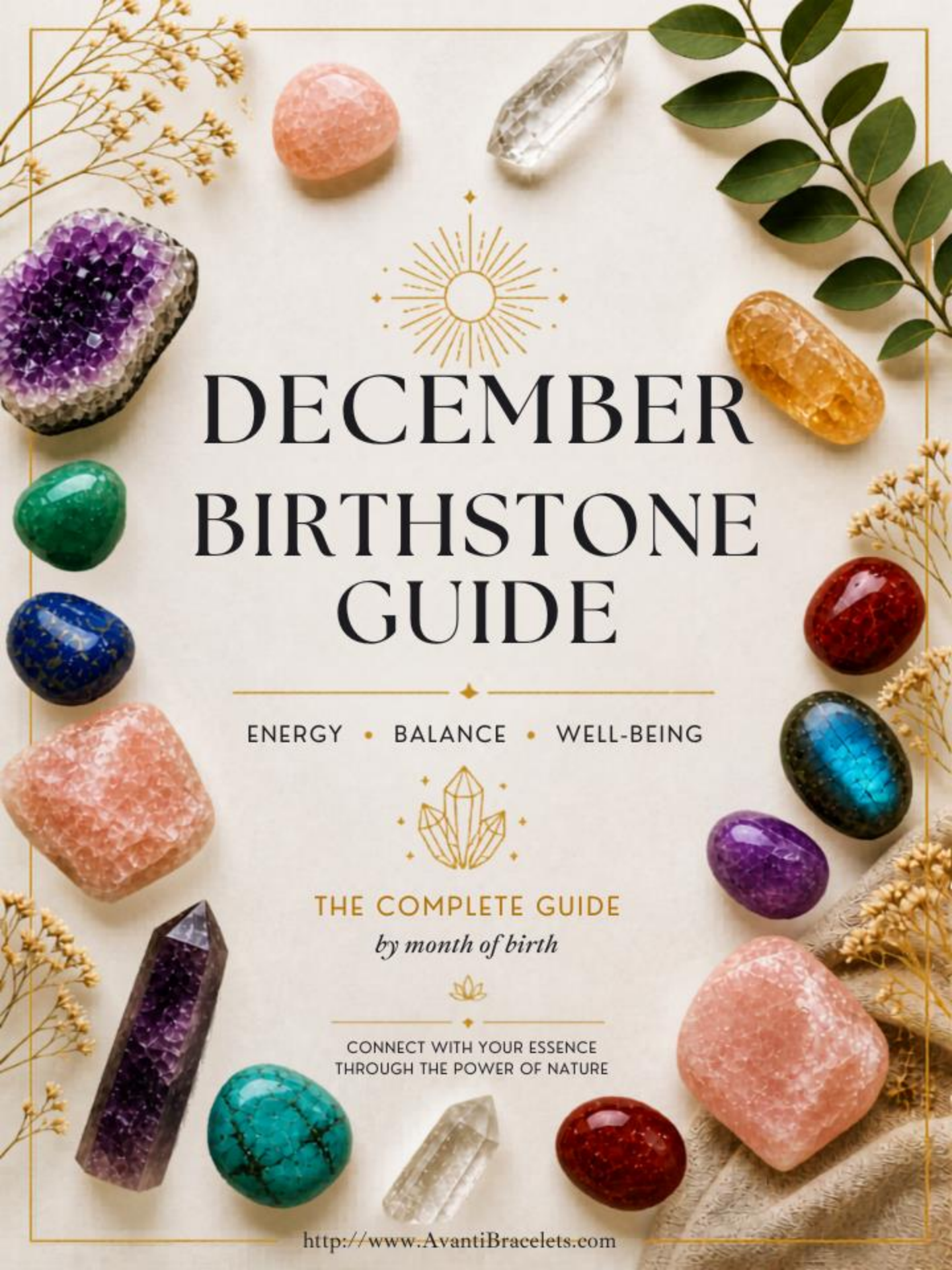




DECEMBER BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING

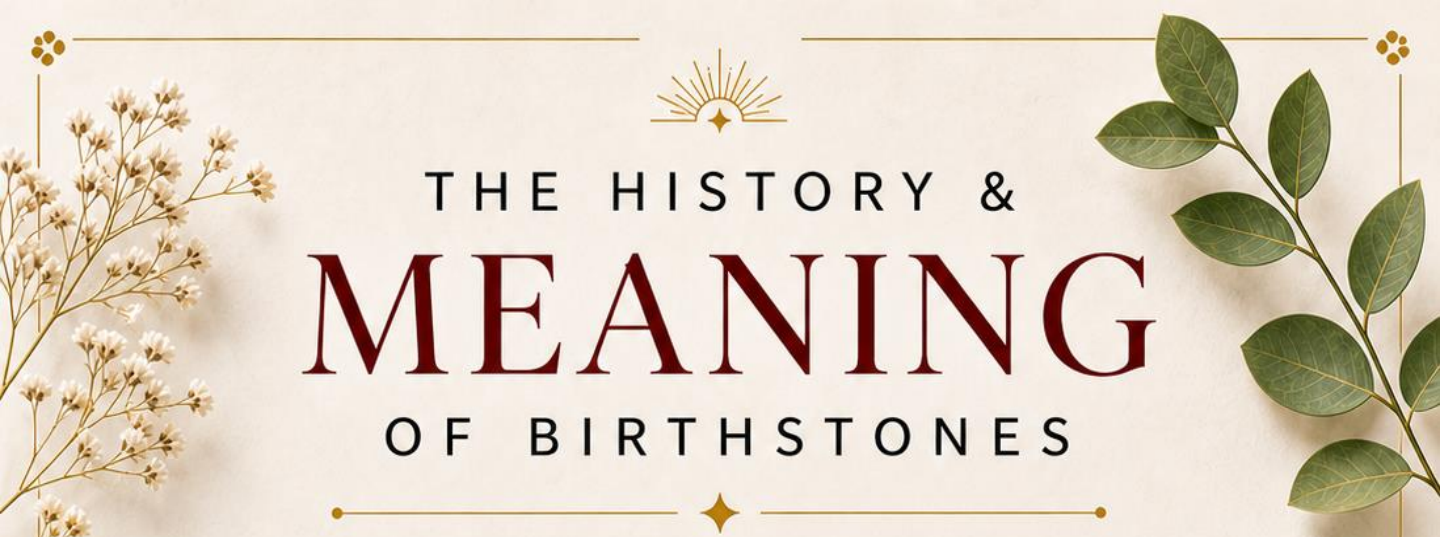


THE COMPLETE GUIDE
by month of birth



CONNECT WITH YOUR ESSENCE
THROUGH THE POWER OF NATURE

<http://www.AvantiBracelets.com>



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

DECEMBER

TURQUOISE ♦ TANZANITE ♦ ZIRCON

BIRTHSTONES



DECEMBER

BIRTHSTONES

TURQUOISE • TANZANITE • ZIRCON

HISTORY, COLORS & FACTS



TURQUOISE



TANZANITE



ZIRCON



HISTORY

- One of the oldest known gemstones, used by ancient civilizations for thousands of years.
- Valued by Egyptians, Persians, Native Americans and many other cultures.

- Discovered in 1967 in the Merelani Hills of Tanzania.
- Named after Tanzania, the only place in the world where it is found.

- Has been used as a gemstone for over 2,000 years.
- Believed to have been worn by ancient Greeks and Romans.



COLORS

Blue to green, often with natural matrix patterns.



Violet-blue to blue, with a unique ability to shift color in different lighting (pleochroism).



Available in blue, colorless, yellow, red, green and brown.



INTERESTING FACTS

- Symbolizes protection, good fortune and positive energy.
- Often used in jewelry and amulets for travel and protection.
- Turquoise is actually a hydrous phosphate of copper and aluminum.



- Extremely rare and found in only one place on Earth.
- Considered a stone of transformation and spiritual awareness.
- Heat treatment is commonly used to enhance its blue and violet hues.



- High brilliance and fire, often confused with diamond.
- Natural zircon is different from cubic zirconia (CZ), which is man-made.
- One of the oldest minerals on Earth, found in sands and rocks worldwide.



THREE STONES. THREE STORIES.

Each with a unique beauty, history and energy that makes December truly exceptional.



DECEMBER

BIRTHSTONES

TURQUOISE • TANZANITE • ZIRCON

ENERGIES, BENEFITS & CHAKRA CONNECTIONS



TURQUOISE



TANZANITE



ZIRCON

EMOTIONAL BENEFITS



Provides protection from negative energies and environmental stress.



Promotes calm, inner peace and emotional balance.



Encourages self-acceptance and compassion.



Enhances intuition, spiritual awareness and inner vision.



Supports transformation, personal growth and letting go of old patterns.



Inspires clarity of thought and a deeper connection to purpose.



Brings mental clarity and helps with decision-making.



Promotes confidence, focus and self-discipline.



Supports emotional stability and inner harmony.

PHYSICAL BENEFITS* (TRADITIONAL BELIEFS)



Traditionally associated with healing, immunity and overall well-being.



Believed to support the throat, lungs and respiratory system.



Said to aid detoxification and help the body release toxins.



Believed to support regeneration, vitality and cell renewal.



Thought to help with stress relief and relaxation.



Traditionally linked to improved sleep quality and recovery.



Traditionally associated with digestive health and metabolism.



Believed to promote restful sleep and relaxation.



Said to support energy flow and physical endurance.

CHAKRA CONNECTIONS



Throat Chakra
(Communication)
Enhances expression, truth and authentic communication.



Third Eye & Crown Chakras
(Intuition & Spirituality)
Opens intuition, expands consciousness and connects you to higher guidance.



Root & Solar Plexus Chakras
(Grounding & Confidence)
Provides stability, boosts willpower and strengthens personal power.

★ THREE STONES. THREE ENERGIES. ★

Protection. Intuition. Clarity.

December brings balance to the mind, body and spirit.

* These statements are based on traditional beliefs and are not intended to replace professional medical advice.

DECEMBER

ALTERNATIVE BIRTHSTONES

BEYOND TRADITION

OTHER POWERFUL STONES CONNECTED TO THE ENERGY OF DECEMBER

HISTORICAL ALTERNATIVE



LAPIS LAZULI

wisdom & truth

MODERN ALTERNATIVE



BLUE TOPAZ

clarity & focus

CONTEMPORARY ALTERNATIVE



LARIMAR

calm & flow

TRADITIONAL VARIANT



BLUE ZIRCON

strength & brilliance



HISTORY

- One of the oldest known gemstones.
- Used by ancient Egyptians, Romans and civilizations for thousands of years.

- Popular modern alternative for December.
- Valued for its beauty, affordability and bright energy.

- Found only in the Dominican Republic.
- Gained popularity in modern times for its soothing energy.

- Considered for centuries as a primary December birthstone.
- Natural zircon has been cherished since ancient times.



CHARACTERISTICS

- Deep blue color with golden pyrite inclusions.
- Opaque gemstone with a unique natural pattern.

- Usually blue, from light sky blue to Swiss blue.
- Transparent with excellent brilliance.

- Ocean-blue to sky-blue with white wave patterns.
- Formed from volcanic activity and minerals.

- Available in blue, but also in many other natural colors.
- Very high brilliance and fire.



MEANING

- Wisdom and truth
- Inner vision
- Spiritual connection

- Mental clarity
- Communication
- Concentration

- Emotional calm
- Balance
- Serenity

- Vitality
- Wisdom
- Protection



ENERGY

Promotes honesty, self-awareness and a deep understanding of oneself.

Helps clear the mind, improve communication and enhance focus and direction.

Encourages relaxation, emotional healing and a peaceful, flowing state of mind.

Brings strength, confidence and protection while boosting energy.

KEY MESSAGE

"December celebrates many shades of blue — stones that inspire wisdom, calm and transformation."

WHY SO MANY ALTERNATIVES?



Different cultures and traditions recognized different stones over centuries.



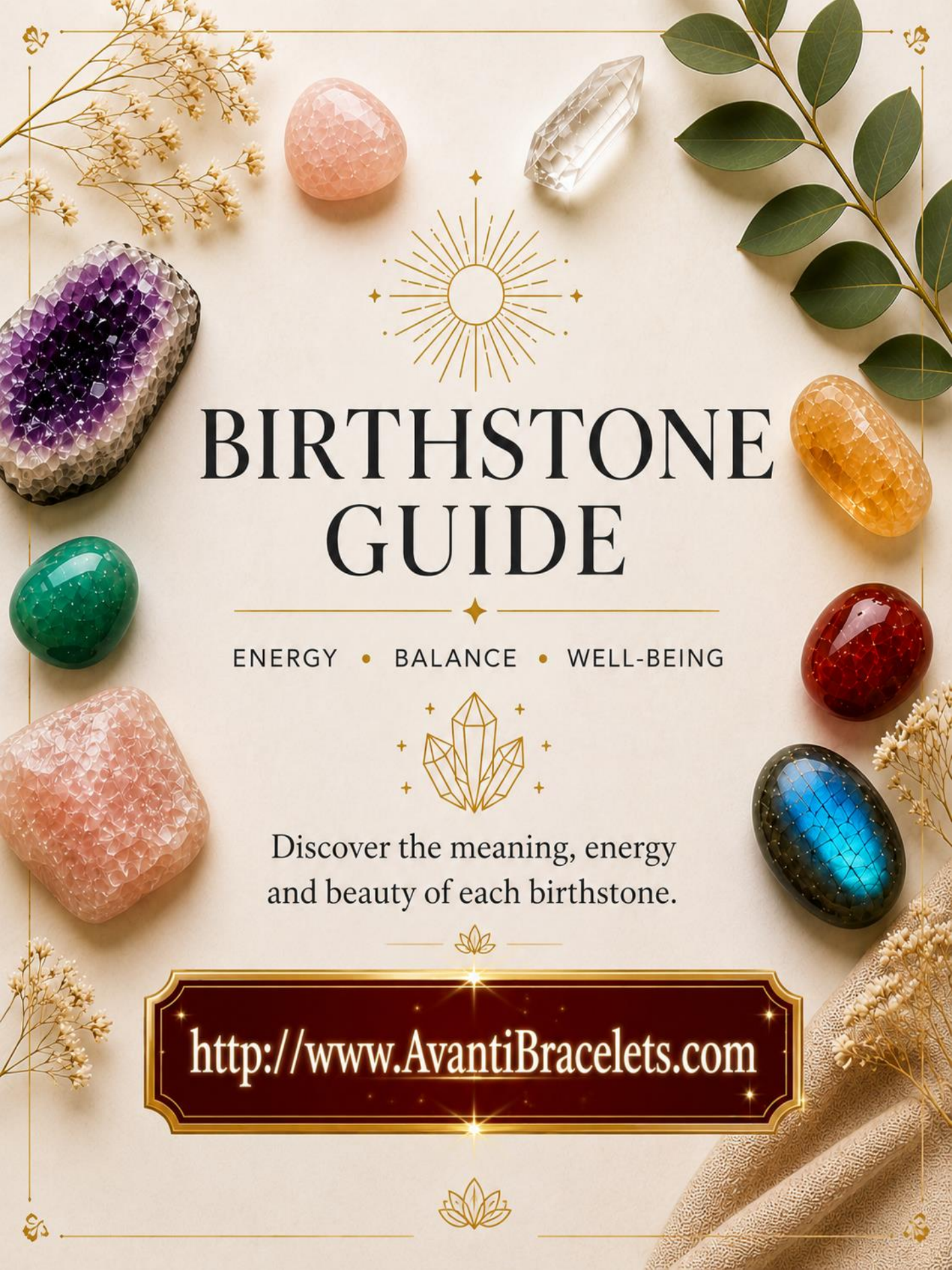
Modern discoveries and availability have added new meaningful options.



All these stones share a common energy: wisdom, protection and inner peace.

MANY STONES. ONE PURPOSE.

Each stone carries a unique beauty, but all support your journey toward clarity, balance and growth.



BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy
and beauty of each birthstone.



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