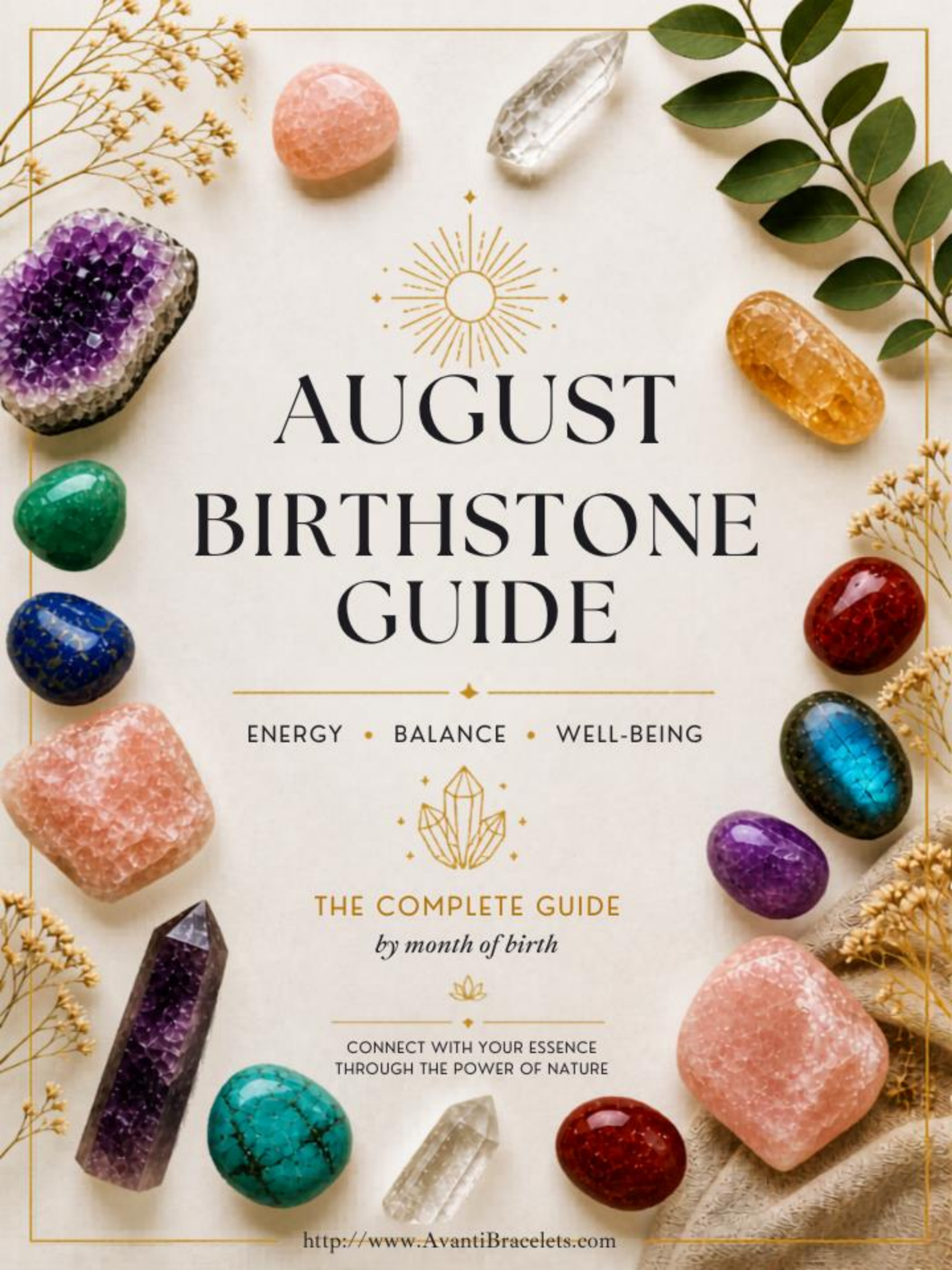




AUGUST BIRTHSTONE GUIDE

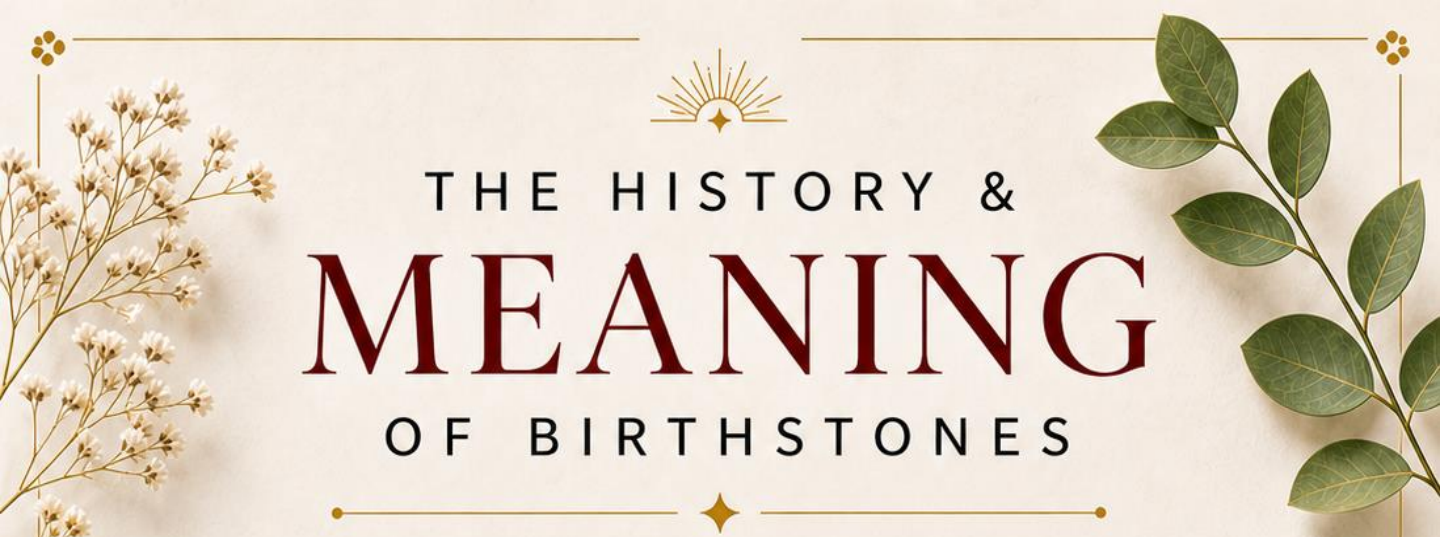
ENERGY • BALANCE • WELL-BEING



THE COMPLETE GUIDE
by month of birth



CONNECT WITH YOUR ESSENCE
THROUGH THE POWER OF NATURE



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.¹

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



EVOLUTION



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

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

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



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.⁴



◆ *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
2. Wikipedia. (n.d.). Birthstone. en.wikipedia.org/wiki/Birthstone
3. Willow & Stag. (n.d.). Birthstones: Meanings, History & Significance. willowandstag.com
4. Martha Stewart. (2023). Birthstone Meanings for Every Month. marthastewart.com



AUGUST

PERIDOT ♦ SPINEL ♦ SARDONYX

BIRTHSTONES



AUGUST

BIRTHSTONES

PERIDOT ♦ SPINEL ♦ SARDONYX

August is represented by three unique stones, each with a rich history and powerful symbolism.

♦ HISTORY & ORIGIN ♦



PERIDOT

- ♦ Mined in ancient Egypt over 3,500 years ago, known as the "gem of the sun" by the Egyptians.
- ♦ Found on the volcanic island of Zabargad (St. John's Island) in the Red Sea.
- ♦ Valued by many ancient cultures for its protective and healing qualities.



SPINEL

- ♦ Historically mistaken for ruby due to its similar appearance.
- ♦ Adorned royal crowns and treasures, including the "Black Prince's Ruby" in the British Imperial State Crown.
- ♦ Rediscovered as spinel in the 18th century.



SARDONYX

- ♦ Used since ancient times in Greece and Rome for carved cameos, seals and talismans.
- ♦ Believed to bring strength, courage and protection.
- ♦ Its name comes from Sardis, an ancient city in Asia Minor, once a center of carved stone.



COLORS



PERIDOT

From yellowish lime green to olive green.



SPINEL

Found in red, pink, purple, blue and rarely colorless.



SARDONYX

Brownish-red to white bands.

INTERESTING FACTS



Peridot forms deep within the Earth's mantle and can be brought to the surface by volcanic activity.



Spinel is one of the most underrated gemstones despite its exceptional beauty and durability.



Sardonyx was believed to ward off negativity and provide protection during travel and battles.



AUGUST

BIRTHSTONES

PERIDOT ♦ SPINEL ♦ SARDONYX

✦ ENERGIES THAT SUPPORT ✦



EMOTIONAL



PERIDOT

Encourages joy, optimism and emotional release. Helps dissolve negativity and invite abundance.



SPINEL

Inspires motivation, creativity and courage. Promotes emotional resilience.



SARDONYX

Brings stability, strength and self-control. Supports confidence and protection.



PHYSICAL (TRADITIONAL BELIEFS)



PERIDOT

Traditionally associated with detoxification, vitality and supporting the immune system.



SPINEL

Believed to boost energy levels, aid recovery and support overall stamina and endurance.



SARDONYX

Traditionally linked to strength, endurance and supporting physical vitality.



CHAKRA CONNECTION



PERIDOT

Heart Chakra
(Anahata)

Opens the heart to love, compassion and healing.



SPINEL

Root & Heart Chakras
(Muladhara & Anahata)

Enhances life force and emotional balance.



SARDONYX

Root Chakra
(Muladhara)

Grounds energy and provides protection and stability.

✦ TOGETHER, THEY BRING... ✦



JOY & LIGHT

Peridot brings positivity and renewal.



ENERGY & RESILIENCE

Spinel fuels passion, courage and vitality.



STRENGTH & PROTECTION

Sardonyx offers grounding, stability and inner strength.

IN HARMONY



Three stones.
Three unique energies.
Perfectly aligned for a
balanced and empowered life.



AUGUST

✦ ALTERNATIVE BIRTHSTONES ✦ BEYOND PERIDOT, SARDONYX & SPINEL

Other meaningful stones connected to the energy of August

ZODIACAL ALTERNATIVE



ONYX

protection & strength

HISTORICAL ALTERNATIVE



CARNELIAN

vitality & courage

HISTORICAL ALTERNATIVE



MOONSTONE

intuition & balance

HISTORICAL CONFUSION



TOPAZ

energy & clarity

INDIRECT RELATIONSHIP



RUBY

passion & vitality



HISTORY

- Associated with the Leo zodiac sign (late July–August).
- Used in ancient Egypt, Greece and Rome as a protective stone.

- Considered one of the oldest gemstones used by humans.
- Listed in ancient birthstone charts for August.

- Appears in traditional birthstone lists from the 1800s and early 1900s.
- Connected to lunar cycles and feminine energy.

- Often confused with peridot in ancient times (St. John's Island produced both).
- Many "peridots" in history were actually yellow topaz.

- Spinel, now an official August stone, was mistaken for ruby for centuries.
- Strengthens the connection of ruby as an alternative.



CHARACTERISTICS

- Opaque black with a smooth, glassy luster.
- Often banded in black and white (variety: sardonyx is layered).

- Orange to reddish orange color.
- Translucent with a waxy luster.
- Part of the chalcedony family.

- Adularescence: a soft blue or white glow that moves across the surface.
- Usually milky white, peach or gray.

- Colors range from colorless to yellow, orange, pink, blue and more.
- Transparent with high brilliance.

- Red variety of the corundum mineral (same family as sapphire).
- Known for its intense red color and durability.



MEANING

- Protection
- Inner strength
- Stability
- Self-control

- Vitality
- Motivation
- Courage
- Creativity

- Intuition
- Emotional balance
- New beginnings
- Inner growth

- Energy
- Clarity
- Confidence
- Good fortune

- Passion
- Vitality
- Protection
- Prosperity



ENERGY CONNECTION

Grounds your energy and protects against negativity. Keeps you strong and centered.

Boosts motivation and life force. Inspires action and personal empowerment.

Supports emotional healing and intuitive insight. Calms the mind and soul.

Helps channel energy with clarity. Attracts abundance and positivity.

Ignites inner fire and passion. Encourages courage, leadership and vitality.

KEY MESSAGE

*August offers more than one path —
each stone brings its own energy of strength, protection and renewal.*

WHY SO MANY ALTERNATIVES?



Different cultures and eras recognized different stones for the same month.



Confusion between minerals (topaz vs. peridot, spinel vs. ruby) shaped history.



Royalty and trade influenced which stones became more popular.



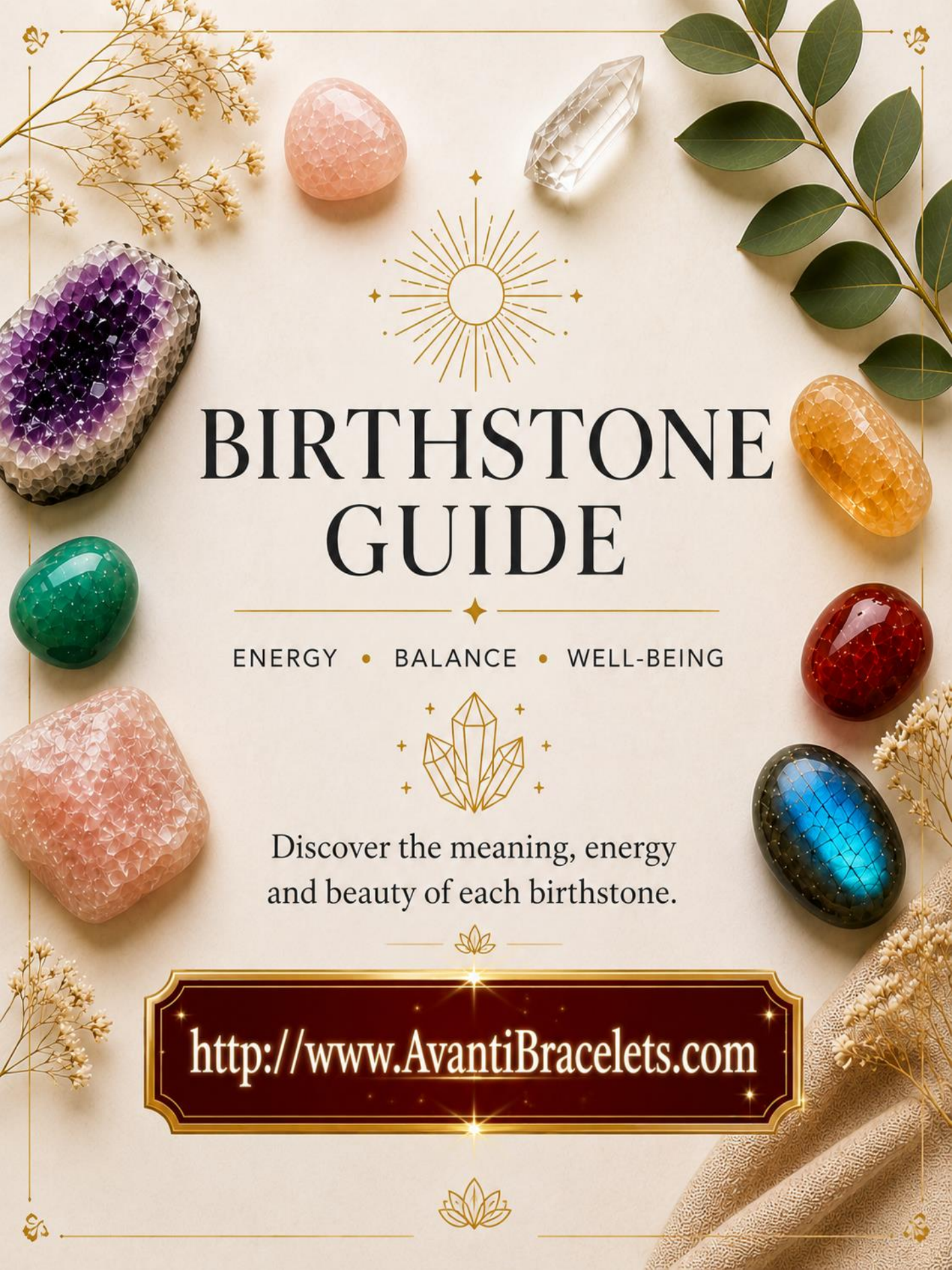
All these stones share themes of strength, vitality and protection.



More choices allow you to connect with the stone that resonates most.

✦ ONE MONTH. MANY STONES. ONE PURPOSE. ✦

Choose the stone that aligns with your energy and your journey.



BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy
and beauty of each birthstone.



<http://www.AvantiBracelets.com>