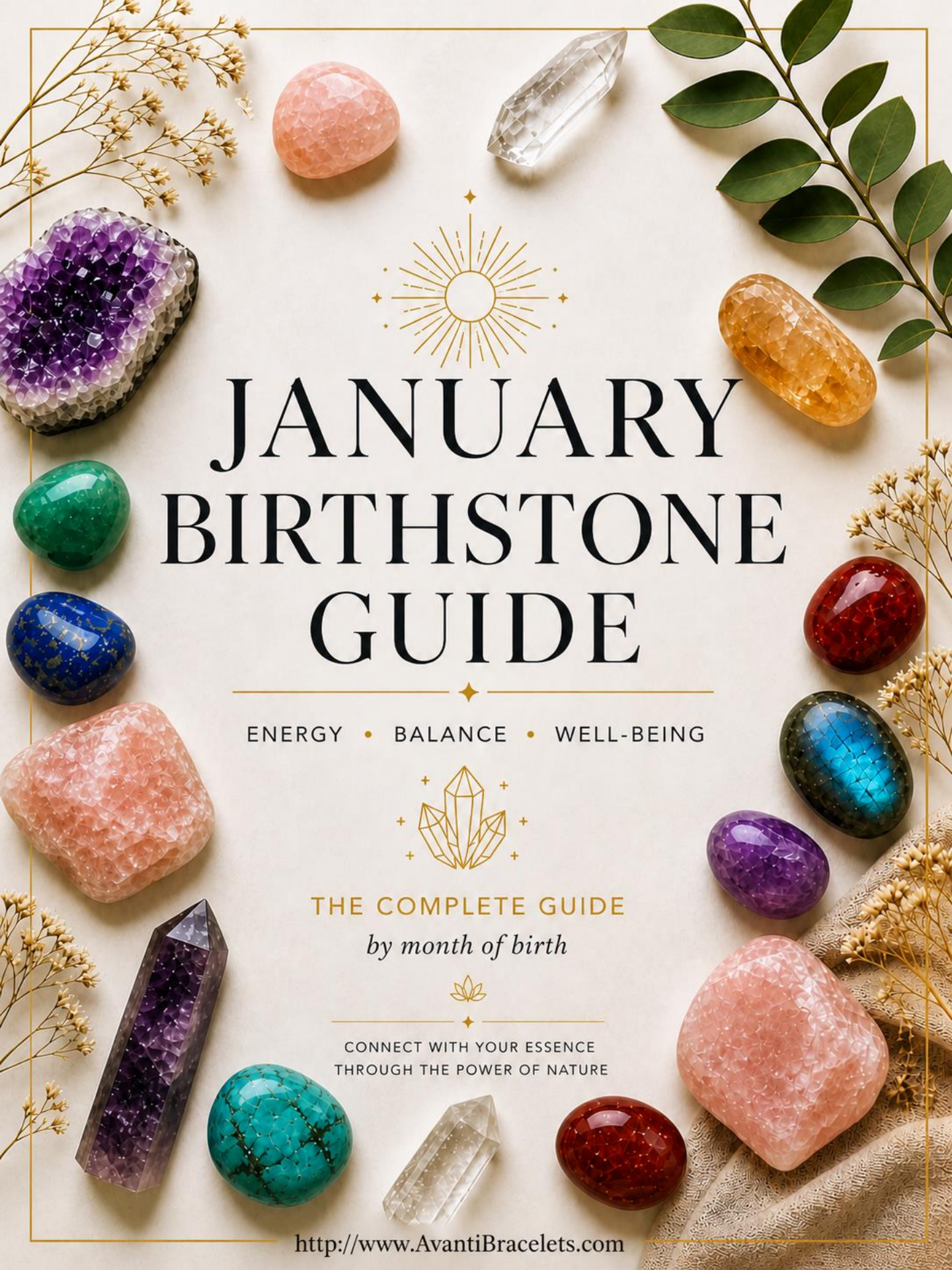




JANUARY BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING

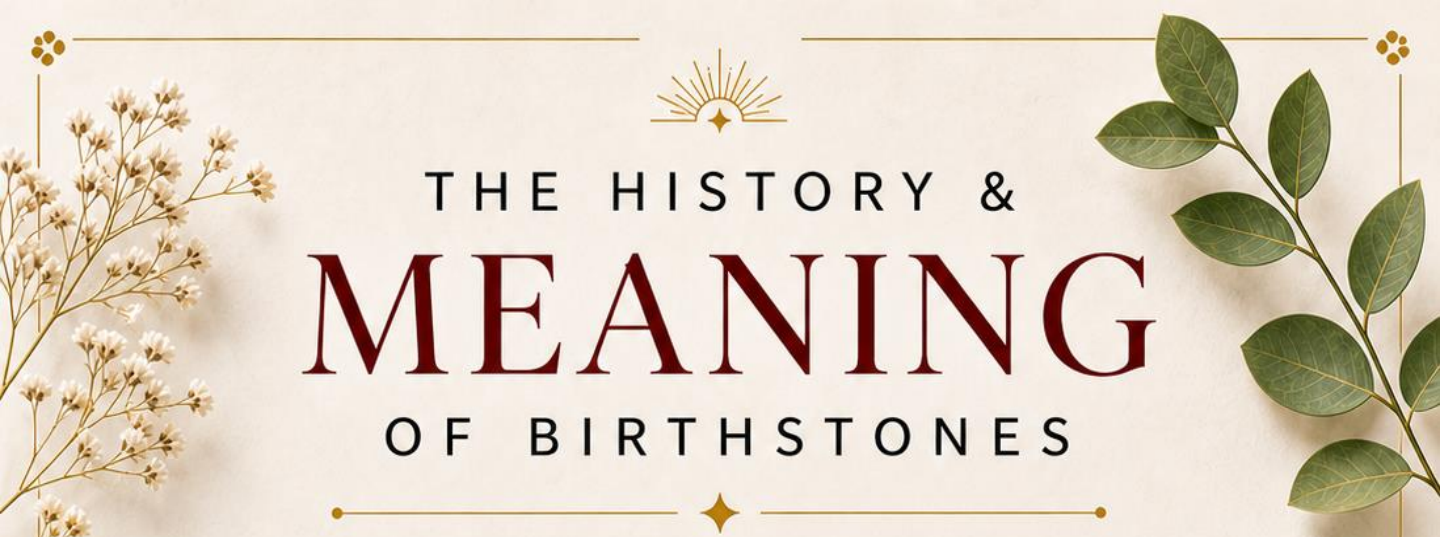


THE COMPLETE GUIDE
by month of birth



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.* ◆

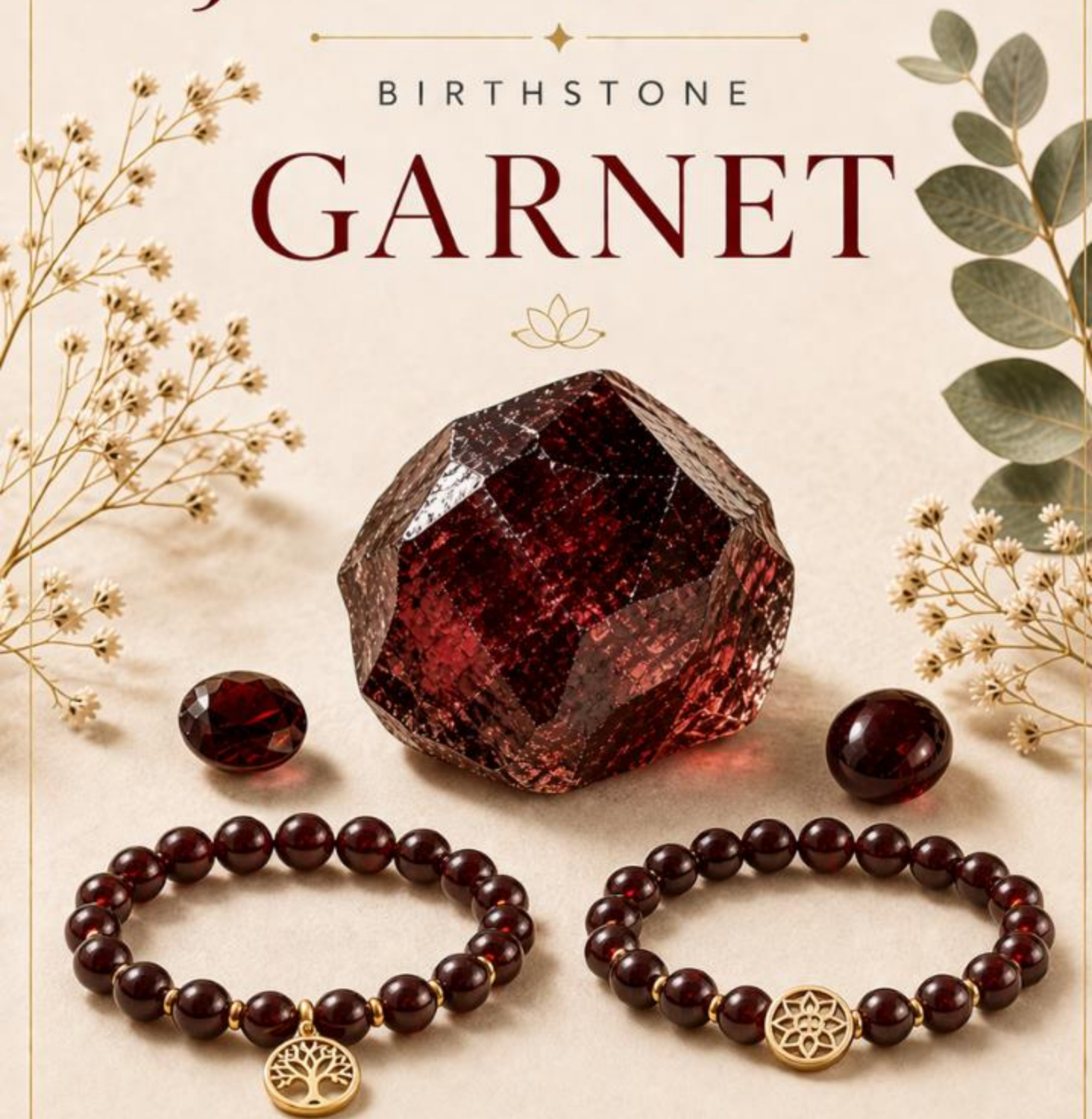
SOURCES

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

JANUARY

BIRTHSTONE

GARNET



GARNET

HISTORY, COLORS & VARIETIES



HISTORY

- ✦ Garnet has been used for **over 5,000 years**, appearing in ancient Egyptian jewelry and Roman signet rings.
- ✦ Its name comes from the Latin *granatum*, meaning “*pomegranate*,” due to its resemblance to red seeds.
- ✦ Historically, it was believed to **protect travelers** and provide light in darkness—legend even says Noah used a garnet lantern to guide the ark.



COLORS & VARIETIES

Although commonly known as red, garnet exists in **almost every color**:



RED
(Pyrope)



GREEN
(Tsavorite,
Demantoid)



ORANGE
(Spessartite)



PINK



PURPLE



BROWN



YELLOW



COLOR-CHANGE
(Extremely rare)

- ✦ Blue garnet exists but is exceptionally rare.

- ✦ The garnet family includes **more than 12 different varieties**, making it one of the most diverse gemstone groups.



INTERESTING FACTS



Birthstone of January.



Traditional gift for a **2nd wedding anniversary**.



Associated with **protection, success, and confidence**.



Rare garnets are **increasing in value** due to limited supply.



GARNET

ENERGY & WELL-BEING

Garnet is a stone of vitality, passion and grounding.
It supports your energy, your emotions and your connection to the earth.



PHYSICAL

- ✦ Traditionally linked to **circulation and blood flow support**.
- ✦ Associated with increased **energy, stamina, and vitality**.
- ✦ Believed to support the body during **fatigue** or low energy states.

These are traditional associations based on historical use and holistic practices, not scientifically proven.



EMOTIONAL

- ✦ Strengthens **confidence** and **personal power**.
- ✦ Helps overcome **fear, insecurity** and **emotional stagnation**.
- ✦ Encourages **motivation, passion** and **commitment**.
- ✦ Supports grounded **decision-making**.



CHAKRAS

Primary Chakra:
ROOT (MULADHARA)

- ✦ Promotes **grounding and stability**.
- ✦ Enhances feeling of **safety and belonging**.
- ✦ Helps reduce **anxiety** related to survival or uncertainty.

ENERGETIC EFFECT:

- ✦ Connects you to the present moment.
- ✦ Activates physical and emotional resilience.



WHEN TO USE GARNET

- ✦ During periods of change
- ✦ When you lack motivation
- ✦ When you need stability and action



WHEN TO AVOID

- ✦ During high stress
- ✦ When experiencing emotional overwhelm (can feel too activating)

JANUARY

ALTERNATIVE BIRTHSTONES

While garnet is the traditional birthstone for January, these beautiful gemstones are meaningful alternatives, each with its own unique energy.



ONYX

A stone of **protection, strength and stability.**
It is believed to absorb negative energy and promote emotional balance and resilience.



ROSE QUARTZ

The stone of **love** and **compassion.**
It encourages self-love, emotional healing and harmonious relationships.



AMETHYST

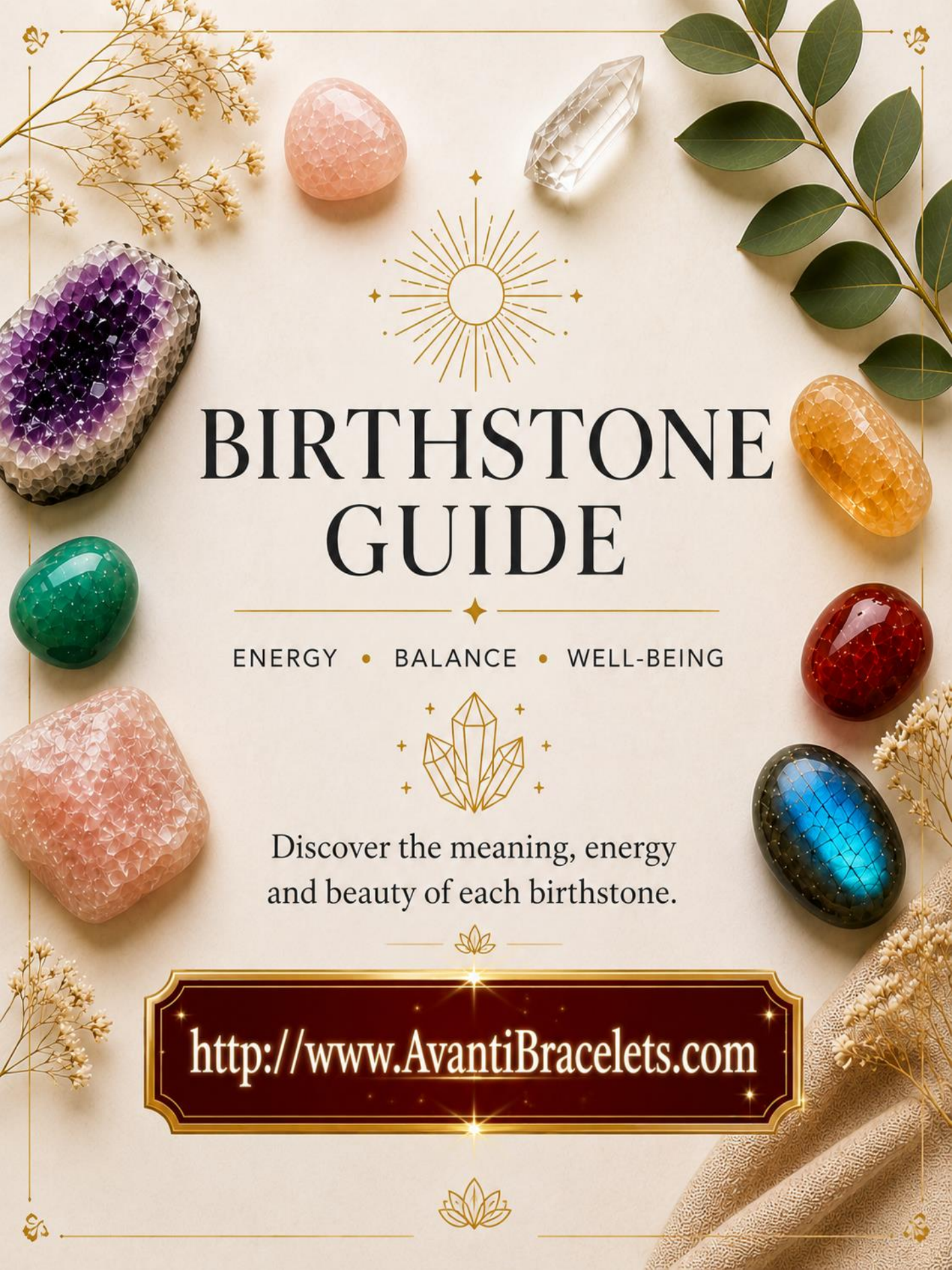
A stone of **calm, clarity and spiritual awareness.**
It supports inner peace, intuition and balance of the mind.



JASPER / CHALCEDONY

Grounding stones that bring **stability** and **nourishment.**
They promote strength, patience and a sense of well-being.

Each of these stones carries supportive energies that can complement the month of January and align with your personal intentions.



BIRTHSTONE GUIDE

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Discover the meaning, energy
and beauty of each birthstone.



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