



## Pansy Set Instructions

The Pansy Set contains a collection of pansy, gem and other flower essences that influence the energetics of viral activity. Use these essences in different combinations to support recovery when viruses compromise the system.

\* \* \*

If you've been exposed to a virus or are currently sick, use the guide below or use your preferred form of energetic scanning (kinesiology, muscle-testing, dowsing, body dowsing, etc.) to select 1-4 essences from the set that are energetically resonant with your system now.

### For Prevention

-Take 1 drop of each essence you've selected 3x/day for one week following a viral exposure.

### During an Active Infection

-Take 1 drop of each essence you've selected 3-6x/day depending on the severity of your symptoms.

-If you are still experiencing symptoms after 3 days, repeat the scanning process and select new essences from the set. The energetics of viruses change over time, and new essences are often needed to support a full return to wellness.

\* \* \*

**Baical Skullcap** - energetic resonance with hepatitis A, chicken pox & shingles (HHV3), HPV and influenza

**Bidens** - energetic resonance with HIV

**Black Pansy** - energetic resonance with roseola (HHV6) and rhinovirus

**Burgundy Pansy** - energetic resonance with roseola (HHV6) and rhinovirus

**Elder** - energetic resonance with cold sores (HHV1), genital herpes (HHV2), Epstein-Barr (HHV4) and rotavirus

**Indigo Pansy** - energetic resonance with cold sores (HHV1), roseola (HHV6) and influenza

**Lomatium** - energetic resonance with all viruses

**Orange Pansy** - energetic resonance with cold sores (HHV1), genital herpes (HHV2), chicken pox & shingles (HHV3), Epstein-Barr (HHV4), HPV, influenza and norovirus

**Pink Pansy** - energetic resonance with EEEV, Epstein-Barr (HHV4), norovirus

**Red Pansy** - energetic resonance with genital herpes (HHV2), cytomegalovirus (HHV5), HHV7, HIV, HPV

**Star Ruby** - energetic resonance with hepatitis B, chicken pox & shingles (HHV3), Epstein-Barr (HHV4), roseola (HHV6)

**Star Sapphire** - energetic resonance with EEEV, hepatitis C, cytomegalovirus (HHV5), HHV7, HHV8, influenza and rhinovirus

**White Pansy** - energetic resonance with hepatitis A, roseola (HHV6), HHV7 and HHV8

**Wild Pansy** - energetic resonance with all viruses

**Yellow Pansy** - energetic resonance with chicken pox & shingles (HHV3), HIV, HPV and rhinovirus

**Yellow-Brown Pansy** - energetic resonance with hepatitis C, HHV8

Delta Gardens makes no claims that flower essences can heal or alleviate any illness or disease. References to organs or physical systems indicate the etheric aspect of the body - the energetic signature of a particular organ or system - rather than the organ, itself, and are intended to guide further inquiry. Essences should not be used as a substitute for professional medical evaluation and care.

For more information about the Pansy Set, contact us at: [info@deltagardens.com](mailto:info@deltagardens.com) / 603.601.6929.

Visit us online and order our essences at: [deltagardens.com](http://deltagardens.com)  
83 Lafayette Road | Hampton Falls, NH 03844  
[DELTAGARDENS.COM](http://DELTAGARDENS.COM)