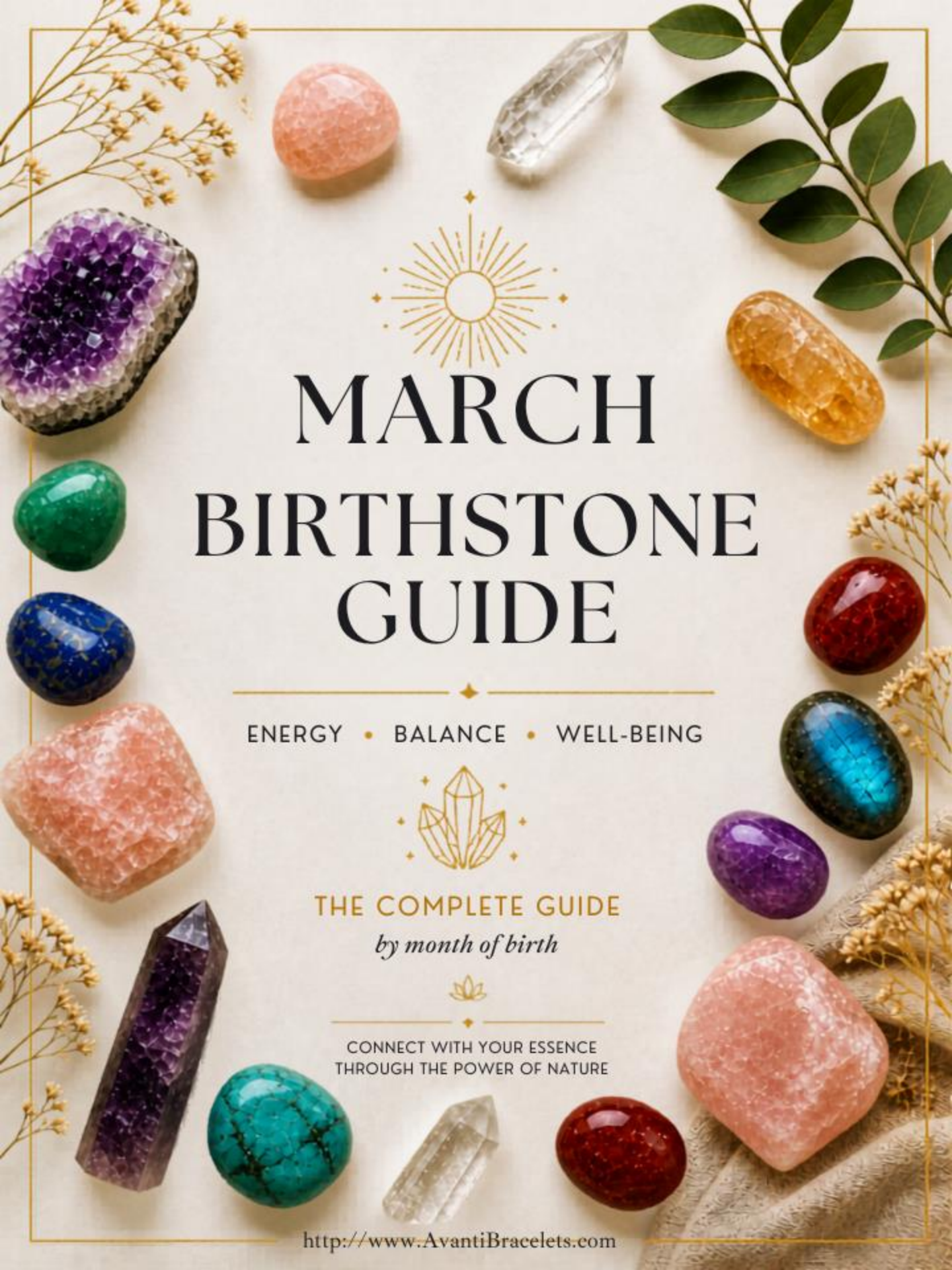




MARCH BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING

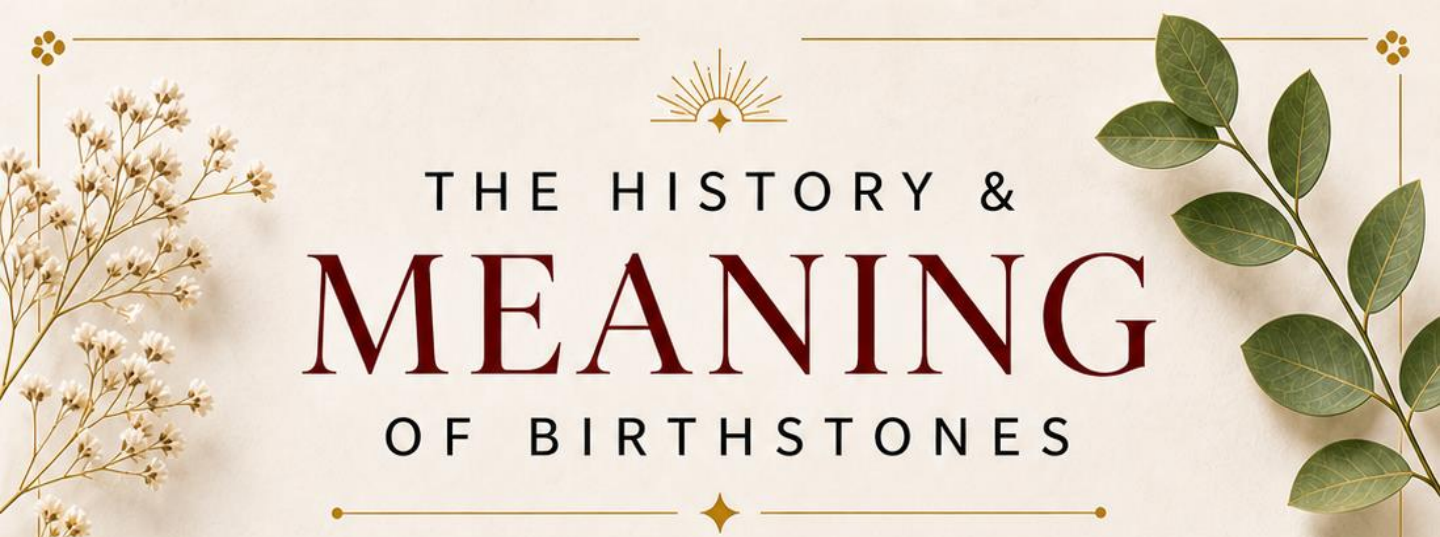


THE COMPLETE GUIDE
by month of birth



CONNECT WITH YOUR ESSENCE
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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

MARCH

BIRTHSTONE

AQUAMARINE



AQUAMARINE

HISTORY & CHARACTERISTICS



HISTORY

- ✦ Aquamarine has been used since ancient times, especially by sailors who believed it would protect them at sea.
- ✦ Its name comes from the Latin "*aqua marina*," meaning "sea water."
- ✦ It was also associated with calmness, courage and protection in Roman culture.



Source: Gemological Institute of America (GIA)



COLORS



PALE BLUE



GREENISH BLUE



DEEP OCEAN BLUE
(MOST VALUED)

Color is caused by traces of iron in beryl crystals.



INTERESTING FACTS



Sailors carried aquamarine as a protective talisman for safe voyages.



It is part of the beryl family, the same mineral group as emerald.



Major sources include Brazil, Pakistan, Madagascar and Nigeria.

AQUAMARINE

BENEFITS

Aquamarine is known as the stone of calm and clarity. Its gentle energy is believed to support emotional balance, clear communication and inner peace.



EMOTIONAL

- Promotes calmness and emotional balance.
- Helps reduce stress, anxiety and overthinking.
- Encourages clear communication and self-expression.
- Supports courage and confidence in difficult situations.
- Brings a sense of peace and relaxation.



PHYSICAL (TRADITIONAL BELIEFS)

- Traditionally associated with respiratory health and clear breathing.
- Believed to support throat, neck and thyroid health.
- Said to help strengthen the immune system and overall vitality.



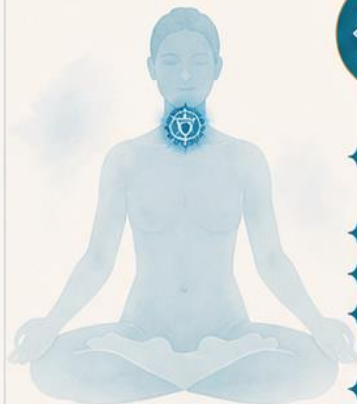
These are traditional beliefs and not a substitute for medical advice.



CHAKRA ASSOCIATION

THROAT CHAKRA (VISHUDDHA)

- ◆ Aquamarine resonates with the Throat Chakra, the center of communication and expression.
- ◆ Helps express truth with clarity and kindness.
- ◆ Encourages active listening and understanding.
- ◆ Supports creative expression and authentic self-expression.
- ◆ Helps release blocked communication and emotional tension.



◆ Aquamarine's gentle energy flows like the sea—soothing the mind, opening the heart and inspiring clarity. ◆

MARCH

ALTERNATIVE & TRADITIONAL BIRTHSTONE

Aquamarine is the **modern** birthstone for March.
Bloodstone is the **traditional** birthstone, recognized
in older birthstone lists and historical texts.

THE TRADITIONAL BIRTHSTONE



BLOODSTONE (HELIOTROPE)

A traditional birthstone for March
in ancient and medieval times.

- Dark green chalcedony with red spots of iron oxide.
- Historically associated with strength, courage and vitality.
- Used by ancient civilizations as a protective stone.



HISTORICAL CONTEXT

Bloodstone has been listed as the birthstone for March in historical and religious texts, including the Breastplate of Aaron.

It was used by warriors and healers in ancient Greece and Rome.

Considered a stone of protection, endurance and purification.



IMPORTANT TO NOTE

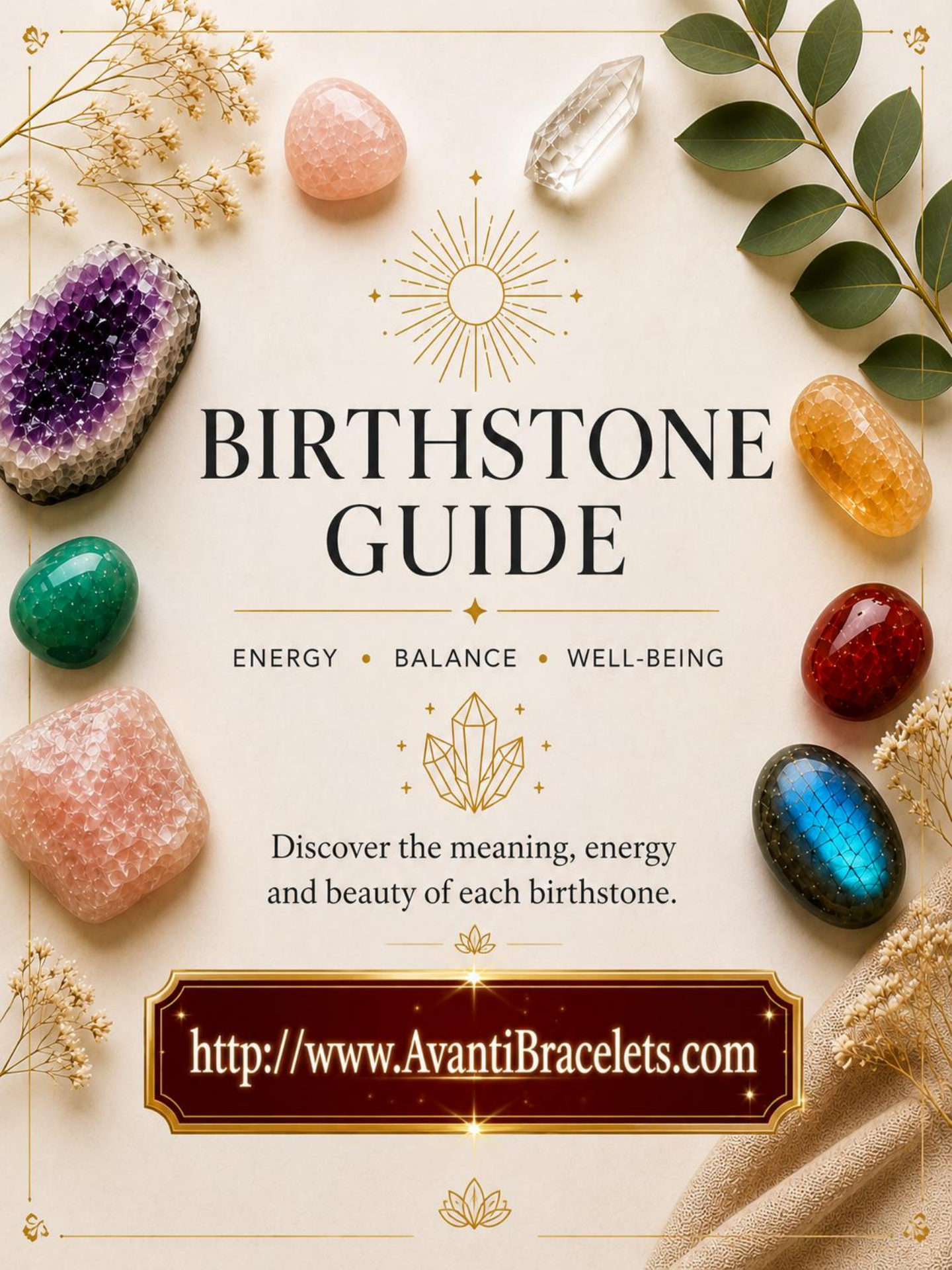
Birthstone traditions have evolved over time.
Both Aquamarine and Bloodstone are valid and
historically significant stones for the month of March.



AQUAMARINE
(Modern)



BLOODSTONE
(Traditional)



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Discover the meaning, energy
and beauty of each birthstone.



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