

NOETIKA MAGIC NOTES 100TH EDITION



Collection of timeless notes to accompany you every day
Short messages to pick, collect and take with you



EARTHUM
DIGITAL EDITION

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100 NOETIKA MAGIC NOTES



~ EARTHUM ~
NOETIKA | MIND • HEART • SOUL

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**A collection of timeless notes as daily companions
Short impulses 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 100 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

MY OWN WISDOMS



MEDITATION

For calm practice in real everyday life – without performance pressure.
These notes help you arrive, gather the mind, and return kindly.

When you drift off, the practice begins. 	A calm breath is a clear beginning. 	Each return is a quiet success. 	Calm arises when you hold on less. 
Sit down as if you were coming home.	You may hear the thoughts without believing them. 	You observe the mind. You are not the mind. 	Let the day become quiet for a moment before you fill it. 
You do not have to become better, only more awake. 	When nothing happens, what matters most often happens. 	Meditation is friendship with what is. 	It is enough to feel that you are breathing. 
Silence is not the goal, but the space.	The body often knows sooner what is true. 	Clarity does not come through pressure, but through closeness. 	Presence is small, but it carries you. 
Let experience come without trying to steer it. zu steuern. 	One single conscious moment is not less. 	A soft gaze makes the inner world wide. 	You grow quieter when you stop fighting. 
The beginning is always now, not later. 	Attention is a gentle returning. 	You may stay with simplicity. 	Today it is enough to be here again. 

WISDOM

For clear, sustaining thoughts – without lecturing. These notes give you perspective, depth, and a quiet inner steadiness.

Truth is rarely loud, but unmistakable. 	What you seek changes when you become still. 	A good path make you simpler inside. 	Whoever look deeper judges less. 
If you find the centre, the outside grows quieter. 	Freedom begins where you no longer have to react. 	Whoever sees themselves meets others more softly. 	The mind explains a lot, but it does not live. 
Sometimes letting go is only another way of seeing. 	Inner peace is a decision you practise. 	You do not have to understand everything to be wise. 	Patience is a sign of inner fullness. 
Not everything you think belongs to you. 	Life becomes lighter when you do not fix everything. 	Reality is what remains when you stop interpreting. 	A good question is often the better answer. 
Clarity is compassion in precise form. 	You find yourself when you do not search for yourself. 	A clear mind is not empty, but open. 	What matters needs no proof. 
You are not here to optimise yourself, but to live. 	Depth grows from honesty, not from drama. 	A calm decision carries you further than a strong impulse. 	A quiet yes can turn a whole life. 



VISUALISATION & SYMBOLISM

For inner images that bring order – without drifting off. These notes strengthen imagination, orientation, and a calm inner focus.

An inner image can re-order the day. 	A symbol reminds you when words fail. 	Movement is meditation with open eyes. 	Feel your feet before you think. 
Imagine spaciousness when the mind becomes tight. 	See the breath as waves: coming, going, not staying. 	When you move, something inside comes into order too. 	An upright back changes your attitude to life. 
A gentle circle in the mind can bring safety. 	Give your focus a shape, so that it does not dissolve. 	Go more slowly, so that you can hear yourself again. 	Breathe consciously into the place that tightens. 
A point of light within is enough as orientation. 	If you need support, imagine roots in the ground. 	The body is the quickest way back to now. 	A long neck makes the mind wider. 
Let images serve, not rule. 	Imagine a clear path, not the whole goal. 	Let the shoulders drop and much becomes easier. 	Small stretch, great effect. 

BODY PRACTICE & MOVEMENT



For presence in the body – without hardness. These notes strengthen grounding, tension regulation, and the joy of simple movement.





DIRECT & NONDUAL

For immediate recognising – without mental acrobatics. These notes open a quiet view behind thoughts and bring you closer to what is.

What you seek is already here before you seek. 	The moment is not separate from you. 	A conscious transition saves you effort later. 	Before you answer, feel your breath for a moment. 
Thoughts come within awareness, not the other way round. 	Presence needs no explanation. 	If you are irritated, it is often overload in the system. 	Presence shows itself in small actions. 
Look for who perceives, not only what is perceived. 	The observer does not have to be tense. 	Looking back in the evening is like inner tidying. 	Everyday life is the real practice space. 
When you stop grasping, it becomes quietly clear. 	Not two. Life happens as one. 	Do one thing fully, instead of ten half. 	A clear start to the day decides a lot. 
You are not behind life, you are right in the middle of it. 	You can experience everything without being everything. 	You do not have to comment on every thought. 	Less input creates more inner space. 

EVERYDAY LIFE & REFLECTION



For lived mindfulness between appointments – without extra effort. These notes help you shape transitions consciously and stay within everyday life.





TRADITIONAL METHODS

Für bewährte Übungswege – ohne Dogma. For proven practice paths – without dogma. These notes strengthen regularity and structure to grow you.

Counting calms, because it gathers the mind. 	A fixed time makes the practice easier. 	Practice is not a fight, but familiarity. 	A mantra is a handrail for attention. 
Short practice is better than rare intensity. 	A clear beginning, and a clear ending is enough. 	Simply stick with it and the mind learns along. 	If you feel nothing, stay kind nonetheless. 
Sit quietly, but do not sit in rigid posture. 	A quiet seat can bring more order than a thousand thoughts. 	Realness needs no staging. 	Repetition creates depth, not novelty. 

FINAL WORDS

Meditation practice does not arise through perfection, but through clarity and repetition. This set is not a plan you have to “push through”, but a collection that keeps bringing you back to calm, protection and alignment.

Some notes open the day, clarify, strengthen boundaries or help you let go. That is exactly the point. You do not always need more effort. You need the right prompt at the right time.

Use these notes in whatever way fits you. As a daily note, as a weekly focus, or simply whenever you want to bring yourself into order.

That is exactly what these magic notes accompany you with.





~ EARTHUM ~

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« Sacred Practices for Simple Living »

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