

5 Days to Lightness: A Ho'oponopono Self-Healing Journey

**By
Soul Sutra with
Aparna**



Welcome, beautiful soul! This is your 5-day guided healing using the sacred Hawaiian practice of Ho'oponopono, shared with love by Soul Sutra with Aparna.

Repeat daily:

“I’m sorry. Please forgive me. Thank you. I love you.”

Day 2:

Forgive – Release Pain and Blame

• Mirror Work:

**Look into your own eyes and say with
love:**

**“I’m sorry. Please forgive me. Thank
you. I love you.”**

• Affirmation:

**I forgive myself and others, and I am
free.**

Day 3:

Love – Heal the Inner Child

- **Visualize your inner child – what does she need to hear?**
- **Whisper the 4 phrases while imagining hugging her.**
- **Journal:**
Write a short letter to your inner child.

Day 4:
Shift – Raise Your Energy

- **Use Hridaya Mudra or a comfortable hand position.**
- **Whisper the 4 phrases into a glass of water and drink mindfully.**
- **Feel your vibration rise with each sip.**

Day 5:

Anchor – Ritual for Light Living

- **Create a sacred healing corner with candle, crystal, or flower.**
- **Commit to a 5-minute daily ritual using the phrases.**
 - **Final Blessing:**
“I choose peace. I choose light. I choose love.”

Bonus: Keep Your Healing Going

Join our healing circle & get lifetime support.

Follow: @SoulSutraWithAparna

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You are deeply loved. Keep shining your light!

*Thank
you!*