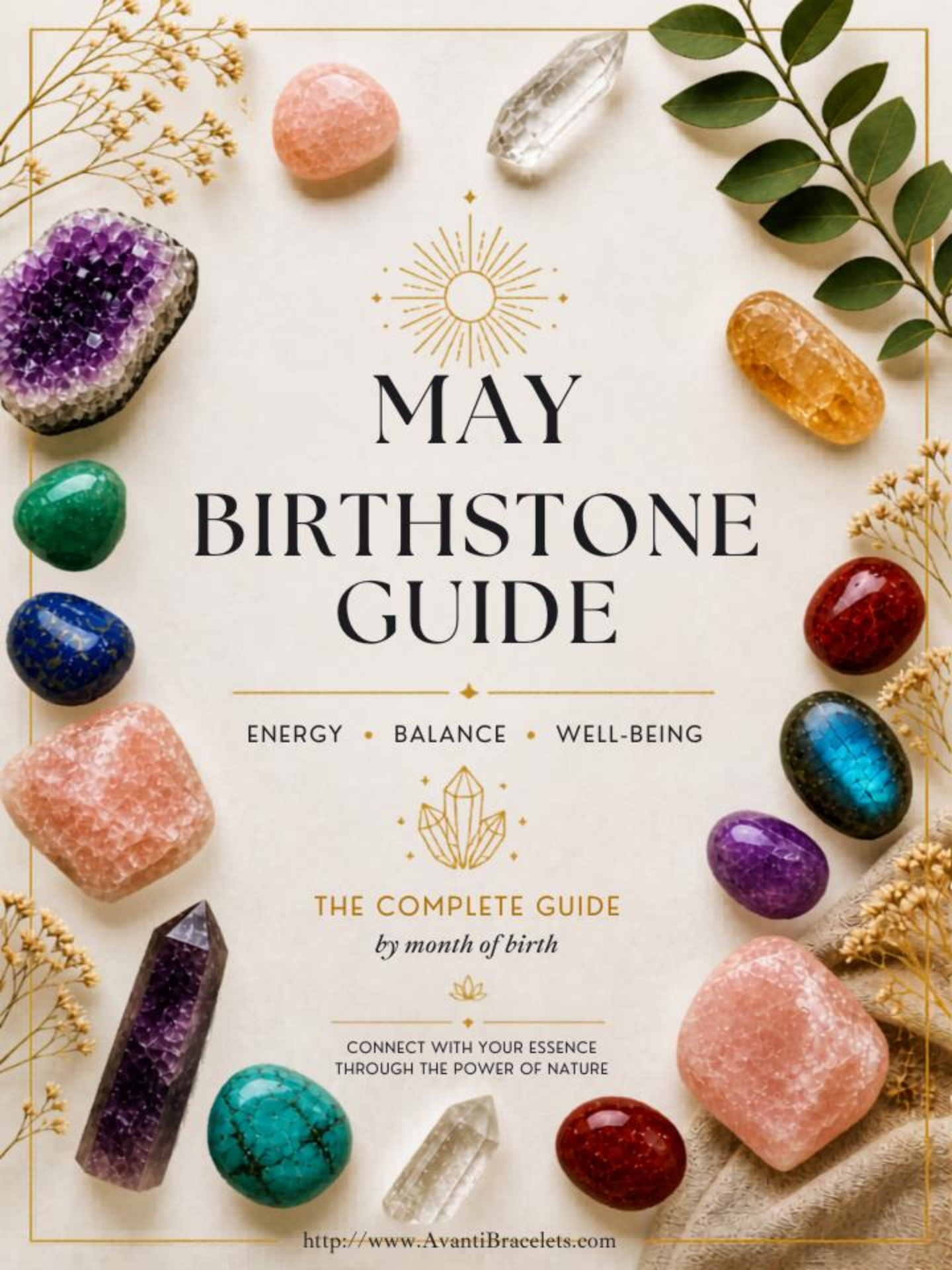




MAY BIRTHSTONE GUIDE

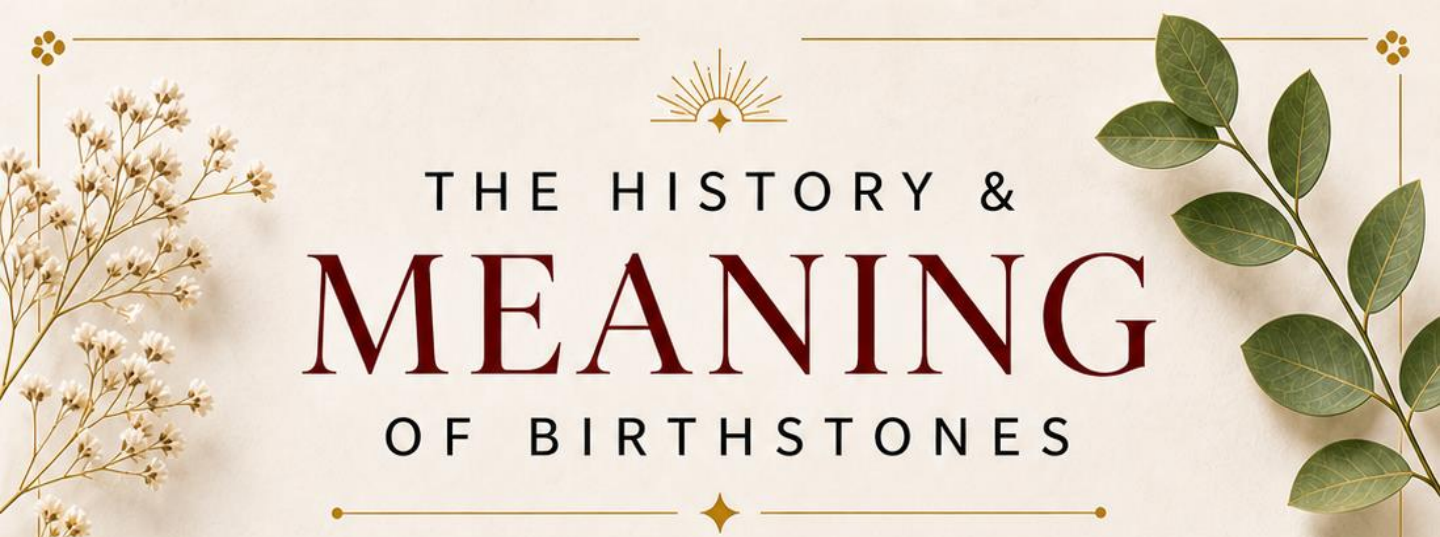
ENERGY • BALANCE • WELL-BEING



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

MAY
EMERALD
BIRTHSTONE



EMERALD

— HISTORY & ORIGIN —

Emeralds have been cherished for thousands of years across cultures for their beauty, symbolism and rarity.



HISTORY



Source: Gemological Institute of America (GIA)

- ✦ Emeralds have been mined for over 4,000 years, with some of the earliest known sources in ancient Egypt.
- ✦ Cleopatra was famously fond of emeralds and believed they symbolized eternal youth and power.
- ✦ In ancient cultures, emeralds were associated with fertility, rebirth and protection.



INTERESTING FACTS



Emerald belongs to the beryl mineral family, the same family as aquamarine and morganite.



Hardness: 7.5 – 8 on the Mohs scale.



Major sources include Colombia (known for the finest emeralds), Zambia, Brazil and Zimbabwe.



In the Middle Ages, emeralds were believed to reveal truth and protect the wearer from envy and negative energy.

VARIETY OF COLORS

Emeralds are prized for their rich green color, which comes from trace elements such as chromium and vanadium.



DEEP GREEN

Most valuable and sought after.



BLUISH-GREEN

Cooler tone with a blue tint.



YELLOWISH-GREEN

Lighter tone with a yellow tint.



DID YOU KNOW?

Fine emeralds often have natural inclusions called "jardin" (French for garden), which are considered part of their natural beauty.



Emeralds are unique—each one has its own internal fingerprint that makes it one of a kind.



EMERALD

— BENEFITS —

Emerald is a stone of renewal, love and wisdom.
Its energy is deeply connected to the heart,
promoting balance, healing and growth.



EMOTIONAL BENEFITS



- ✦ Associated with love, compassion and harmony.
- ✦ Encourages emotional balance and inner peace.
- ✦ Helps open the heart and strengthens relationships.
- ✦ Supports forgiveness, empathy and understanding.



PHYSICAL BENEFITS (TRADITIONAL BELIEFS)



- ✦ Historically linked to heart health and circulation.
- ✦ Associated with vision support.
- ✦ Believed to aid in detoxification and overall vitality.
- ✦ Considered a stone of renewal and natural healing.



**These statements are based on traditional beliefs and are not a substitute for medical advice.*

CHAKRA BENEFITS HEART CHAKRA (ANAHATA)



- ✦ Promotes love, compassion and emotional openness.
- ✦ Encourages forgiveness and releases emotional wounds.
- ✦ Helps create balance between giving and receiving love.
- ✦ Supports connection, empathy and inner peace.



Emerald reminds us to lead with love,
trust our heart and embrace growth.





EMERALD

ALTERNATIVE BIRTHSTONES

While emerald is the official birthstone for May, these alternative stones have also been historically associated with this month.

— ♦ ALTERNATIVE BIRTHSTONES FOR MAY —



CHRYSOPRASE

A beautiful green variety of chalcedony, prized since ancient times for its uplifting energy.



- ♦ Associated with prosperity, joy and abundance.
- ♦ Encourages optimism and emotional healing.
- ♦ Believed to attract good fortune and new opportunities.



GREEN AGATE

A calming stone used in ancient traditions for protection, stability and balance.



- ♦ Promotes emotional balance and inner stability.
- ♦ Believed to bring protection and strength.
- ♦ Encourages harmony and courage.



PERIDOT (SECONDARY ASSOCIATION)

A vibrant green gemstone often linked to the spring months and renewal.



- ♦ Associated with renewal, growth and positive energy.
- ♦ Believed to bring abundance and good luck.
- ♦ Encourages confidence and personal strength.



GREEN TOURMALINE (ADDITIONAL MENTION)

A green variety of tourmaline valued for its protective and heart-centered energy.



- ♦ Supports heart healing and emotional resilience.
- ♦ Believed to offer protection and grounding.
- ♦ Encourages compassion and understanding.

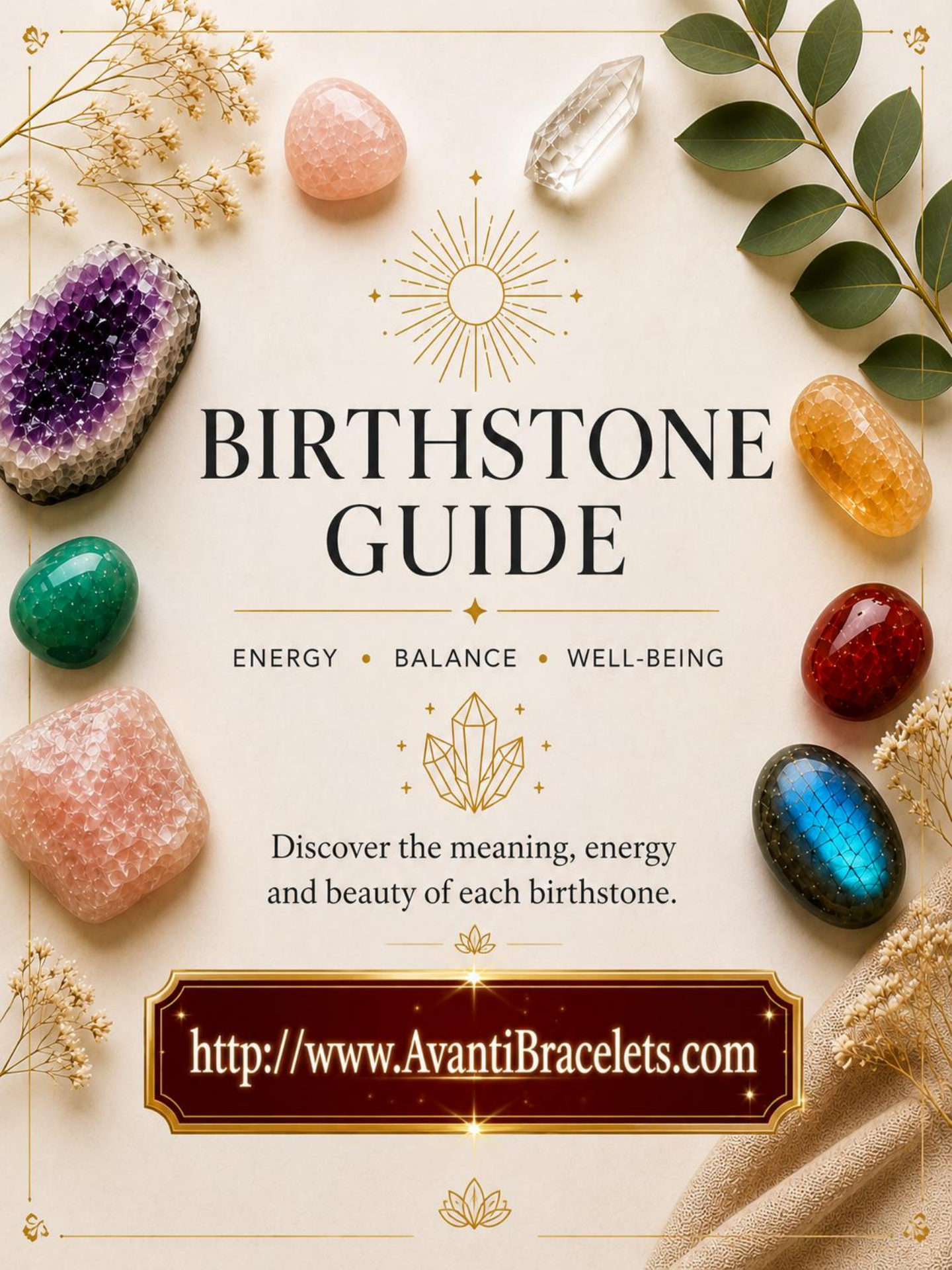


IMPORTANT TO KNOW

Alternative birthstones carry cultural, historical and spiritual significance. Emerald remains the official birthstone for May.



These gemstones are valued for their beauty, symbolism and the positive energy they are believed to bring.



BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy
and beauty of each birthstone.



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