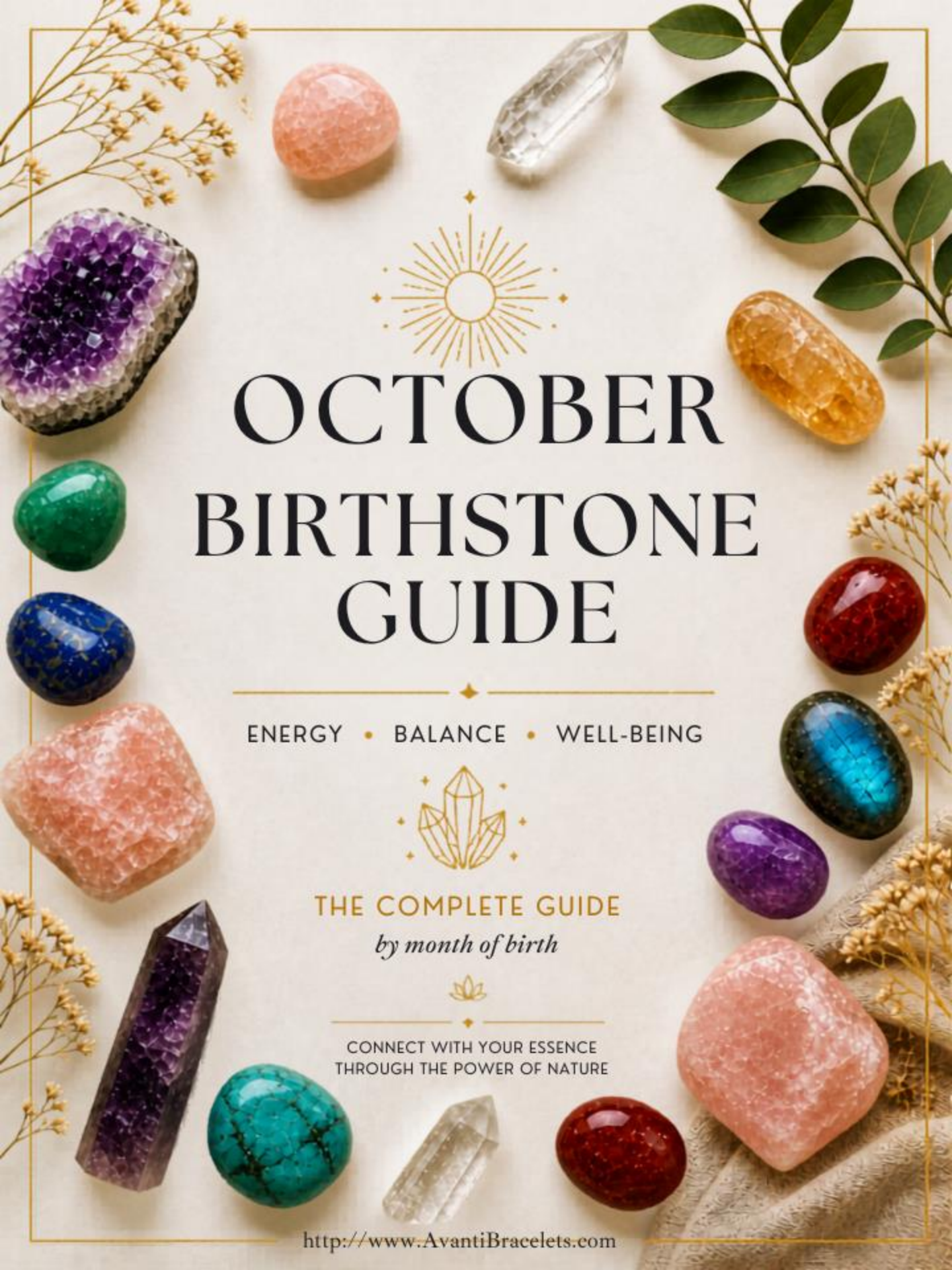




# OCTOBER BIRTHSTONE GUIDE

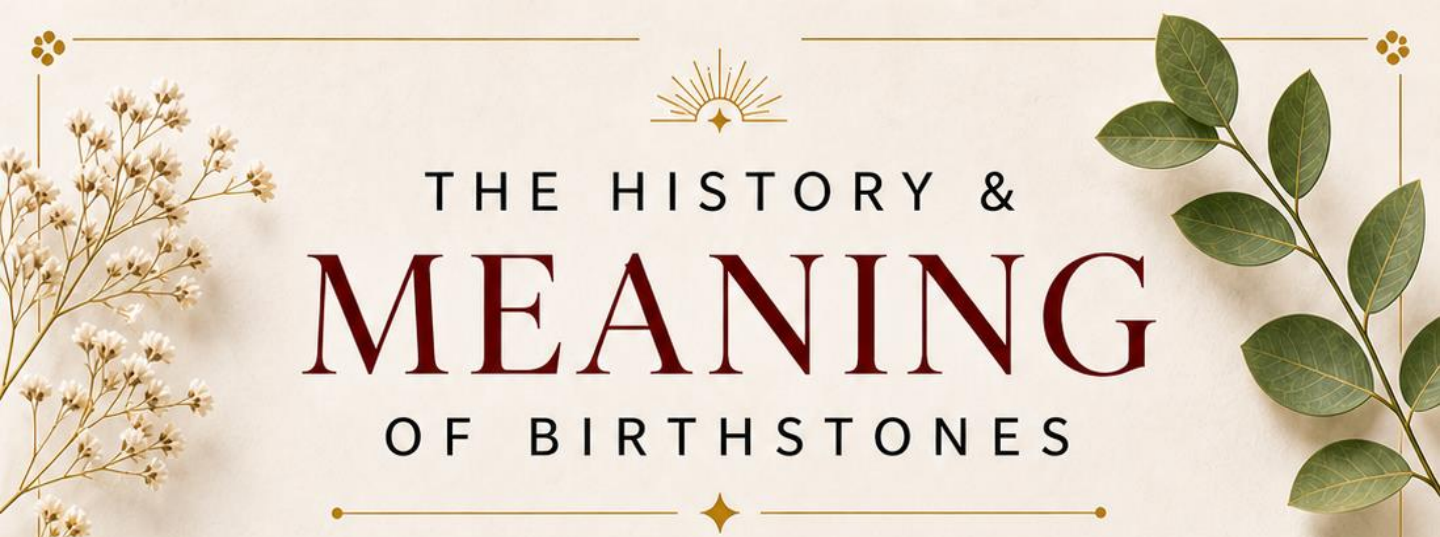
ENERGY • BALANCE • WELL-BEING



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.<sup>1</sup>

Later, scholars connected these stones to the **twelve months and zodiac signs**, shaping the foundation of the modern system.<sup>2</sup>



## EVOLUTION



Ancient civilizations such as the Greeks and Romans believed gemstones held **protective and healing powers**.<sup>3</sup>

Originally, people wore different stones throughout the year, but over time this evolved into wearing **one specific stone** based on birth month.<sup>2</sup>

The modern list of birthstones was officially standardized in **1912** by the National Association of Jewelers in the United States.<sup>2</sup>



## 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.<sup>4</sup>



◆ *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](https://members.americangemsociety.org)
2. Wikipedia. (n.d.). Birthstone. [en.wikipedia.org/wiki/Birthstone](https://en.wikipedia.org/wiki/Birthstone)
3. Willow & Stag. (n.d.). Birthstones: Meanings, History & Significance. [willowandstag.com](https://willowandstag.com)
4. Martha Stewart. (2023). Birthstone Meanings for Every Month. [marthastewart.com](https://marthastewart.com)

OCTOBER

OPAL ♦ TOURMALINE

BIRTHSTONES



# OCTOBER

## BIRTHSTONES

### OPAL ★ TOURMALINE



#### HISTORY

Opal has been treasured since **ancient times**.

The Romans believed it brought hope and purity, while Arab legends say opals fell from the sky in flashes of lightning.



Tourmaline has been used for **centuries** across Africa, Asia and the Americas.

It was often mistaken for other gemstones and valued by traders and collectors.



#### COLORS

##### OPAL

Famous for its "play-of-color", a natural rainbow effect created by light.



##### TOURMALINE

One of the most colorful gemstones in the world. It comes in a wide range of stunning colors.



#### INTERESTING FACTS



Opal contains up to **20% water**, making it truly unique among gemstones.



Tourmaline is **piezoelectric**, meaning it can become electrically charged when heated or rubbed.



**Australia** produces the world's most valuable opals, especially from Lightning Ridge.



Both stones are associated with **creativity**, inspiration and emotional expression.

#### OPAL



**COMPOSITION**  
Hydrated silicon dioxide



**HARDNESS**  
5.5 – 6.5 Mohs



**ORIGIN**  
Australia, Ethiopia, Mexico, Brazil



**CARE TIP**  
Avoid extreme heat and sudden changes in temperature.



Opal is a symbol of **imagination**, **hope** and the beauty of **transformation**.

#### TOURMALINE



**COMPOSITION**  
Complex boron silicate



**HARDNESS**  
7 – 7.5 Mohs



**ORIGIN**  
Brazil, Afghanistan, Nigeria, Madagascar, Mozambique, USA



**CARE TIP**  
Durable, but avoid harsh chemicals and ultrasonic cleaners.



Tourmaline represents **protection**, **balance** and the power of the **heart**.

October celebrates the beauty of **color** and the magic of **transformation**.

# OCTOBER

## BIRTHSTONES

### OPAL ✦ TOURMALINE

#### ENERGY ✦ MEANING ✦ WELLNESS



### OPAL

A stone of **creativity** and inspiration. Opal awakens imagination, enhances intuition and helps express true emotions with beauty and authenticity.



### TOURMALINE

A powerful stone of **protection** and **balance**. Tourmaline promotes emotional healing, stability and a deep sense of grounding and security.



#### EMOTIONAL BENEFITS

- Encourages **creativity** and artistic expression.
- Inspires **optimism**, joy and spontaneity.
- Helps **release** inhibitions and emotional blockages.
- Enhances **intuition** and self-awareness.

- Provides emotional **balance** and calm.
- **Protects** from negative energy and stress.
- Supports **self-confidence** and inner strength.
- Promotes **compassion** and patience.



#### PHYSICAL SUPPORT

- Traditionally associated with **hydration** and **healthy skin**.
- Believed to support **eye health** and vision.
- May help regulate metabolism and overall **vitality**.

\*Traditional beliefs, not a substitute for medical advice.

- Traditionally linked to **detoxification** and immunity.
- Believed to aid **circulation** and nerve function.
- May help relieve tension and support **energy flow**.

\*Traditional beliefs, not a substitute for medical advice.



#### CHAKRA CONNECTION



**Crown Chakra**  
Enhances spiritual insight, higher consciousness and divine connection.



**Third Eye Chakra**  
Strengthens intuition, imagination and inner vision.



**Heart Chakra (Pink & Green)**  
Encourages love, forgiveness and emotional healing.



**Heart Chakra (Green)**  
Brings balance, compassion and harmony.



**Root Chakra (Black & Dark Colors)**  
Provides grounding, protection and stability.



### TWO STONES, ENDLESS POSSIBILITIES

Opal inspires your soul.

Tourmaline **protects** your heart.

Together, they bring **color**, **balance** and **transformation** to your path.



# OCTOBER

## ♦ ALTERNATIVE BIRTHSTONES ♦ BEYOND OPAL & TOURMALINE

Other meaningful stones connected to the energy of October

### EMOTIONAL ALTERNATIVE



#### ROSE QUARTZ

*love & inner peace*

### VARIANT ALTERNATIVE



#### PINK TOURMALINE

*love & healing*

### MODERN ALTERNATIVE



#### PINK SAPPHIRE

*strength & elegance*

### HISTORICAL ALTERNATIVE



#### CORAL

*protection & vitality*

### ZODIACAL ALTERNATIVE



#### CHRYSOLEITE / PERIDOT

*renewal & balance*

|                                                                                                            |                                                                                                                                                                              |                                                                                                                                                                                                   |                                                                                                                                                                                                 |                                                                                                                                                                                         |                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br>HISTORY                | <ul style="list-style-type: none"><li>Used since ancient times in Egypt and Rome.</li><li>Associated with love, beauty and the heart.</li></ul>                              | <ul style="list-style-type: none"><li>Tourmaline has been used for centuries in many cultures.</li><li>Pink variety symbolizes compassion and healing.</li></ul>                                  | <ul style="list-style-type: none"><li>Sapphires were prized by royalty for wisdom and protection.</li><li>Pink sapphire is a modern alternative for October.</li></ul>                          | <ul style="list-style-type: none"><li>Valued in ancient Greece, Rome and by seafaring cultures.</li><li>Considered a protective talisman.</li></ul>                                     | <ul style="list-style-type: none"><li>Known as "the evening emerald" in ancient times.</li><li>Associated with Libra (part of October zodiac period).</li></ul>                        |
| <br>CHARACTERISTICS      | <ul style="list-style-type: none"><li>Soft pink color.</li><li>Usually translucent with a gentle glow.</li><li>Found in Brazil, Madagascar, South Africa and more.</li></ul> | <ul style="list-style-type: none"><li>Wide range of pink tones from pale to vibrant.</li><li>Natural pleochroism (color shifts).</li><li>Found in Brazil, Africa, Afghanistan and more.</li></ul> | <ul style="list-style-type: none"><li>Pink hues from soft pastel to vivid.</li><li>Corundum mineral family (same as blue sapphire).</li><li>Found in Sri Lanka, Madagascar, Tanzania.</li></ul> | <ul style="list-style-type: none"><li>Organic gemstone formed in the sea.</li><li>Usually red, pink or orange.</li><li>Found in the Mediterranean, Pacific and Indian Oceans.</li></ul> | <ul style="list-style-type: none"><li>Yellow-green to olive green color.</li><li>Transparent with brilliant sparkle.</li><li>Found in Arizona (USA), Pakistan, Myanmar, etc.</li></ul> |
| <br>MEANING              | <ul style="list-style-type: none"><li>Unconditional love</li><li>Emotional healing</li><li>Self-acceptance</li><li>Peace &amp; harmony</li></ul>                             | <ul style="list-style-type: none"><li>Compassion</li><li>Emotional balance</li><li>Heart healing</li><li>Joy &amp; positivity</li></ul>                                                           | <ul style="list-style-type: none"><li>Resilient love</li><li>Courage</li><li>Wisdom</li><li>Refinement</li></ul>                                                                                | <ul style="list-style-type: none"><li>Protection</li><li>Vitality</li><li>Strength</li><li>Connection to nature</li></ul>                                                               | <ul style="list-style-type: none"><li>Renewal</li><li>Growth</li><li>Balance</li><li>Positive energy</li></ul>                                                                         |
| <br>ENERGY<br>CONNECTION | Opens the heart chakra, brings calm, soothes emotions and promotes inner peace.                                                                                              | Strengthens the heart chakra, supports emotional healing and encourages self-love.                                                                                                                | Inspires confidence, emotional strength and a deep sense of inner worth.                                                                                                                        | Grounds and protects. Boosts vital energy and supports emotional stability.                                                                                                             | Brings light, clears negative energy and helps restore balance and optimism.                                                                                                           |

### KEY MESSAGE

October carries many shades of transformation.  
*These stones support love, healing, protection and renewal in unique ways.*

### WHY SO MANY ALTERNATIVES?



Different cultures recognized different stones for October through history.



Opal and tourmaline cover a wide range of colors and energies.



Many alternatives share the energy of love, healing and transformation.



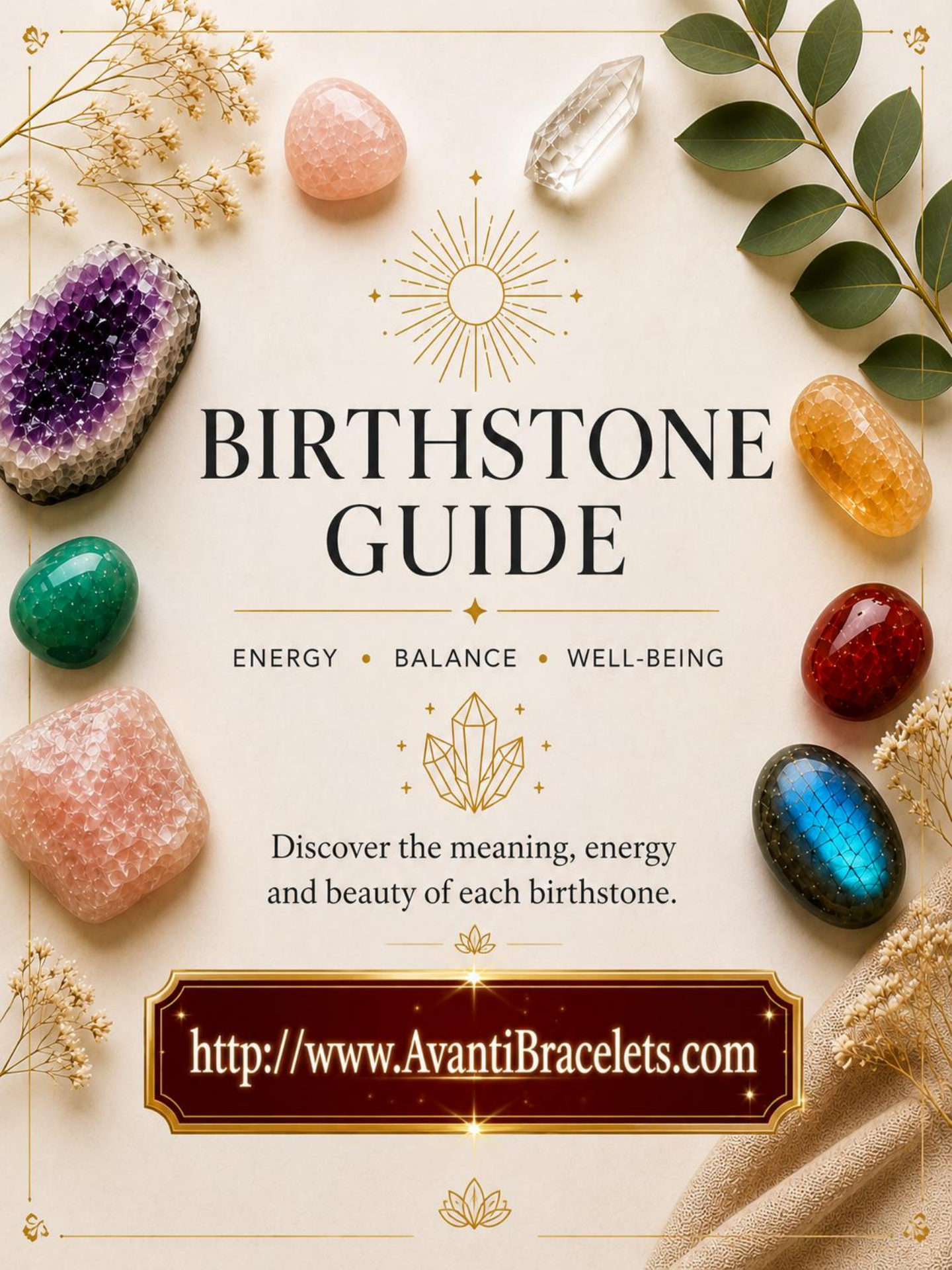
Astrology, tradition and modern crystal healing influence these options.



More choices allow you to connect with the stone that resonates most.

♦ ONE MONTH. MANY STONES. ONE PURPOSE: ALIGNMENT & GROWTH. ♦

*Choose the stone that speaks to your heart and your journey.*



# BIRTHSTONE GUIDE

ENERGY • BALANCE • WELL-BEING



Discover the meaning, energy  
and beauty of each birthstone.



<http://www.AvantiBracelets.com>