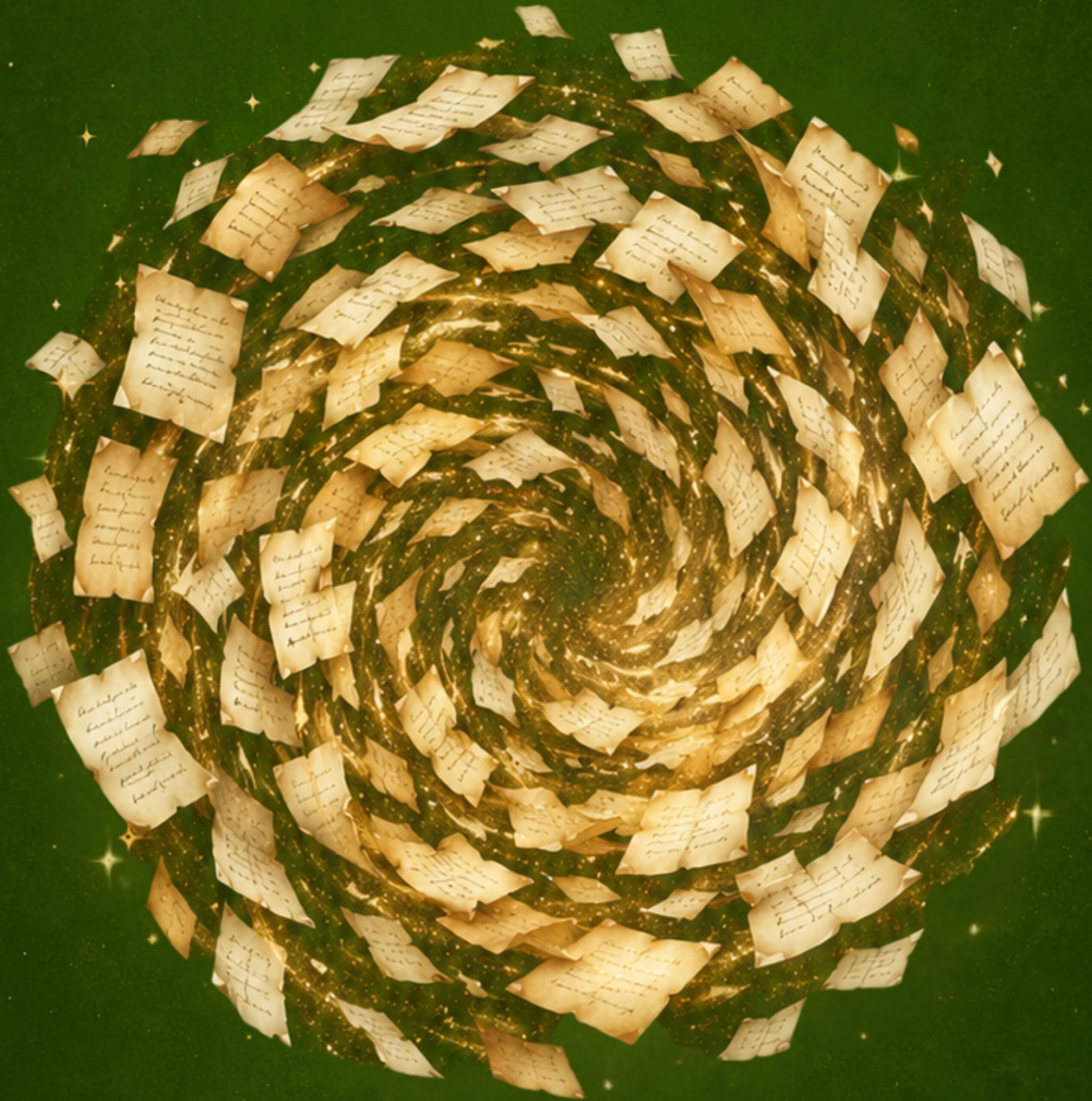


ELMENTO MAGIC NOTES

365TH EDITION



**A collection of timeless notes to
accompany you throughout the year
Reflections to pick, collect and take with you**



EARTHUM
DIGITAL EDITION

NOTE INDEX

1. MAGIC NOTES

2. CRYSTALS

3. GODS

4. ANCESTORS

5. ELEMENTS

6. ANIMAL BEINGS

7. NATURE LAWS

8. FINAL WORDS

365 ELMENTO MAGIC NOTES



~ EARTHUM ~

ELMENTO | NATURE • STRENGTH • LIGHT

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Published by Earthum®

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**A collection of timeless wisdom as a companion through
the year. Short impuls to draw, collect and take with You.**

MAGIC NOTES

These notes are small impulses for your everyday life.

You can draw them like a fortune cookie, collect them as daily companions, or use them as a quiet ritual. It is not about doing “everything right”. It is about creating one moment each day that brings you back into clarity, calm, and direction.

PREPARATION

You can print the notes on normal paper, or turn them into a real set by using coloured paper tones. Colour helps you grab more quickly and makes the whole thing feel “alive”. This automatically creates a nice mix and you notice your mood more quickly. The category is recognisable through the respective colour, without being printed on it. This is extremely elegant and immediately has the feel of real magic notes.

**Fold the magic notes twice and place them
in a suitable container (Bowl, Box, Jar)**

Cutting out 365 notes sounds like some work, and that is exactly where the gift lies. You do not have to do everything in one day. Cut them out in small stages. This preparation is already a quiet exercise in your everyday practice. You go slowly. You put things in order.

You do something with your hands. That is already a routine.

Do not take the notes as an obligation. Take them as an invitation. Some days call for wisdom, some call for calm, some call for courage.

You do not have to force anything. One sentence is enough. One moment is enough. These notes are small, and that is precisely why they are strong. They do not take you away from your everyday life. They bring you back to yourself.



DAILY NOTE

Draw 1 note in the morning.

Place it somewhere clearly visible.

(Mirror, desk, phone case, wallet, ...)

In the evening: read it once more and let it “close”.

THEME NOTE

You do not have to think.

Choose a theme that fits today.

Just reach for what speaks to you.

WEEKLY NOTE

Draw one note for the week.

This gives the sentence time to unfold and take effect.

Often the meaning changes when you repeat it.

THE YEAR NOTES

Turn drawing into a small yearly practice.

Choose your favourite notes by category:

Favourites, themes, mood, situations,
wisdom, months, or your own words.

Collect. Paste in. Hang up.

This is how your own small collection emerges
of your most important reminders and moments.



FAVOURITE MAGIC NOTES

THEMES

WISDOMS

FAVOURITES



CRYSTALS

For clarity, focus and quiet anchors in everyday life – without healing promises. These notes use crystals as symbols for structure and resonance.

A stone is a reminder of weight and calm.	Crystals are symbols, not shortcuts.	A clear stone reminds You of clear words.	Less choice makes the gaze more precise.
			
Clarity grows when You hold something solid in Your hand.	The pattern in the crystal shows: order can be beautiful.	A stone on the table is a silent stop sign.	When You feel scattered, You need something compact.
			
A crystal is structure that has taken time.	Shine is not value, calm is value.	A splinter in the light shows: details matter.	Crystal faces teach boundaries: clear, clean, calm.
			
Take only one stone, not ten possibilities.	When You carry something, carry it consciously.	A stone by the bed is a sign of night peace.	When You doubt, choose constancy instead of glitter.
			
A cool stone can calm a hot head.	A heavy stone reminds You of responsibility.	A transparent stone reminds You of truth without hardness.	A dark stone reminds You of protection without fear.
			
When You waver, choose an anchor, not a stimulus.	A bright stone reminds You of spaciousness without escape.	A stone does not collect magic, it collects Your attention.	Sort Your stones like thoughts: clear, few, good.
			

A crystal is not a promise, but a mirror. 	Beauty may be quiet. 	A stone is like an anchor: Here. 	Place a stone where You often forget. 
A stone works best when You do not overload it. 	An ordered place for stones is ordered perception. 	A stone in the window catches light and reminds You of direction. 	A crystal shows: Inside and outside can correspond. 
When You need support, choose density instead of haste. 	When You want to go too fast, take something slow. 	Hold on to what holds You, not what drives You. 	A stone is not jewellery when You take it seriously. 
When You lose Yourself, return to something solid. 	A stone is an object for concentration without technology. 	You do not need many stones, You need one meaning. 	A stone teaches: pressure forms, but time completes. 
Cleansing means here: dust away, gaze clear. 	Crystals remind You of patience in form. 	Choose an anchor and stay with it. 	Choose stones by feeling, not by trends. 
A stone is a quiet Yes to stability. 	A stone is a quiet no to chaos. 	A crystal says: You may be clear. 	Heaviness can comfort when it is conscious. 
	A stone in the pocket is a reminder of ground. 	A crystal reminds You that clarity takes time. 	

GODS

For archetypes and principles of force – without dogma. These notes give You orientation through qualities such as wisdom, change, protection and love.

The warrior in You asks: What do You stand for today. 	The lover in You asks: What nourishes instead of binding. 	The trickster asks: Where do You take Yourself too seriously. 	The guardian of the threshold asks: What must You end. 
The wise one in You asks: What is true, even without applause. 	The wanderer in You asks: What do You want to explore, not flee from. 	The seer asks: What is the sign behind the scene. 	The goddess of the river asks: Where may You let go. 
The guardian in You asks: What needs protection, not control. 	The queen in You asks: What is Your value without achievement. 	The god of fire asks: Where do You need courage instead of anger. 	The goddess of the earth asks: What needs time. 
The smith in You asks: What are You truly building. 	The king in You asks: Which order serves. 	The god of the wind asks: What must You speak. 	The goddess of the sea asks: What do You truly feel. 
The healer in You asks: What may become soft. 	The mother force asks: What may grow. 	The smith force reminds: Form emerges through repetition. 	The star force reminds: Vastness needs orientation. 
The judge in You asks: What is fair, also to You. 	The father force asks: What needs a frame. 	The shadow force reminds: What is suppressed leads in secret. 	The light force reminds: Clarity may be kind. 

The hunting force reminds: Aim without greed. 	The winter force reminds: Retreat is part of the circle. 	The messenger asks: What is the clear message. 	The guardian force reminds: Boundary is care. 
The harvest force reminds: Take only what is ripe. 	The summer force reminds: Abundance needs measure. 	The weaver asks: Which pattern do You weave daily. 	The spring force reminds: New beginning is small. 
The grace force reminds: Forgiveness is strength. 	The force of change reminds: Shedding is healing. 	Alchemist: What becomes from raw material to gold within You. 	The patience force reminds: Pace is not value. 
The courage force reminds: Step before certainty. 	The peace force reminds: Not every battle is Yours. 	The traveller asks: What You take with You, what You leave behind. 	The play force reminds: Lightness is intelligence. 
The order force reminds: Frame makes freedom possible. 	The truth force reminds: No adornment replaces authenticity. 	The queen asks: What is Your quiet authority. 	The stillness force reminds: Listening is power. 
The love force reminds: Closeness without possession. 	The watcher asks: What do You no longer let through. 	The king asks: What is Your responsibility. 	The bridge asks: How do You connect opposites. 
	The guardian asks: What is Your sacred area. 	The seer asks: What do You see when You do not want. 	

ANCESTORS

For roots, origin and inner lineage – without heaviness. These notes strengthen gratitude, reconciliation and a calm sense of belonging.

You are an ending and a beginning at once. 	Accept the good, leave the heavy where it belongs. 	Gratitude connects, without binding. 	You may honour Your lineage without repeating everything. 
Origin is background, not chain. 	Peace with the past makes the present lighter. 	You do not have to carry everything that came before You. 	Respect is possible, even without agreement. 
An inner yes to Yourself rearranges the lineage. 	What You heal ends as a pattern. 	You are not obliged to play old roles. 	Dignity begins with Your self-respect. 
Tradition can be strength when it does not force. 	You may choose what You pass on. 	The best tribute is a good life. 	Reconciliation is often: no longer having to fight. 
Your root is real, even when it is invisible. 	Boundary is love in adult form. 	A good farewell can open years. 	You can recognise origin without living inside it. 
The lineage becomes lighter when You become honest. 	You do not have to explain everything in order to resolve. 	A family pattern is only strong as long as it remains unnoticed. 	You may stop the cycle, without guilt. 

Gratitude is a quiet completion. 	There is love that was not healthy. 	You may carry the lineage in Your heart, not on Your shoulders. 	A quiet thank You is often enough. 
You can honour the name and lay down the pain. 	Some burdens are old, not true. 	A good person rearranges many things. 	You are the present, not the proof. 
What You do not say still has an effect. 	When You feel ashamed, see whether it is truly Yours. 	You can be connected and still free. 	There is closeness that needs boundaries. 
If You allow Yourself to live differently, a pressure ends. 	You may take new paths without betraying the origin. 	Not every conflict must be inherited further. 	What You clarify within Yourself, also clarifies in the field. 
A clear no can be kind towards the generation. 	Loyalty without self-loss is maturity. 	You may find Your own measure. 	Your path is part of what is passed on. 
You are not the mistake, You are the choice. 	Origin can explain, but not determine. 	When You stabilise, the lineage becomes calmer. 	Honour means representing one's own values. 
	You may see the story and still write it anew. 	You are not alone, even when You decide alone. 	

ELEMENTS

For basic energy within You and around You – practical and differentiated.
These notes show each element's bright force, oversteering and balance.

EARTH | LIGHT, SHADOW & BALANCE

Earth Light:
Constancy makes
trust possible.



Earth Balance:
Stable means
remaining movable.



Earth Shadow:
Possession replaces
inner support.



Earth Light:
The body loves
regularity.



Earth Light:
Substance emerges
through care.



Earth Balance:
Build slowly,
but build truly.



Earth Shadow:
Inertia disguises
itself as calm.



Earth Light:
Craft in the small
builds greatness.



Earth Light:
Simplicity is a
stable choice.



Earth Balance:
Order serves You, not
the other way round.



Earth Shadow:
Control makes
narrow.



Earth Light: The
concrete protects
against illusion.



Earth Light:
Patience carries
longer than haste.



Earth Balance:
Choose few things
and care for them.



Earth Shadow:
Perfection
eats joy.



Earth Shadow:
Rigidity calls
itself principle.



Earth Light:
Boundaries
give calm.



Earth Balance:
Support comes
through repetition.



Earth Balance:
Ground is there,
when You take it.



Earth Shadow:
Security becomes
fear of change.



WATER | LIGHT, SHADOW & BALANCE

Water Light: Feeling
shows direction
when You hear it.



Water Balance:
Gentleness becomes
strong through truth.



Water Balance:
Calm in the belly
is a compass.



Water Shadow:
Flooding
replaces clarity.



Water Light
Empathy connects
without words.



Water Balance: Speak
needs instead of
testing them.



Water Balance:
Let flow, without
washing away.



Water Shadow:
Mood rules
decisions.



Water Light:
Surrender makes
soft, not weak.



Water Light: Tears
are cleansing
without explanation.



Water Balance:
Boundary makes
closeness safe.



Water Shadow:
Clinging calls
itself love.



Water Light: Healing
often comes as
relaxation.



Water Light:
Flow loosens
knots.



Water Balance:
Feel everything, but
do not act everything.



Water Shadow:
Drama disguises
neediness.



Water Light:
Intuition senses
undertones.



Water Light:
Compassion
calms conflict.



Water Shadow:
Uncertainty becomes
an excuse.



Water Shadow:
Victim role avoids
responsibility.



AIR | LIGHT, SHADOW & BALANCE

Air Light: Clear
thought creates
spaciousness.



Air Balance:
Freedom emerges
through focus.



Air Balance:
Pause between
words is wisdom.



Air Shadow: Ideas
pile up without
implementation.



Air Balance: Choose
one thought
and go with it.



Air Balance: Say
less, mean more.



Air Light: Language
can untangle.



Air Shadow:
Nervousness makes
everything urgent.



Air Light: A
good sentence
can bring order.



Air Light: Curiosity
opens possibilities.



Air Balance: Clarity
also needs heart.



Air Shadow:
Irony hides truth.



Air Balance:
Perspective helps, but
decision completes.



Air Light: Lightness
detoxifies heaviness.



Air Light: Distance
brings perspective.



Air Shadow:
Brooding
becomes a loop.



Air Light: Learning
keeps the mind awake.



Air Light: Exchange
creates understanding.



Air Shadow: Distraction
scatters strength.



Air Shadow: Speaking
replaces listening.



FIRE | LIGHT, SHADOW & BALANCE

Fire Light: Courage
brings movement.



Fire Balance:
Set boundaries
without hurting.



Fire Balance:
Let fire serve,
not rule.



Fire Shadow: Hardness
breaks connection.



Fire Light:
Decision makes
the path visible.



Fire Balance:
Warmth without
drama is mature.



Fire Balance: One
step per day beats
a burst of flame.



Fire Shadow:
Overconfidence
ignores consequences.



Fire Light:
Enthusiasm
can carry.



Fire Light:
Initiative turns
wish into step.



Fire Balance:
Act clearly,
not aggressively.



Fire Shadow:
Loudness disguises
insecurity.



Fire Light: Strength
protects boundaries.



Fire Light:
Warmth creates
closeness.



Fire Balance:
Strength
remains calm.



Fire Shadow: Being
right replaces
direction.



Fire Light:
Passion enlivens
meaning.



Fire Light:
A clear goal
orders energy.



Fire Shadow:
Anger becomes
false leadership.



Fire Shadow: Haste
burns resources.



AETHER | LIGHT, SHADOW & BALANCE

Aether Light:
Stillness orders
without pressure.



Aether Balance: Spirit
is clear when it is suitable
for everyday life.



Aether Balance:
When You become still,
it becomes simple.



Aether Shadow:
Everything is possible,
so nothing happens.



Aether Light: Meaning
becomes visible when
it becomes emptier.



Aether Balance:
Presence is the bridge
between everything.



Aether Balance:
Meaning without step
remains theory.



Aether Shadow:
Non-commitment
calls itself freedom.



Aether Light:
Space creates
possibilities.



Aether Light:
When You listen,
it becomes clear.



Aether Balance:
Emptiness is
space, not a hole.



Aether Shadow:
Escape into the "higher"
avoids pain.



Aether Light:
Connectedness
feels wide.



Aether Light:
Presence is a
field, not a thing.



Aether Balance:
Vastness needs
grounding.



Aether Shadow:
Ideas become more
important than life.



Aether Light:
The whole
holds the detail.



Aether Light:
Inner space calms
outer movement.



Aether Shadow:
Fog replaces
responsibility.



Aether Shadow:
Lifting off
loses ground.



ANIMAL BEINGS

For instinct, protection and nature mirrors – without fairytale escape.
These notes use animal images as hints for attitude, movement and decision.

The fox reminds: Cleverness is quiet. 	The raven reminds: Change often comes by detours. 	The fish reminds: Depth is quiet. 	The badger reminds: Dig to the core, not to distraction. 
The wolf reminds: Loyalty needs boundaries. 	The eagle reminds: Vastness needs standpoint. 	The cat reminds: Self-protection is elegant. 	The dog reminds: Loyalty is action, not feeling. 
The stag reminds: Dignity is calm in movement. 	The snake reminds: Shedding is not defeat. 	The horse reminds: Freedom needs direction. 	The bee reminds: Small work builds great order. 
The bear reminds: Retreat is strength, when it is conscious. 	The hare reminds: Alertness is faster than fear. 	The butterfly reminds: Lightness is transformation. 	The falcon reminds: Focus makes sharp. 
The owl reminds: Look into the twilight, not only into the light. 	The frog reminds: Transition is normal. 	The ant reminds: Continuity beats haste. 	The spider reminds: Patterns are woven, not wished. 
The eagle reminds: Take distance before You decide. 	The bee reminds: Order emerges through return. 	The spider reminds: You build what You repeat. 	The ant reminds: Small steps are real steps. 

The turtle reminds: Slow can be safe. 	The stork reminds: Reordering is also birth. 	The swan reminds: Gentleness can be very strong. 	The lion reminds: Leadership is warmth, not noise. 
The dolphin reminds: Play is intelligence with heart. 	The woodpecker reminds: Staying with it is a tool. 	The goat reminds: Step by step upwards. 	The stag beetle reminds: Armour is not heart. 
The whale reminds: Depth carries, even when it is invisible. 	The crow reminds: Intuition loves clear signs. 	The dragonfly reminds: Perspective changes everything. 	The otter reminds: Joy is protection against hardening. 
The hedgehog reminds: Closeness is good when it does not hurt. 	The crane reminds: Patience is dignity. 	The snake reminds: Let go of what becomes too tight. 	The bear reminds: Hibernating is not failure. 
The lynx reminds: See what others overlook. 	The wolf reminds: Being alone is not always loneliness. 	The fox reminds: Not every path has to be straight. 	The owl reminds: Stillness hears more. 
The turtle reminds: Patience protects. 	The otter reminds: Lightness is not superficiality. 	The hedgehog reminds: Boundaries may be kind. 	The falcon reminds: One aim, one gaze. 
	The whale reminds: Depth needs time. 	The butterfly reminds: Change is possible, without violence. 	

NATURE LAWS

For timeless principles that become visible in nature. These notes are aphoristic, clear and supportive – like old rules without coercion.

What You care for remains.	All that is alive needs space.	Every force tips over without boundary.	Growth needs pauses.
			
What You ignore grows anyway.	A system shows You where You want too much.	Nature works with time, not against it.	Too much pressure makes brittle.
			
Rhythm replaces no decision, but it carries it.	When You hold too much, something holds You tightly.	When You clarify the source, the flow clarifies itself.	A good measure protects against excess.
			
Ripeness does not come on command.	Soil without care does not carry for long.	A place changes the inner tone.	Order emerges through return.
			
A beginning is small, otherwise it is often escape.	What is real does not have to be loud.	Excess makes numb.	Not everything is ready, just because You want it.
			
A clear cut prevents long pulling.	The best solution is often reduction.	Spaciousness emerges when You stuff less in.	Simplicity is the sister of truth.
			
Nature knows no haste, only movement.	Boundaries make peace possible.	A small step repeated is a path.	Care is love in action.
			

A clear no makes a clear yes possible. 	When You become still, the essential becomes loud enough. 	A good ending protects the next beginning. 	Not every door is Yours. 
Patience is action in slow motion. 	Everything has a season, including You. 	Whoever respects the wind sails better. 	What becomes light is often right. 
What repeats itself wants to be seen. 	The body is a weather report. 	A true value saves many discussions. 	Harmony without truth is only surface. 
Transitions are not mistakes, they are phases. 	Clarity often feels simple. 	A pause is a tool. 	Whoever grounds themselves becomes less manipulable. 
When You let go, space emerges for what fits. 	A pattern becomes weaker when You recognise it. 	Safety emerges through reliability, not through control. 	All that is alive responds to attention. 
Less input creates more meaning. 	With force, little good grows. 	Overstimulation makes the gaze narrow. 	A good frame protects freedom. 
You cannot carry everything at the same time. 	Stability is ability, not state. 	What You nourish becomes stronger. 	Nature shows what works. 

Truth needs no decoration. 	What is deep remains calm. 	The simplest path is often the most sustainable. 	Vastness needs focus. 
Closeness needs boundaries. 	Connection needs presence. 	Abundance needs measure. 	Change needs dignity. 
	A good day emerges from good repetitions. 		

FINAL WORDS

You do not have to rebuild Your life for more practice. It is enough to change the moment. That is exactly what the Elmento 365 Edition is intended for. As a companion through real days. Not perfect ones. Some notes work like a focus, others like clear awareness, some like a quiet moment. Sometimes one sentence is enough to realign You again.

Use the notes in the way that fits Your everyday life. Draw one every day or only when You consider it necessary. You can choose by themes or mix everything. You can collect them, place them visibly or simply read them briefly and move on. What matters is not how much You do, but that You apply them. Meditation does not arise through intensity, but through awareness. Every day on which You briefly gather Yourself and refocus is a good day.



~ EARTHUM ~

Your Sanctuary | Body • Mind • Soul

« Sacred Practices for Simple Living »

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