



The 21-Day

Ho'oponopono Healing

Journey



A STARTER GUIDE TO PEACE, FORGIVENESS &
ABUNDANCE

Created with Love by

Vaibhavi

Welcome Home, Beautiful Soul

If you are reading this, your soul is ready. Ready to let go of the heavy burdens you've been carrying. Ready to forgive the parts of yourself that have been hurting. Ready to finally, truly heal.

I know what it feels like to carry invisible weight. To smile on the outside while feeling anxious, stuck, or not enough on the inside. I created **Miraaval Healing** because I walked that path myself, and I found the way out.

Ho'oponopono is not just a technique; it is a return to your natural state of peace. It is the simple, profound act of cleaning the memories that replay in our subconscious mind and block us from love, wealth, and joy.

Over the next 21 days, we are going to walk this path together. You don't need to be perfect. You just need to show up.

Let's begin.

With love & light,
Vaibhavi



What is Ho'oponopono?

Ho'oponopono (ho-o-pono-pono) is an ancient Hawaiian practice of reconciliation and forgiveness. The word translates roughly to *"to make right"* or *"to correct an error."*

The core belief is that everything in our reality is a reflection of our inner world. When we heal what is within us, we heal what is around us.

We do this by repeating four powerful phrases that act as a spiritual cleaning tool for the subconscious mind:

**"I'm Sorry.
Please Forgive Me.
Thank You.
I Love You."**

These words are not necessarily spoken to another person, but to the Divine (or Universe) to clean the toxic energies, memories, and data stored within you.

How to Use This Guide

This guide is designed to fit into your busy life. You only need **10–15 minutes a day**.

- **Morning Intention:** Read the day's theme and intention immediately upon waking.
- **The Mantra Practice:** Find a quiet moment to repeat the Ho'oponopono phrases for 108 repetitions (using a mala bead string helps, or simply set a timer for 5 minutes).
- **Evening Reflection:** Before bed, briefly write down your thoughts or what you are grateful for.



Your 21-Day Journey Map

WEEK 1: RELEASE

Cleaning the past, letting go of guilt, heavy emotions, and old wounds.

WEEK 2: FORGIVE

Deep forgiveness work for yourself, your parents, and your relationships.

WEEK 3: RECEIVE

Opening the space you've cleared to welcome

abundance, self-
love, and joy.

WEEK 1: RELEASE

"I release the heavy to make room for the light."

Day 1 The Beginning: Taking Responsibility

Intention: I accept that I have the power to heal my life.

Practice: Focus on a current stressor. As you think of it, say to the Divine: *"I don't know what memory inside me created this, but I am ready to release it."*

I'm Sorry. Please Forgive Me. Thank You. I Love You.

Reflection: What is one thing causing you stress that you are willing to clean on today?

Write here...

Day 2 Cleaning Anxiety

Intention: I replace worry with trust.

Practice: Whenever you feel anxious today, immediately interrupt the thought with *"I Love You."*

How did it feel to interrupt anxiety with love today?

Day 3 Releasing Anger

Intention: I choose peace over being right.

Practice: Visualize the person or situation that makes you angry. See them as a small child. Send the 4 phrases to that image.

Did the intensity of your anger shift?

Continuing Week 1...

Day 4: Releasing Guilt - *"I forgive myself for not knowing better."*

Day 5: Cleaning Fear of the Future - *"I trust the Divine plan."*

Day 6: Letting Go of Control - *"I surrender the outcome."*

Day 7: Week 1 Review - *"I am lighter than I was 7 days ago."*

WEEK 2: FORGIVE

"Forgiveness is the key that unlocks the door of my heart."

Day 8 Forgive the Inner Child

Intention: I reconnect with little me.

Practice: Find a photo of yourself as a child. Look at her/him and say: *"I'm sorry for the times I was hard on you. I love you."*

I'm Sorry. Please Forgive Me. Thank You. I Love You.

What did your inner child need to hear today?

Day 9 Forgive Parents

Intention: I release the expectation that they should have been perfect.

Practice: Visualize your parents. Whether you have a good or difficult relationship, simply clean on the shared memories between you.

Write down any resistance you felt.

Continuing Week 2...

Day 10: Forgive Past Relationships - *"I release you to your highest good."*

Day 11: Forgiving Your Body - *"I love you, thank you for carrying me."*

Day 12: Forgiving Mistakes - *"I learned, I grew, I let go."*

Day 13: Cleaning Money Blocks - *"I'm sorry for fearing lack."*

Day 14: Week 2 Review - *"My heart is open."*

WEEK 3: RECEIVE ✨

"I am open to the abundance of the Universe."

Day 15 Self-Love

Intention: I am worthy simply because I exist.

Practice: Look in the mirror into your own eyes. Say *"I Love You"* 10 times. Don't look away.

Thank You. I Love You.

Was it hard to look at yourself with love?

Finishing the Journey...

Day 16: Allowing Joy - *"It is safe to be happy."*

Day 17: Manifesting Health - *"My cells are listening to love."*

Day 18: Calling in Abundance - *"Thank you for the wealth that is here and coming."*

Day 19: Trusting Intuition - *"I listen to the whisper within."*

Day 20: Gratitude Overflow - *"Thank you, thank you, thank you."*

Day 21: The New You - *"I am healed. I am whole. I am free."*



Your Healing Doesn't End Here

You have taken the first powerful steps. But the subconscious mind has layers, and true transformation is a practice, not a destination.

If you felt a shift during these 21 days, imagine what we can do together in my full immersive program.

Ready to Go Deeper?

Join the complete **21-Day Ho'oponopono Healing Course** where I guide you through advanced cleaning, live meditations, and deep NLP subconscious reprogramming.

→ [Visit www.vaibhavipatel.com to Learn More](http://www.vaibhavipatel.com) →

About Your Guide

Vaibhavi is the founder of Miraaval Healing. Originally from Surat, India, and now based in Pennsylvania, she blends the ancient wisdom of the East with modern psychological tools.

A former software developer turned healer, she understands the analytical mind and how to bypass it to reach the heart. She is a certified Ho'oponopono Healer, NLP Master, and Law of Attraction Coach.

Her mission is to help you find the peace that is already inside you.

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