

## Yuzu

Yuzu is the oil of **Warmth & Patience**. Yuzu invites us to patiently approach all things in life. With a bright hope and a strong positive outlook, we can overcome any rough spots in life. Yuzu helps us be more productive and get more out of life by reminding us that we can be patient and resilient as we steadily move forward.

Fear can cause us to freeze up and be unproductive even though we had intended to be productive. Yuzu helps us develop a belief that we can be tough, strong, and more capable than we can even imagine.

When things in life go sour, rough, or become seemingly too much to handle, remember you can draw on the abundant generosity of the universe. Inspire yourself with ideas of how your community can help you with your work.

The warmth and encouragement of your community will help you feel strengthened and hopeful. Together you can enthusiastically achieve all things your heart desires for the benefit of all.

Yuzu is a hybrid citrus fruit native to Northeast Asia. It is a hardier, more frost/cold-resistant, and more sour than other citrus fruits. It is used during the winter season in hot spring baths for warmth and health benefits including skin cleansing. Yuzu fruit is added to teas, drinks, and various dishes. It is the aroma of community, inspiration, zest for life, and self-empowerment.

**Possible Physical Manifestations:** circulation, respiratory, calming to nervous system, reduce stress, healthy inflammatory response, immune boosting, fights against fatigue, mood stabilizer, menstruation support, skin cleansing, warming during the wintertime, healthy cell function, and blood flow balancing.

**Negative Emotional Energy to Release:** impatient, cold, unempowered, unproductive, victim, stuck in negative low vibrations, stressed, fatigued, and distant.

**Possible Negative Beliefs and Thoughts to Release:**

- It feels like I have to hold my breath as I anticipate the future.
- I have to do it all alone.
- I just can't do it.

**Positive Emotional Energy to Adopt:** patient, perseverance, persistent, warmth of community, inspiration, tough, productive, calming, warm heart, kind, zest for life, and self-empowerment.

**New Enlightened Beliefs and Thoughts to Adopt:**

- I can easily calm my mind and heart.
- Even during difficult times, I can still find peace and power in God.
- God always protects and provides for me.
- All things will come or happen at the right time.

**Affirmations (Enlightened Declarations):**

- ♥ *I am warm and patient.*
- ♥ *I enjoy life as I go.*
- ♥ *I enjoy the warmth and strength of my community.*

**Actions:** Diffuse or inhale from cupped hands for an instant calming effect. Massage on tired sore muscles. Add to Epsom salt bath water and soak in it for a relaxing experience. It can be used in foods and drinks. Great for skin and seasonal health.

**⚠Attention:** Most citrus oils contain furanocoumarins, which may react with UV light and cause skin sensitivity. Do not expose treated skin to direct sunlight or UV light for at least 12 hours.

**Possible Substitutions:** If you don't have this oil, here are some other oils with similar qualities you can try: Green Mandarin, Red Mandarin, Yellow Mandarin, Grapefruit, Basil, Coriander, Patchouli, Neroli, and Petitgrain. Yuzu essential oil can be found in Motivate, Together, Thrive, and Tropical blends.

**NOTE:** Yuzu was an oil that dōTERRA offered briefly in Japan. But, as far as I know, has never been offered in the US, Australia, Canada, or any other English-speaking markets. Perhaps it will be offered again someday, and we can enjoy its aroma and powers.