



White Avens flowers have five white petals, numerous stamens, and five sepals with pointed tips. Like the related yellow-flowered Wood Avens, White Avens is a member of the Rose Family with spherical seed heads.



White Avens

Geum canadense

restores self-care, self-trust for those prone to tantrums, threats, self-destruction

White Avens essence helps one to compassionately focus inward
and to re-establish relationship with one's inner child.

Recognizing the truth of our being,
the essence helps us to embrace the rebellious child within
with strong maternal love and patience.

Once inner love and compassion are restored,
the essence helps to initiate the process
of healing the deep and sometimes confusing wounds
that penetrate the heart and strongly influence emotional interactions in our lives.



White Avens is deeply restorative
to core emotions such as self-trust, self-care,
and a basic belief that our bodies, our families, and our communities
are safe and will support and nurture us.

This remedy has broad indications
for those who have had experiences to the contrary in this life or another,
for those who when under stress
(from arguments, work overload, menstrual cycles, etc.)
their emotional body
is prone to explode in tantrums, threats, or self-destructive impulses.



A soul in need of White Avens essence
is apt to feel intensely emotional during disagreements.....
abandoned by, or unable to connect with,
the more rational or reasonable aspects of the personality.
This creates a sense of panic at a very deep or core level
where the self feels threatened
and does not have the emotional wisdom or stability to see its way out.
Often threats, unrealistic demands, and door slamming escalate,
as the personality tries to regain power
by the only means that seem available to it.
Ultimately, however,
these very expressions of behavior
back the person into a corner
where one's worst fears are often actualized
as family members, friends or authority figures
respond with anger, restrictions and punishment.
This, in turn,
further distances the inner child
from its basic needs to be loved and accepted,
proving in the acting out of these scenarios that one actually is unlovable and bad.

White Avens essence works first as a stabilizer,
sending a fluid current of self-trust and inner nourishment
to feed the inner child and strengthen the root chakra.

This helps the personality feel supported and clear
during challenging times or situations.
As the inner child feels more love and support internally,
it is able to face adversity with trust,
releasing patterns of desperation, panic, and a need to be in control.
Then, as the emotional body relaxes,
the White Avens essence helps to clear the channels
to the mind and the Higher Self,
allowing a freer flow of personal options and creative solutions
while instilling an inner listening
to the wisdom of one's Guides and Counselors.

