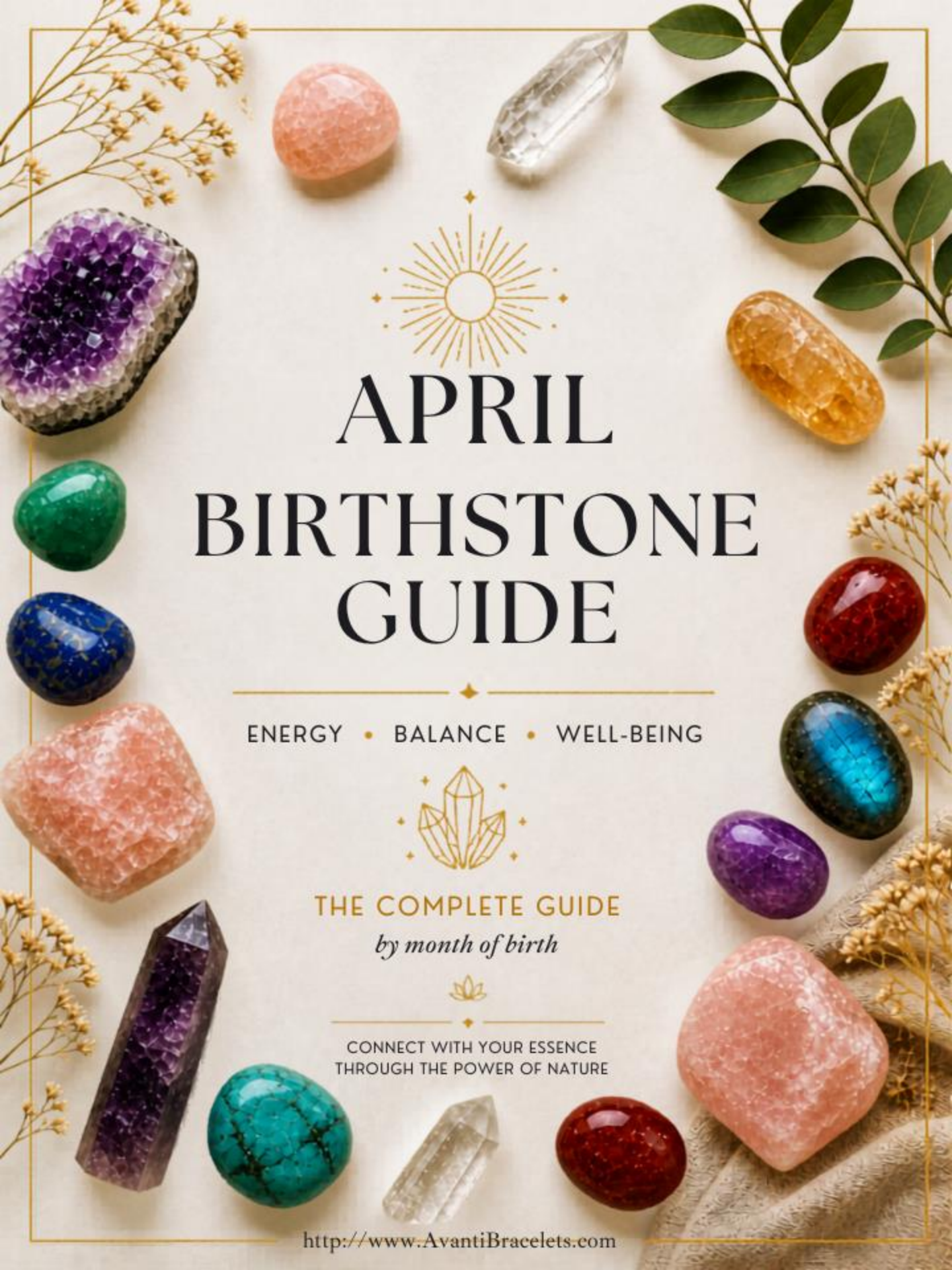




# APRIL BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



THE COMPLETE GUIDE  
*by month of birth*



CONNECT WITH YOUR ESSENCE  
THROUGH THE POWER OF NATURE

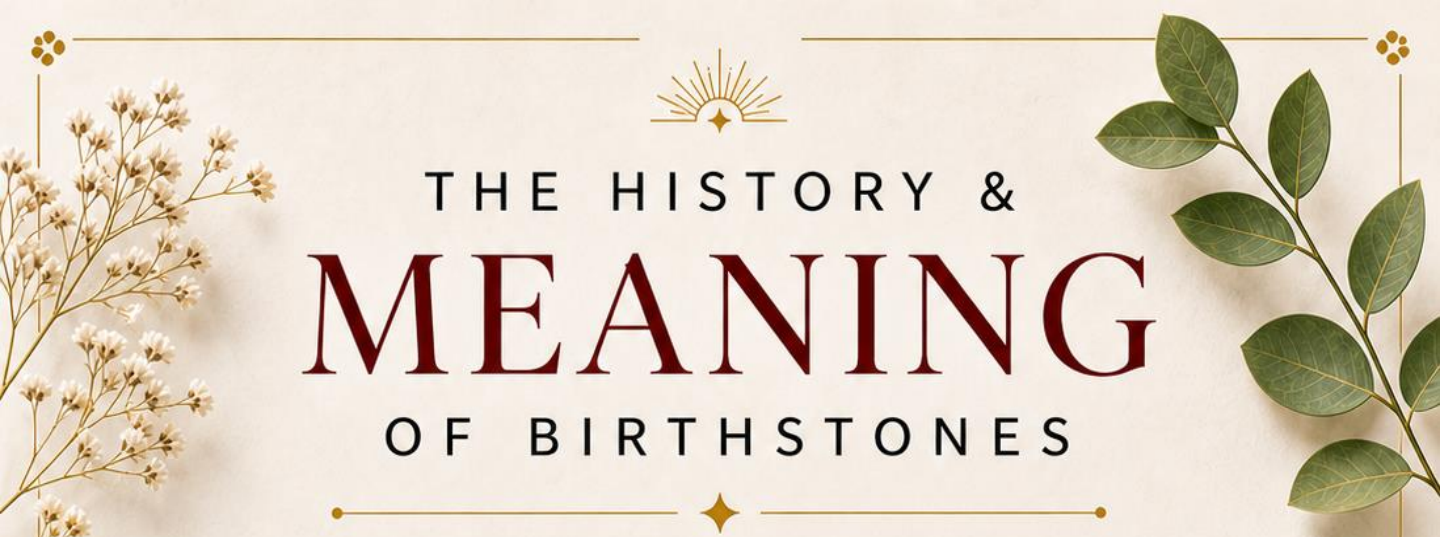


# APRIL

## DIAMOND

BIRTHSTONE





# THE HISTORY & MEANING OF BIRTHSTONES



## ORIGIN



The tradition of birthstones dates back thousands of years. It is commonly linked to the **Breastplate of Aaron**, described in the Book of Exodus, which contained twelve gemstones representing the twelve tribes of Israel.<sup>1</sup>

Later, scholars connected these stones to the **twelve months and zodiac signs**, shaping the foundation of the modern system.<sup>2</sup>



## EVOLUTION



Ancient civilizations such as the Greeks and Romans believed gemstones held **protective and healing powers**.<sup>3</sup>

Originally, people wore different stones throughout the year, but over time this evolved into wearing **one specific stone** based on birth month.<sup>2</sup>

The modern list of birthstones was officially standardized in **1912** by the National Association of Jewelers in the United States.<sup>2</sup>



## MEANING



Birthstones have long been associated with symbolic qualities such as:

- ◆ Protection
- ◆ Love
- ◆ Clarity
- ◆ Strength
- ◆ Renewal

These meanings come from **cultural, spiritual, and historical traditions**, not scientific evidence.<sup>4</sup>



◆ *Each stone carries a story shaped by history, belief, and human connection.* ◆

### SOURCES

1. American Gem Society. (n.d.). The History of Birthstones. [members.americangemsociety.org](https://members.americangemsociety.org)
2. Wikipedia. (n.d.). Birthstone. [en.wikipedia.org/wiki/Birthstone](https://en.wikipedia.org/wiki/Birthstone)
3. Willow & Stag. (n.d.). Birthstones: Meanings, History & Significance. [willowandstag.com](https://willowandstag.com)
4. Martha Stewart. (2023). Birthstone Meanings for Every Month. [marthastewart.com](https://marthastewart.com)



# DIAMOND

## HISTORY & ORIGIN



Diamond is the birthstone for April.  
Admired for its brilliance and strength, it has been treasured  
across cultures for thousands of years.



### HISTORY



- ◆ Diamonds have been valued for over 3,000 years, with the earliest known diamonds mined in India.
- ◆ Ancient civilizations believed diamonds brought strength, invincibility and protection.
- ◆ During the Middle Ages, they were thought to ward off poison and bring courage.
- ◆ Today, diamonds are recognized worldwide as symbols of love, commitment and enduring bonds.



### IMPORTANT TO NOTE

Diamond is the only official birthstone for April according to the American Gem Society (AGS) and the Gemological Institute of America (GIA).





# DIAMOND

## — BENEFITS & WELL-BEING —



### EMOTIONAL

- ◆ Associated with clarity and mental focus.
- ◆ Symbolizes strength, resilience and commitment.
- ◆ Encourages confidence, courage and inner power.
- ◆ Represents purity, truth and integrity.



### CHAKRA

#### CROWN CHAKRA (SAHASRARA)



- ◆ Connected to higher consciousness and spiritual awareness.
- ◆ Enhances clarity, wisdom and insight.
- ◆ Promotes harmony, alignment and connection with the divine.



### PHYSICAL (TRADITIONAL BELIEFS)

- ◆ Historically believed to support vitality and physical strength.
- ◆ Associated with overall energy and well-being.
- ◆ Traditionally thought to aid in detoxification and immune support.



*\*Traditional beliefs, not scientifically proven.*



### IMPORTANT TO NOTE

The benefits associated with diamonds are based on traditional beliefs and holistic practices, not scientific evidence.



Wear or carry diamonds as a reminder of your inner strength, clarity and purpose.

# DIAMOND

## — ALTERNATIVE BIRTHSTONES —

While diamond is the official birthstone for April, these alternatives are popular and widely used in fine jewelry.

### — ♦ 4 ALTERNATIVE BIRTHSTONES FOR APRIL —



#### SAPPHIRE



- ♦ Historically, sapphire was considered the original birthstone for April in ancient lists.
- ♦ Ancient cultures including Romans, Hebrews, Russians and Arabs valued it as the stone of April.
- ♦ Believed to bring inner peace, relieve mental tension and help with depression.
- ♦ Encourages self-expression and wisdom.



#### OPAL



- ♦ Listed as the birthstone for April in ancient Tibetan astrology.
- ♦ Ancient Greeks believed opals granted the power of foresight.
- ♦ Today, opals are believed to absorb and amplify thoughts, feelings and traits.
- ♦ They help bring these to the surface for greater awareness.



#### WHITE TOPAZ



- ♦ A modern alternative commonly mentioned as an April birthstone.
- ♦ Popular as a diamond alternative known for its clarity and brilliance.
- ♦ Believed to increase awareness of thoughts and actions.
- ♦ It is said to release stagnant energy, helping the wearer move forward in life.



#### QUARTZ



- ♦ In Britain, quartz is often considered the birthstone for April.
- ♦ Believed to bring clarity and inspiration.
- ♦ Helps improve concentration and supports memory and knowledge.
- ♦ Valued for its natural beauty and versatile energy.

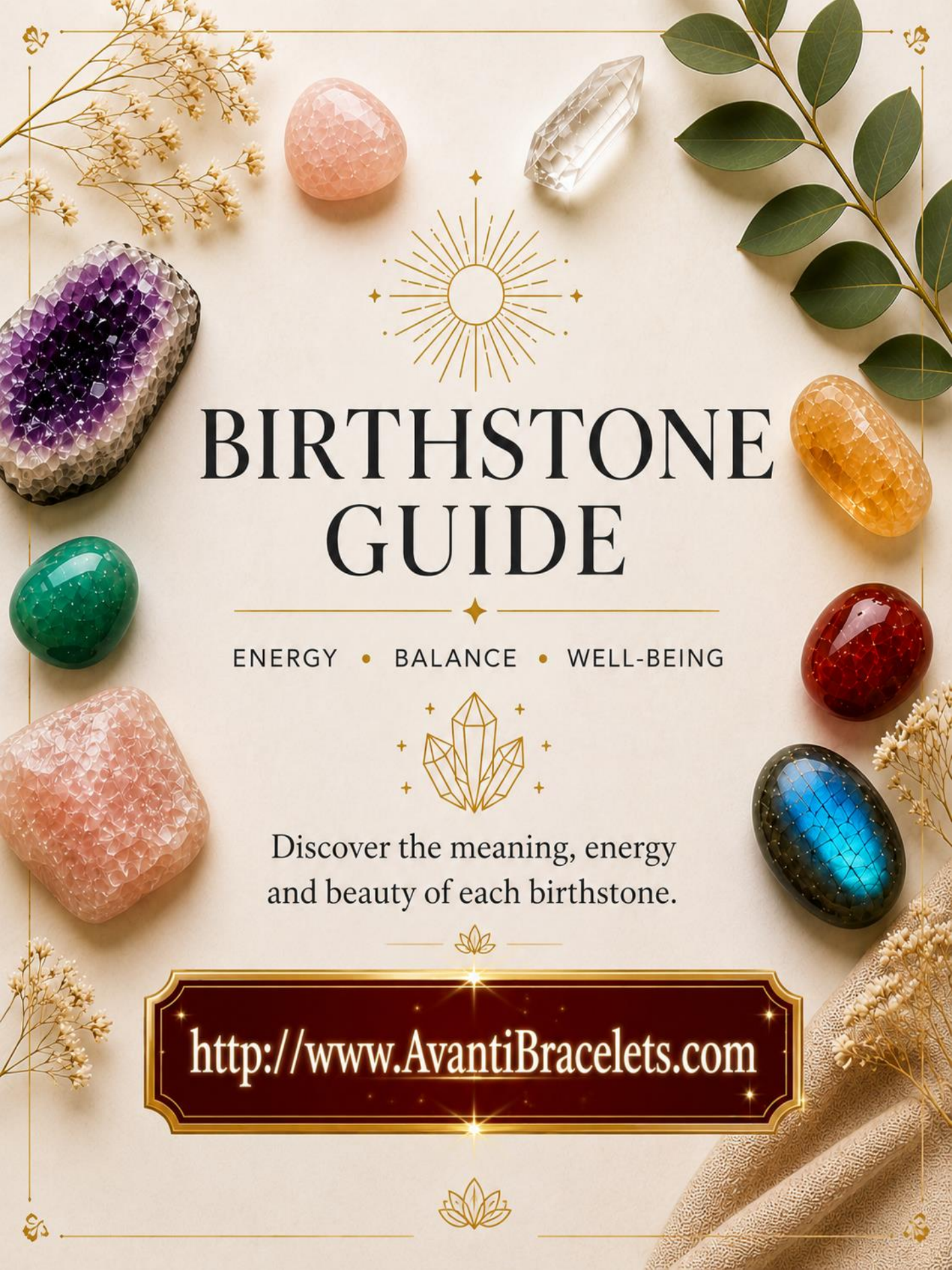


#### IMPORTANT TO KNOW

These gemstones are alternative birthstones chosen for their beauty, meaning and historical significance, not for traditional birthstone status.



DIAMOND REMAINS THE OFFICIAL BIRTHSTONE FOR APRIL.



# BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy  
and beauty of each birthstone.



<http://www.AvantiBracelets.com>