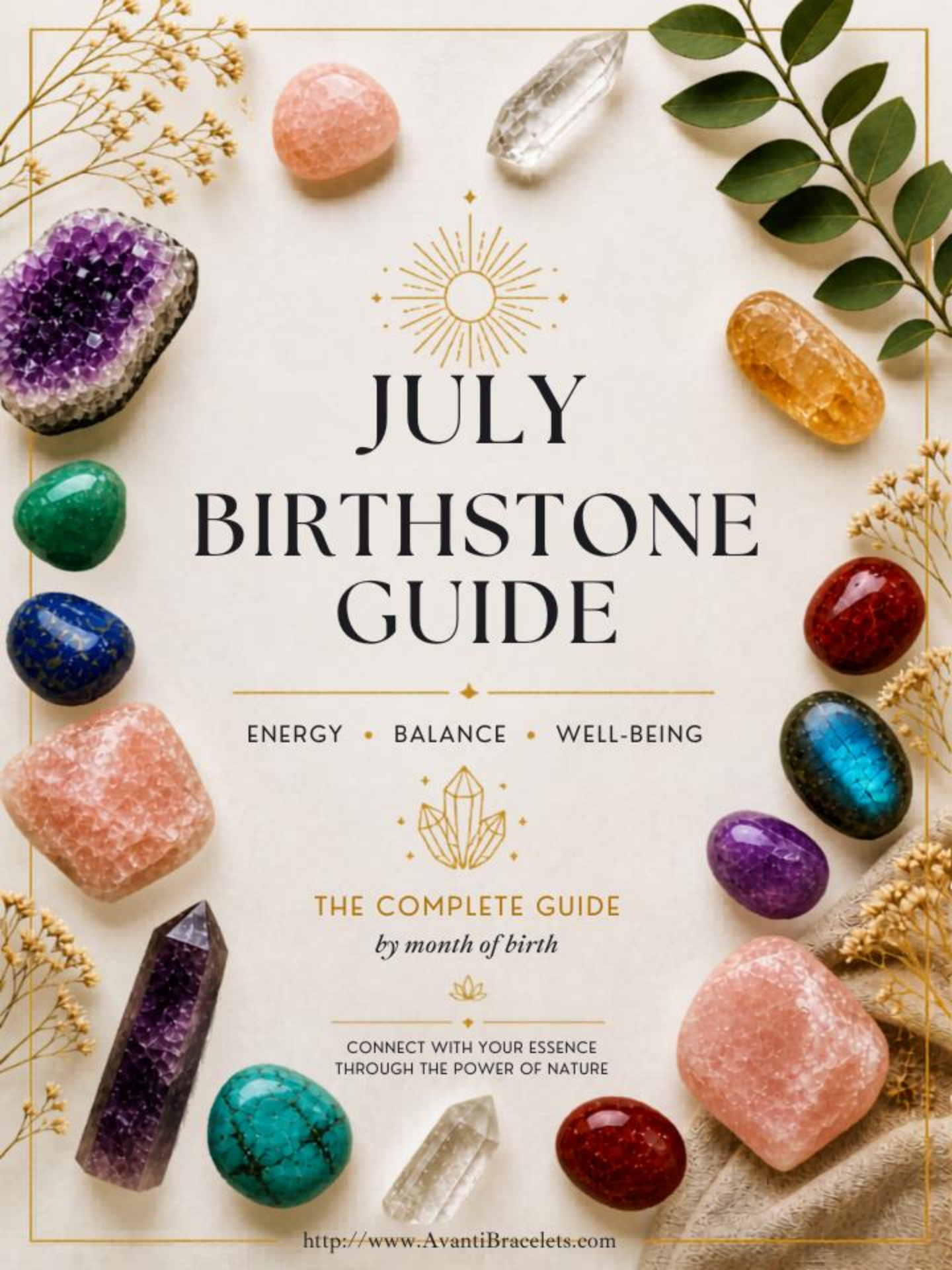




JULY BIRTHSTONE GUIDE

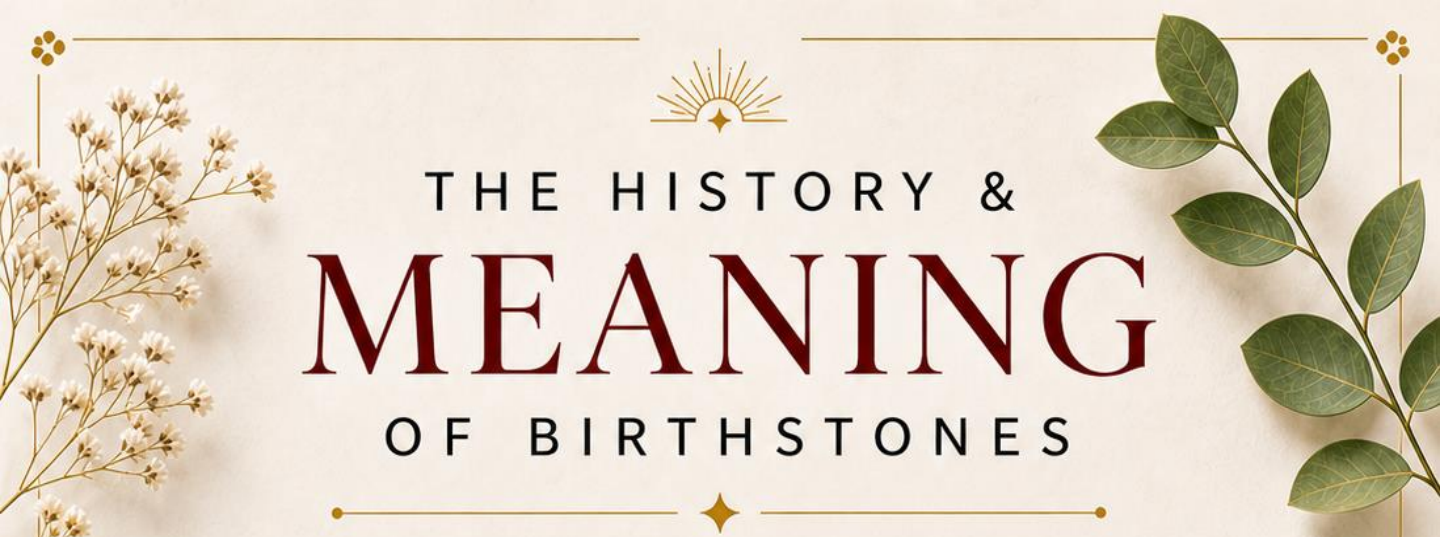
ENERGY • BALANCE • WELL-BEING



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



JULY

RUBY
BIRTHSTONES



RUBY

HISTORY & ORIGIN

Ruby has been treasured for thousands of years and is known as the "king of precious stones."



HISTORY

- ✦ Rubies have been treasured for thousands of years, especially in Asia, where they were known as the "king of precious stones."
- ✦ Ancient cultures believed rubies contained an eternal flame, symbolizing life, power and protection.
- ✦ They were traded as early as 200 BC along the Silk Road and worn by warriors for courage and protection.



ORIGIN

- ✦ Ruby is a variety of the mineral corundum, the same family as sapphire.
- ✦ Its red color is caused by the presence of chromium.
- ✦ Major sources include Myanmar (Burma), Mozambique, Sri Lanka, Thailand and Madagascar.



COLOR

Rubies come in a range of red hues, from lighter pinkish-red to deep, vivid red.



Pinkish Red



Bright Red



Vivid Red



Deep Red



Pigeon Blood Red



"Pigeon blood" red is the most valuable and sought-after color.



INTERESTING FACTS



Ruby is one of the four precious gemstones, along with diamond, sapphire and emerald.



It has been associated with royalty, passion and vitality throughout history.



Famous rubies include the Sunrise Ruby and the Black Prince's Ruby.



Rubies have adorned royal jewelry and treasures for centuries.

RUBY

BIRTHSTONE OF JULY

Ruby is a stone of passion, vitality and strength.
It inspires courage, love and the power to
follow your heart.



EMOTIONAL

- ◆ Associated with love, passion and deep emotional connection.
- ◆ Encourages confidence, courage and inner strength.
- ◆ Enhances motivation, vitality and the will to achieve goals.
- ◆ Helps release fear and embrace positive transformation.



PHYSICAL (TRADITIONAL BELIEFS)

- ◆ Linked to energy and physical vitality.
- ◆ Traditionally believed to support circulation and the heart.
- ◆ Associated with strength, stamina and endurance.
- ◆ Believed to promote overall well-being and life force.

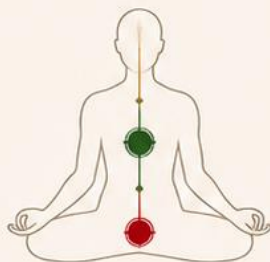
**These statements reflect traditional beliefs and are not intended to diagnose, treat, cure or prevent any disease.*

CHAKRA CONNECTION



HEART CHAKRA (ANAHATA)

Opens the heart, cultivates compassion and strengthens emotional bonds.



ROOT CHAKRA (MULADHARA)

Promotes grounding, stability and a strong connection to life energy.

DAILY CONNECTION



Wear ruby jewelry to keep your energy high and your heart open.



Meditate with ruby to ignite passion, courage and clarity of purpose.



Keep ruby close during important challenges or new beginnings.



Use ruby as a reminder to act from the heart and live with authenticity.



Carry ruby as a symbol of protection, strength and inner power.

◆ RUBY IGNITES THE HEART AND EMPOWERS THE SOUL. ◆
LIVE BOLDLY. LOVE DEEPLY. SHINE FEARLESSLY. ◆



JULY

BIRTHSTONE

ALTERNATIVE STONES



Although ruby is the official birthstone of July, these stones have been historically used as alternatives or symbols of similar energy.

HISTORICAL / ALTERNATIVE ASSOCIATIONS



RED SPINEL



- ✦ Often mistaken for ruby in history.
- ✦ Similar color, brilliance and durability.
- ✦ Famous spinels are found in royal crowns and historical jewels.



GARNET



- ✦ One of the oldest gemstones used as a red substitute.
- ✦ Wide range of red hues, from bright to deep.
- ✦ Historically associated with protection, energy and strength.

IMPORTANT TO KNOW



Ruby is the **official birthstone** of July according to modern gemological standards.



Alternatives like **red spinel** and **garnet** were used in the past due to availability and resemblance.



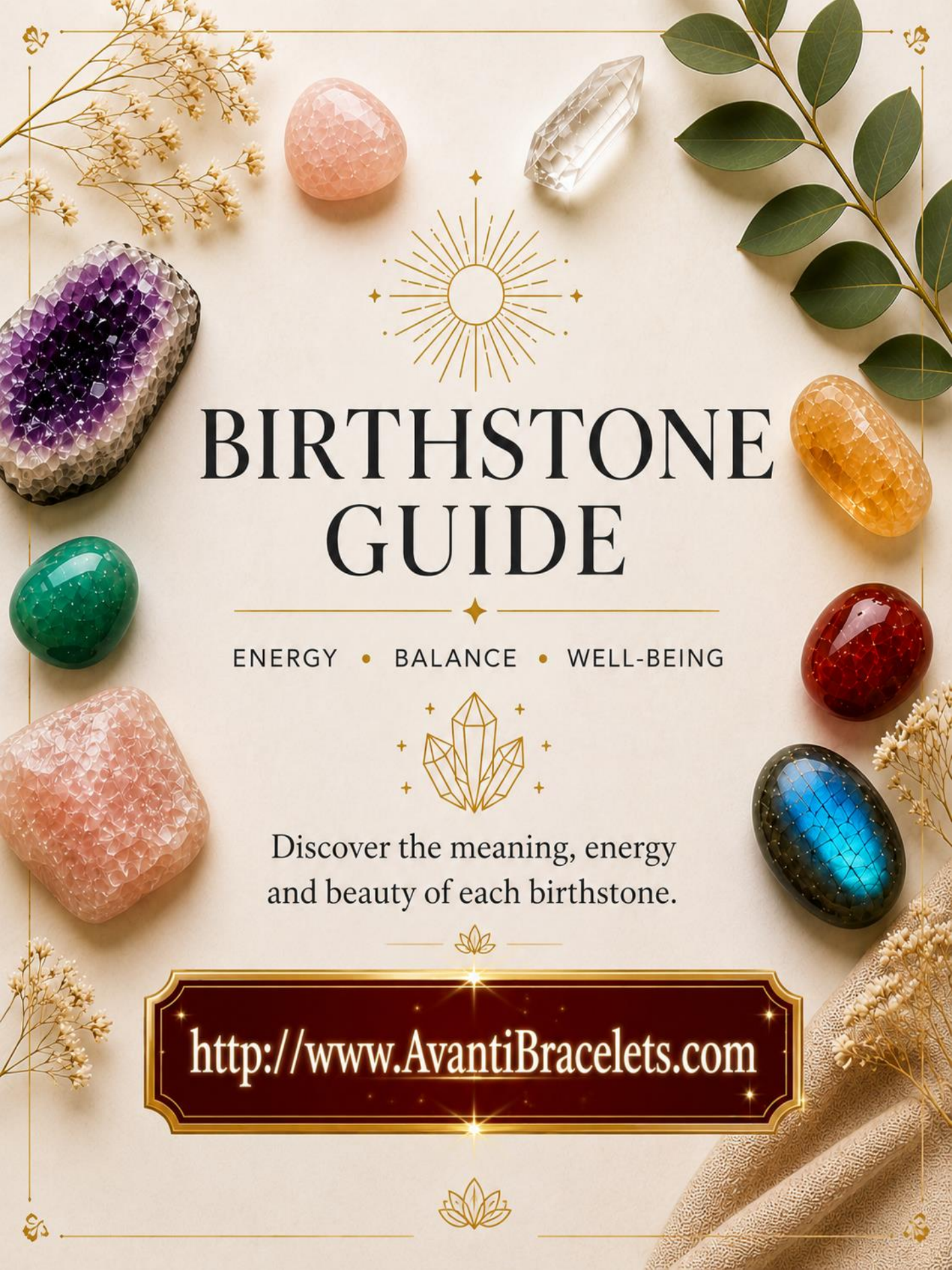
Each of these stones carries its own unique beauty, history and energetic symbolism.



Ruby is unique.

Its fire, passion and energy make it a timeless treasure.





BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy
and beauty of each birthstone.



<http://www.AvantiBracelets.com>