



MASTER SOUL  
university

# ritual menu

\*add your own tools to this list

Turning on a salt lamp

Smelling specific scents

Showers

Naps in the sun

Silence

Celebration time

Doggie bonding

Full moon/New moon rituals

Lighting candles/ Incense/ Oils

Wearing something specific

Epsom salt

Tea / coffee ceremony

Affirmations

Music

Gratitude

what else?

MasterSoul Process