



FREE MEDITATION COMPANION

The Shine Ritual Map

A GENTLE COMPANION TO YOUR 7-MINUTE SHINE MEDITATION —
CREATED TO HELP YOU SOFTEN, LISTEN TO YOUR FACE,
AND SHINE WITH YOUR AUTHENTIC GLOW.

INSIDE YOUR RITUAL MAP YOU WILL FIND:

- ◆ A soft mirror practice to meet your face as it is today
- ◆ A reflective face map to notice where you hold tension
- ◆ The S.H.I.N.E. pathway behind The Shine Method
- ◆ A simple guide for using your meditation
- ◆ A reflection page to begin your practice gently

Σ SHINE WITH *Caroline*

shinewithcaroline.net

How to Use This Ritual

This guide is your companion before and after the meditation.

You do not need to read everything at once. Move through it softly, one step at a time.

1

Begin with the guide

Before you play the Shine Meditation, open the Shine Ritual Map — digitally or in print — and go to the Mirror Practice (page 4). Answer the questions that feel true today. You do not need perfect answers. One honest sentence is enough.

2

Close the guide and listen

When you are ready, close this PDF, press play on your 7-minute Shine Meditation, and let yourself be guided. This is the moment to stop reading and simply receive.

3

Return and notice

After the meditation, reopen the guide and write one small reflection (page 7). What softened? What shifted? Where do you feel more connected to yourself?

4

The full Shine Method begins in the course. This guide simply helps you experience the first doorway: awareness, presence, and authentic self-connection.



A PERSONAL NOTE

A Personal Note

This guide is not a face yoga programme.

It is a soft beginning — a moment to pause, breathe, and meet yourself before you enter the meditation.

The full Shine Method — the techniques, progressions, and daily rituals — lives inside the courses. This guide opens the first doorway: awareness, presence, and authentic self-connection.

Before we begin shaping the face, we first learn to come home to it.

Not with judgment.

Not with pressure.

Not by looking for what is wrong.

But with softness, curiosity, and the quiet courage to truly see yourself.

Your face is not something to fight.

It is a place where your life, your emotions, your effort, and your radiance meet.

Therefore, move through this guide slowly. Let it be a mirror, not a manual. Let the meditation be your first moment of return — to your breath, your presence, your softness, and the authentic self that has always been there.

Not by becoming someone else.

But by reconnecting with what has always been yours.

With warmth,

Caroline

shinewithcaroline.net

The Mirror Practice

Five gentle questions to meet your face exactly as it is today.

Before you begin the meditation, take two or three minutes with these questions. A word, a sentence, or a quiet knowing is enough. This is not about judging your face. It is about listening to it.

1

Where does my face feel heavy, tight, or tired today?

Close your eyes for a moment before answering. Notice your jaw, temples, forehead, eyes, cheeks, and neck.

2

What emotion or energy might my face be holding today?

Maybe it is stress, focus, tiredness, or nothing you can name yet. Let the answer be simple.

3

Where do I feel most disconnected from myself right now?

Maybe you feel disconnected from your breath, your softness, or the woman you want to return to today.

4

What would feel beautiful to soften today?

Your jaw? Your forehead? Your thoughts? Your expectations of yourself? Choose one place.

5

What do I want to receive from this meditation?

A calmer face? A softer breath? A feeling of coming home to myself? A peaceful mind?

Your Face Holds a Story

This is a reflective map, not a diagnosis.

Your face is not only how you look. It can also reflect quiet tension, tiredness, stress, emotion, focus, posture, softness, and the way you move through the day. Simply notice where your attention goes first.

The Jaw

Where effort, control, clenching, frustration, anger, or the pressure to stay composed may gather. *What it may be asking for: release, softness, and gentle distance from stress.*

Between the Brows

Where focus, worry, intensity, frustration, or unexpressed emotion may leave a small line of tension. *What it may be asking for: space, trust, and emotional release.*

The Forehead

Where planning, anticipating, stress, and the weight of too many thoughts may show. *What it may be asking for: presence, silence, and less overthinking.*

The Temples

Where stress, mental pressure, screen focus, and the intensity of the day may collect. *What it may be asking for: tension release, rest, and mental quiet.*

The Eyes

Where tiredness, focus, emotional load, overstimulation, and the day's impressions may gather. *What it may be asking for: relaxation, gentle detachment, and the quiet of nature.*

Under-Eye Puffiness

Where heaviness, tiredness, fluid, or lack of rest may feel visible. *What it may be asking for: gentleness, lightness, and restoration.*

Facial Puffiness

Where the face may feel swollen, heavy, or less defined. *What it may be asking for: flow, freshness, and support.*

The Cheeks / Mid-Face

Where softness, expression, glow, or mid-face heaviness may be felt. *What it may be asking for: lift, flow, and expression.*

Pause here

Place one hand where your attention went first.
What does this part of my face need from me today?

The S.H.I.N.E. Method Pathway

One practice. Two dimensions. Five pillars.

The meditation you received is your first doorway into The Shine Method.

The full practice goes deeper — bringing together outer practice and inner alignment to embody beauty from the inside out. This page simply shows you the path.

S

Structure *Build the foundation.*

Outer: Facial posture, facial architecture, muscle awareness, and structural support.

Inner: Grounded physical presence.

H

Hold & Release *Let go of what you have been holding.*

Outer: Tension release in the face, jaw, neck, scalp, and upper body.

Inner: Softening the protective mask.

I

Improve Flow *Restore movement and glow.*

Outer: Circulation, lymphatic flow, depuffing, glow.

Inner: Vitality as a felt sense.

N

Nurture Alignment *Come back to yourself.*

Outer: Breath, posture, nervous system support.

Inner: Ritual, inner alignment, reconnection with self.

E

Embody Authenticity *Shine your way.*

Outer: Presence and self-connection routines.

Inner: Spirituality, self-development, feminine authenticity, and self-trust.

The meditation belongs to the E pillar. The full courses teach you how to move through all five.

Return and Notice

Now that you have listened, come back to this page slowly.

You do not need to analyse the meditation. You do not need to write a lot. The practice is simply to notice what changed — even if the change is small.

1

What softened?

Maybe your jaw softened. Maybe your breath slowed. Maybe your eyes feel different.

Maybe your thoughts became quieter.

2

Where do I feel more present?

In my face? In my breath? In my body? In the moment I am in?

3

What is one word for how I feel now?

Write one word. Let it be enough.

— • —

This is the beginning of the practice:

not forcing change, but noticing what is already shifting.

YOUR NEXT STEP

You have taken the first step.

You have paused. You have listened. You have met your face with softness instead of judgment.

You have experienced the first doorway of The Shine Method.

When you feel ready, your next step is here.

START HERE

The 14-Day Shine Method Course

A guided beginner course that takes you beyond awareness and into the first full practices of The Shine Method. Learn structure, tension release, flow, alignment, and authentic self-connection — step by step.

\$97

one-time · lifetime access

[Start the 14-Day Course →](#)

ELEVATE YOUR RITUAL

The Shine Essentials Shop

Explore the beauty tools used inside The Shine Method. Optional, but they can help make your ritual feel more precise, soothing, and elevated.

[Explore the Essentials Shop →](#)



There is no pressure to decide now. The meditation is yours. This guide is yours.

The next step will be here when you are ready.

SHINE WITH *Caroline*

shinewithcaroline.net