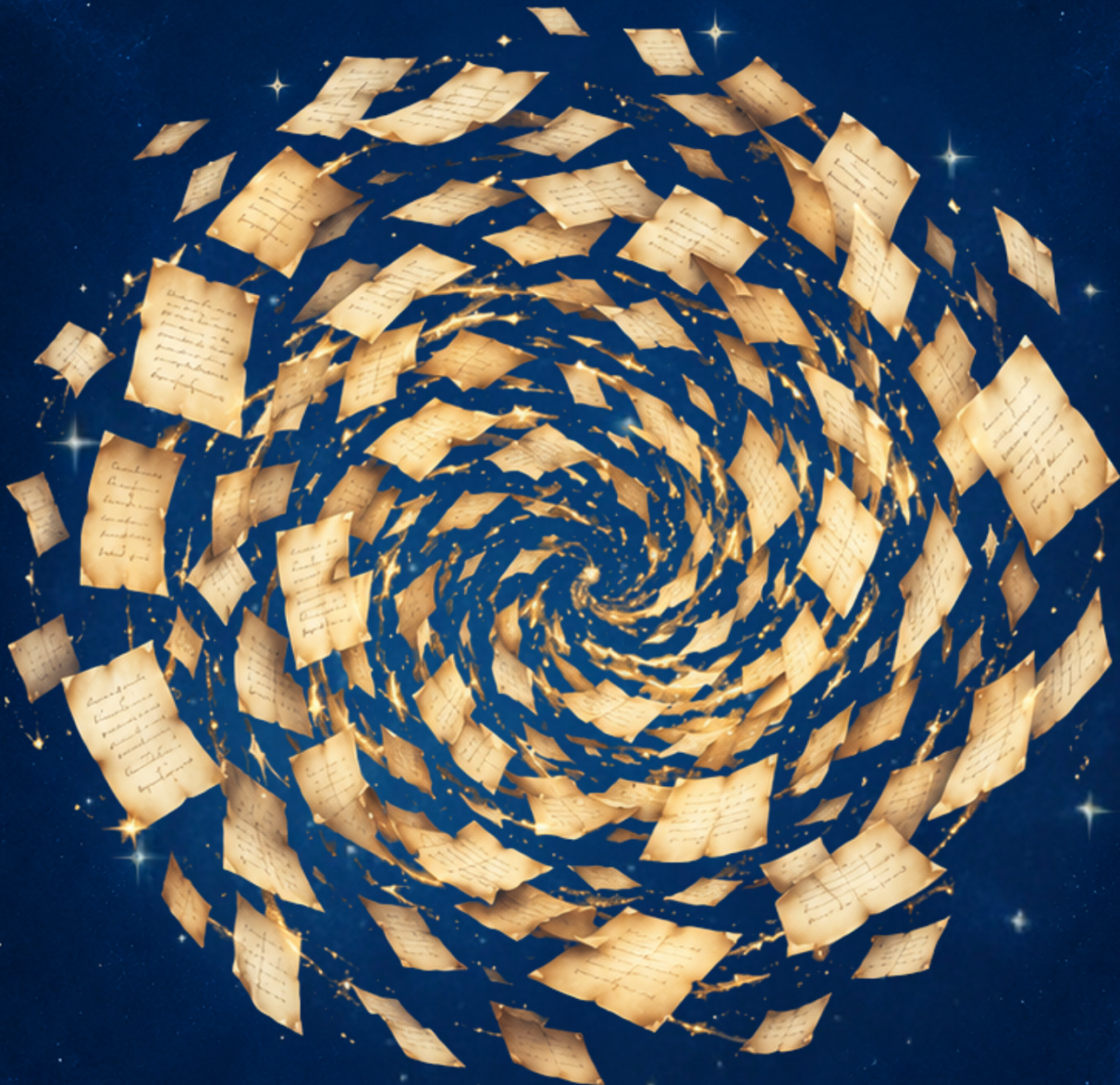


NOETIKA

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

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365 NOETIKA MAGIC NOTES



~ EARTHUM ~
NOETIKA | MIND • HEART • SOUL

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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



MEDITATION

For a calm practice that fits into Your everyday life – without pressure to perform. These notes strengthen centredness, presence and staying with it.

Look, without judging. 	A calm breath makes the head wider. 	You do not have to achieve anything, only be there. 	Stillness is a space, not a goal. 
When You drift away, the practice begins anew. 	Returning kindly is the method. 	Thoughts may come, You do not have to go with them. 	The body is a reliable anchor. 
Presence is small, but it carries for a long time. 	A conscious moment is never lost. 	Sit down as if You were arriving. 	The exhale can gather You. 
A soft gaze relaxes within. 	You may be restless and still practise. 	Feel the seat, then it becomes easier. 	Practice means: remembering again. 
You are not the story in Your head. 	The stillness behind sounds is also there. 	Briefly let the day not be “made”. 	When nothing happens, clarity often happens. 
Breathe as if You were creating space. 	Let the belly be soft, then the mind follows. 	Today, one minute of genuine being there is enough. 	A short sit is better than none. 

Breathe deeper and the day becomes wider.	Effortless is not lazy, but wise.	You may loosen the control.	Presence often feels unspectacular.
			
Let the forehead be smooth, not strict.	Return without scolding Yourself.	Attention is an inner finding again.	You do not have to solve the thoughts.
			
Feel the breathing, not the opinion.	When You wait, it becomes quieter.	The moment is enough for practice.	Stay with what You truly feel.
			
One breath can relieve the system.	You may hear them, without following them.	Not holding on is also an ability.	Take the now as it is.
			
You can be still, even when it is loud.	Let the shoulders sink and stay.	Practice is closeness to experience.	Calm is often only less resistance.
			
Feel the hands, then the noise sinks.	You may let the eyes become soft.	A clear beginning, a clear ending is enough.	Sit upright, but not hard.
			
When You become soft, it becomes clear.	Hold the focus briefly and honestly.	Every return counts, not the length.	You are here before You think.
			
Presence is a quiet yes.	When You know nothing, breathe.	Practice is return into the body.	The breath knows the way home.
			

Briefly leave the world outside and Yourself inside.	Take the moment seriously, not the drama.	You do not have to win, only stay.	Hold the attention like an open hand.
			
Stillness is not empty, it is full of perception.	Breathe deeper and the day becomes wider.	Today it is enough that You are here again.	Practice is repetition without punishment.
			
The mind becomes kind when You let it.	A quiet sit reorders the day.	Thoughts are sounds on the inside.	A calm body makes the mind calmer.
			
You may become slow without losing.	When You notice, You are already back.	Let thinking rest briefly.	A calm exhale creates space.
			
The simple works when You repeat it.	Take space, without defending it.	One sentence of stillness can turn the day.	You do not have to be better, only more awake.
			
			

CONSCIOUSNESS

For a clear view of thinking, feeling and perceiving – without mental cinema.
These notes open insight, concentration, awareness and inner spaciousness.

Consciousness is the space in which everything appears and goes again. 	You do not have to improve Yourself, You have to notice Yourself. 	Between impulse and action lies a quiet space for play. 	You are not trapped in thinking, You are only occupied within it. 
Many problems are thoughts with too much authority. 	That which perceives is calmer than that which is thought. 	When You observe, the pattern loses its grip. 	You can have a thought without serving it. 
Whoever perceives does not have to fight. 	A feeling is a wave, not an identity. 	Seeing clearly means: adding less. 	The less You explain, the more You see. 
You are not Your role, You wear it for a while. 	Not everything that is loud is important. 	Consciousness is closer than any explanation. 	Consciousness is the opposite of autopilot. 
A clear moment can interrupt an old loop. 	Consciousness turns reaction back into choice. 	You may have an opinion without confusing Yourself with it. 	A trigger is often only an old programme in new clothing. 
Everything that You notice cannot completely possess You. 	When You look quietly, the obvious becomes deep. 	Your inner world is changeable, Your awareness remains. 	The head narrates quickly, the perception is precise. 

Thoughts are suggestions, not laws.	When You see inner tension, it becomes negotiable.	Attention is the torch in the inner space.	Your gaze becomes free when You do not judge immediately.
			
You can inwardly take one step back in the middle of chaos.	Some thoughts are only tiredness in language.	When You interpret less, life becomes simpler.	When You recognise, You no longer have to justify.
			
Perceiving is like airing: suddenly there is air.	A clear gaze takes pressure out of decisions.	You may become inwardly still without outwardly stopping.	Consciousness is not a concept, but experience.
			
When You feel without fleeing, maturity arises.	The now needs no story to be real.	You can feel fear without belonging to it.	A thought can appear without being true.
			
Clarity is often only honesty without hardness.	The core is still, even when the surface is moving.	You do not have to solve everything in order to act clearly.	What You repeatedly notice, You can also choose anew.
			
Behind the urge there is often only insecurity that wants to be seen.	Everything that appears may appear, but does not have to stay.	A calm observing withdraws nourishment from the drama.	You may be open without letting everything in.
			
Whoever sees themselves loses less energy on the outside.	The inner commentator is loud, but not always competent.	Consciousness makes soft, because it ends the fight.	When You notice that You are running, You can stop.
			

You can feel and still remain clear at the same time. 	Consciousness is the ability not to immediately become what You experience. 	A clear perception is like a cut through fog. 	Behind resistance there is often a wish for safety. 
Consciousness is the beginning of self-leadership. 	You can be in the moment without controlling it. 	The truth is often simple, not spectacular. 	A brief inner distance makes You kind again. 
Presence is the simplest form of truth. 	You can change without rejecting Yourself. 	Consciousness is light, not judgement. 	You are not too late as soon as You see again. 
You do not need a perfect inner world, only a clear contact. 	An awake gaze makes life more sober and lighter. 	Do not ask: "What does this mean?", ask: "What does it touch?" 	When You perceive, You become free from reflexes. 
Many thoughts dissolve when You do not keep feeding them. 	You do not have to believe everything You think about Yourself. 	Seeing clearly is: recognising the next genuine step. 	When You become still, You notice what truly moves You. 
You are not Your inner noise, You are the space around it. 	When You observe Yourself, Your life becomes less automatic. 	Not every feeling needs action, some need only space. 	Consciousness means: noticing before it escalates. 

DREAMS

For remembrance, interpretation and access to the night – without force.
These notes strengthen dream clarity, a feeling for symbols and images.

Dreams are a language that does not have to be logical. 	The night often shows what the day drowns out. 	First write down only images, not meanings. 	A dream can be true without being factual. 
When You wake up, stay still briefly and listen inwardly. 	Recurring symbols are traces, not commands. 	You may leave a dream standing, without solving it. 	The feeling in the dream is often the key, not the scene. 
Sometimes the soul works more quietly than the mind. 	When You flee at night, You often flee during the day too. 	A nightmare is often an alarm, not prophecy. 	When You write it down, it becomes easier to carry. 
Dreams mix time so that You can recognise something. 	The strangest scene can contain the most honest feeling. 	Dream memory grows through patience, not pressure. 	Dreams show possibilities, not obligations. 
Your unconscious speaks in images because words are too narrow. 	A calm evening mood makes the night friendlier. 	You do not have to control anything in order to understand. 	Some things become clear when You leave them for one night. 
A dream is a mirror, but not a judgement. 	The night rearranges, even when You do not plan it. 	The night is another view of You. 	Symbols are ambiguous and precisely there lies depth. 

TANTRA

For embodiment, heart and presentness – without overwhelm. These notes strengthen connection, energy awareness and a clear inner attitude.

Energy follows attention, not effort. 	An open heart needs a clear stance. 	Depth arises when You do not have to impress. 	Tension can release when You do not fight it. 
Presence turns closeness into an encounter. 	Boundaries make connection safe. 	Tantra begins where You truly feel. 	Enjoyment becomes clear when it does not flee. 
A clear no protects the sacred within You. 	You may be alive without losing Yourself. 	Love becomes more mature when it respects boundaries. 	Shame becomes smaller when You remain kindly in the body. 
Truthfulness is the deepest form of intimacy. 	A genuine yes has no aftertaste of force. 	Sensuality is a way inward when You remain awake. 	Surrender is not giving up, but an arriving. 
Warmth is strength when it does not push. 	Body awareness makes the mind quieter. 	Embodiment is honesty without words. 	Breath and sensation are direct teachers. 
The subtle becomes strong when You do not rush. 	Energy becomes clean when You become honest. 	Slowness deepens, because it skips nothing. 	Tantra is clarity in experience, not a concept in the head. 



MINDFULNESS & INSIGHT

For clear noticing without judgement – without constant analysis. These notes strengthen the moment-gaze and the recognition of patterns.

Perceiving without judgement makes You clearer. 	Stay with the fact in the moment, not with the story. 	Attention becomes stable through repetition. 	When You drift away, You simply return. 
Look, without explaining immediately. 	When You recognise a pattern, it loses pulling power. 	Choose one point and stay there kindly. 	A calm gaze holds the mind together. 
Insight often comes quietly, but clearly. 	Insight is a cut through inner fog. 	Focus is loyalty to one thing. 	Brief clear focus beats long struggle. 
Noticing is the beginning of freedom. 	When You notice it, You can also choose it anew. 	Less switching creates more depth. 	Gather Yourself, then it becomes light. 
An honest gaze orders more than brooding. 	You become calmer when You see what is truly happening. 	Concentration is order within. 	A clear focus saves You energy. 

CONCENTRATION & FOCUS



For centredness and stable attention – without clenching. These notes strengthen clarity of aim, object focus and gentle returning.



RELAXATION & CALM

For relief in the nervous system – without pushing away. These notes strengthen release, the ability to rest and inner softness.

Breaks are part of clarity. 	Relaxation begins when You stop pressing. 	Compassion begins with You, not with perfection. 	A good heart judges less quickly. 
Calm is permission, not performance. 	A long exhale lowers the inner alarm. 	Closeness arises through presence, not through words. 	Kindness is clarity with warmth. 
When You let go, the essential remains. 	Recovery is a signal to Your system: "It is safe." 	You may remain soft and still clear. 	Goodness is strength without hardness. 
Do less, so that You feel more. 	Calm becomes stable when You allow it regularly. 	Gratitude opens the gaze to the good. 	Warmth makes courage easier. 
Becoming soft is not weakness. 	Let the forehead be soft, then the head becomes quieter. 	Qualities of the Heart are abilities, not moods. 	Love is attention without demand. 

HEART QUALITIES



For warmth, goodness and humanity – without sentimentality. These notes strengthen compassion, connectedness and kind clarity.



BREATH & PRANAYAMA

For rhythm, energy and regulation – without technique stress. These notes strengthen breath awareness, timing and a calm body-mind.

Rhythm calms, because it creates order. 	Count slowly, so that the mind gathers itself. 	Listen to the stillness behind the sound. 	Repetition simplifies the mind. 
Long exhaling makes the mind quieter. 	When the breath becomes soft, the day becomes softer. 	Let the sound carry You, not drive You. 	One tone can order without explaining. 
The breath is Your fastest way back. 	The pause after the exhale is often the stillest place. 	Speak inwardly so slowly that You feel it. 	When You do not know what to do next, breathe and stay. 
Feel the breath in the body, not in the head. 	A calm inhale begins in letting go. 	Sound can calm because it gathers. 	Resonance shows You what fits. 
Breathe deeper, not harder. 	A mantra is a railing for attention. 	A simple word can be an anchor. 	When You listen, it becomes clear. 

MANTRA & SOUND



For vibration, centredness and inner alignment – without pressure.
These notes strengthen resonance, calm and clarity in the head.



NERVOUS SYSTEM

For stability amid stimuli and emotions – without hardness. These notes strengthen grounding, boundaries and the return to safety.

Regulate first, then think. 	Feel Your feet so that Your system feels safer. 
A brief distance before reaction changes everything. 	Less stimulus is often more peace. 
When it tips, go back into the body. 	Boundaries are hygiene for Your nervous system. 
Safety arises through small repeated signals. 	Slowness is a protective factor. 
Grounding is the basis of clarity. 	Stability grows when You do not overburden Yourself. 
Connection does not arise through technique, but through presence. 	

WISDOMS

For philosophical anchors that carry – without instruction.
These notes give depth, breadth of vision and quiet orientation.

A still person sees further than a loud plan. 	Truth needs no urgency, only sincerity. 	Some things become light as soon as You no longer want to prove them. 	You are not here to optimise Yourself, but to be true. 
Whoever does not rush themselves finds the right door. 	Clarity is the end of excuses, not the end of feelings. 	Freedom begins when You no longer have to refine every impulse. 	As soon as You stop fighting, many things become solvable. 
When You no longer scatter Yourself, You become stronger. 	A good thought is not the loudest, but the most fitting. 	There are answers that only appear in becoming still. 	You do not become empty when You let go, You become free. 
Truthfulness often feels like relief. 	The best direction often feels unspectacular. 	When You no longer justify Yourself, it becomes quieter. 	The most important decision is often: not to rush anything. 
Not everything that You can do should also be done. 	A good no protects that which matters to You. 	You do not have to always react, You may also look. 	A calm head does not make the world smaller, only clearer. 
Whoever wants to explain too much no longer hears themselves. 	Not every tension is a problem, some is a hint. 	Whoever takes themselves seriously does not have to impress anyone. 	A soft gaze creates space for new possibilities. 

Depth arises when You do not run away. ☰	Serenity is courage without drama. ☰	You are not confused, You are overfilled. ☰	When You want less, more remains. ☰
You do not have to carry everything that You understand. ☰	You may grow without devaluing Yourself. ☰	Whoever listens to themselves becomes quieter and more precise. ☰	Some things are not complicated, only unpractised. ☰
You do not have to arrive everywhere in order to be with Yourself. ☰	Many worries are thoughts that were allowed to circle too long. ☰	The essential remains, even when You do not hold it tightly. ☰	The world becomes simpler when You become simpler within. ☰
Sometimes courage is only not avoiding. ☰	Whoever is sincere needs less control. ☰	Clarity is kind or it is not clarity. ☰	You are not lost when You sort anew. ☰
You are not weak when You need breaks, You are human. ☰	You are not weak when You need breaks, You are human. ☰	A clear life needs fewer explanations than You think. ☰	A good day does not begin with speed, but with direction. ☰
Some things are not hard, only unfamiliar. ☰	A fitting path needs no scenery. ☰	When You become slower, You see sooner. ☰	A clear value saves You countless detours. ☰
A quiet yes can change more than a loud promise. ☰	You do not have to know everything in order to act rightly. ☰	Inner peace is not a mood, but a practice. ☰	Some things dissolve when You do not keep feeding them. ☰

You may change without denying Yourself. 	A calm decision is stronger than a hectic plan. 	The best order is the one that does not restrict You. 	An honest gaze is more healing than ten excuses. 
Not every door is wrong, some are simply not Yours. 	Whoever tends the centre tips less often. 	You do not have to do more, You have to do more fittingly. 	You do not have to repair everything, some things only want to be seen. 
Whoever respects themselves automatically becomes more selective. 	When You do not compare Yourself, You find Your own measure. 	Many conflicts resolve when You do not give in, but clarify. 	A fitting life does not always feel easy, but right. 
When You do not force Yourself, You become more sustainable. 	Whoever does not lie to themselves needs no mask. 	Whoever does not leave themselves has always a place. 	You are not too late when You are awake again. 
You may have boundaries without becoming hard. 	The truth is rarely exciting, but it relieves. 	When You gather Yourself, life becomes clearer. 	A good thought is one that does not make You narrow. 
Not everything deserves Your attention. 	When You become honest, it becomes quieter. 	Whoever knows themselves has to explain less. 	In the end, what counts is that You arrive back with Yourself. 
Sometimes the solution is: less access from outside. 	You may remain soft, even when You become clear. 	A quiet moment can realign a whole day. 	Many answers come when You stop pushing. 

Patience is a sign that You trust life.	The less You chase, the more You find.	A calm heart makes decisions easier.	A clear inside makes a kind outside possible.
			
You do not need more intensity, You need more fittingness.	You do not have to clarify everything, but You must stay with Yourself.	Some things only become possible when You stop pushing Yourself.	Life does not become better through pace, but through choice.
			
A good focus is the best self-care.	A simple step beats perfect theory.	Not everything that ends was wrong.	You can be kind and still consistent.
			
You may be mistaken without losing Yourself.	Dont overburden Yourself, then You become more constant.	Whoever carries themselves automatically becomes calmer.	Whoever is clean within lives more lightly outside.
			
A clear word saves long detours.	A true path feels like less resistance.	A quiet step is still a step.	A quiet ending is often the best new beginning.
			

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 Noetika 365 Edition is intended for. As a companion through real days. Not perfect ones. Some notes work like a focus, others like clear consciousness, 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. What matters is that You apply them.





~ EARTHUM ~

Your Sanctuary | Body • Mind • Soul

« Sacred Practices for Simple Living »

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