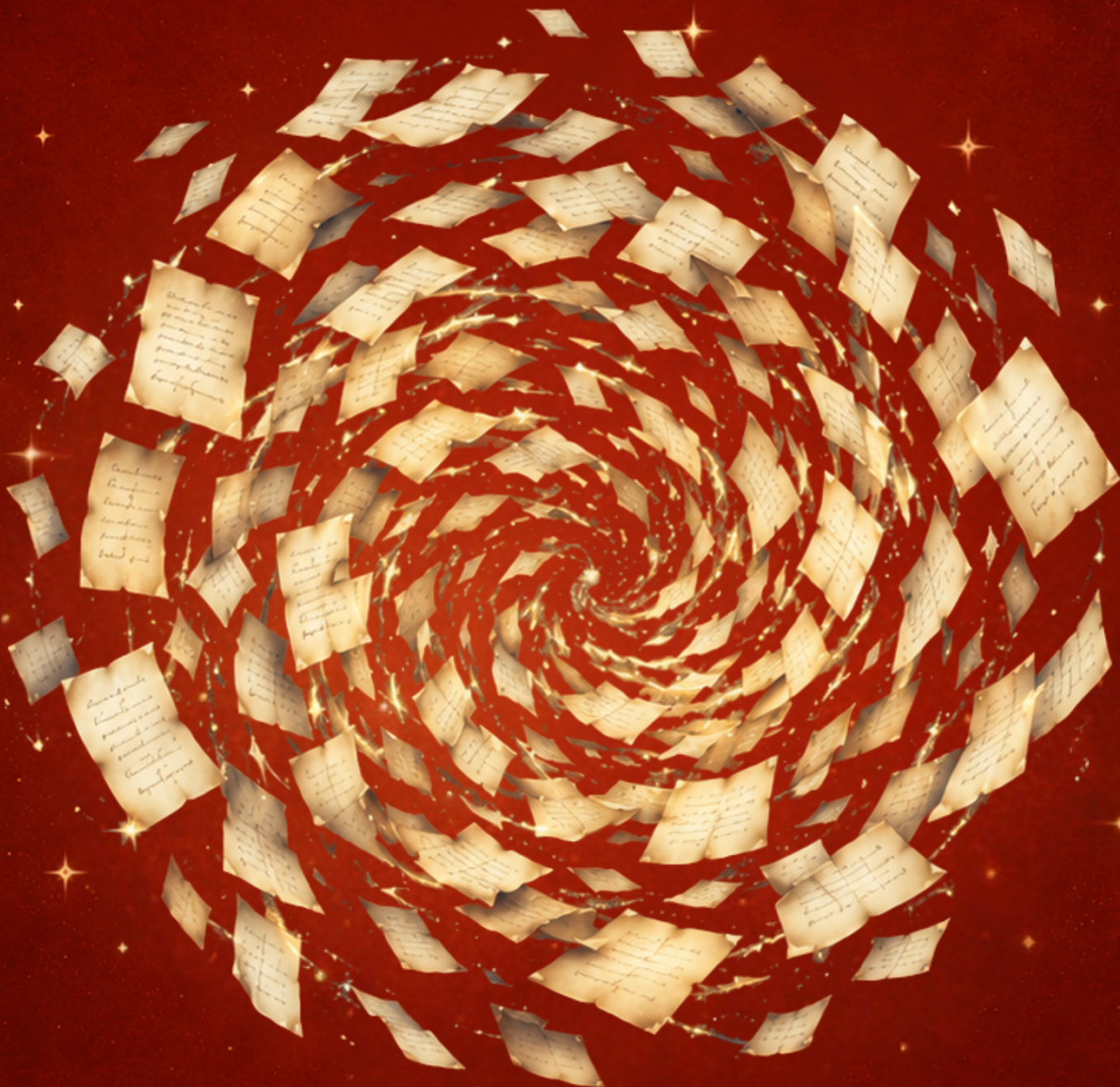


RITUALIS MAGIC NOTES 365TH EDITION



**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 RITUALIS MAGIC NOTES



~ EARTHUM ~

RITUALIS | MAGIC • MYSTIC • MOMENTS

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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



RITUAL FORMULAS

For clear settings in short form – without many words. These notes are like small formulas: direct, concise, usable ritually.

Space open, gaze clear. 	Boundary clear, heart soft. 	Calm in, noise out. 	Blessing here, way free. 
Beginning set, step ready. 	Old falls away, new becomes light. 	Order now, pressure over. 	Focus stands, scattering ends. 
Today consecrated, calmly guided. 	Light in the head, peace in the belly. 	Warmth rises, hardness falls. 	Protection active, peace stable. 
Boundary good, guilt off. 	Order in the room, order in the mind. 	Completion set, the rest may go. 	Cleansing works, head becomes bright. 
Protection stands, access stops. 	Decision clear, step taken. 	Release now, soul light. 	Thanks spoken, day honoured. 
Clear tone, clear day. 	Breath long, gaze wide. 	Stillness carries, haste sinks. 	Heart open, judgement closed. 
Courage on, excuse off. 	Burden down, back free. 	Support within, calm without. 	Sign remains, doubt goes. 

Return into the body, back into the moment.	Today calm, tomorrow sustainable.	One word is enough, when it is true.	One action is enough, when it returns.
			
Stay gentle, act clearly.	Stimulus quieter, centre stronger.	Calm is here, I remain.	I stand, I do not yield.
			
I release, I air, I clear.	I bless, I trust, I go.	I protect, I order, I hold.	I begin anew, without losing myself.
			
I open the day, I close the pressure.	I clear the gaze, I shorten the noise.	I set boundaries, I remain kind.	I choose simply, I choose truly.
			
I invite good things in, without grasping.	I allow guidance, without pushing.	I take warmth, I let go of hardness.	I go slowly, I go safely.
			
I decide, I stand by it.	I give away what does not fit.	I let go, I become free.	I honour the way, I go on.
			
I complete cleanly, I rest.	I return, I am here.	No longer carry, only choose.	Inside clear, outside simple.
			
Less access, more peace.	No battle, only direction.	No pressure, only practice.	No drama, only clarity.
			

Smoke takes, air becomes light.	Sound carries, nerve becomes calm.	No holding on, only trust.	Thread loosens, hand becomes free.
			
No noise, only voice.	No pulling, only standing.	No running, only step.	Fire calm, heart awake.
			
Stone lies, stance is here.	No excess, only enough.	Water clear, head free.	Hold the room.
			
Today gathered, tomorrow strong.	I am here, and that is enough.	I leave outside what disturbs inside.	I hold the centre, not the haste.
			
Bowl rests, centre stable.	Candle gaze remains.	Door closed, peace on.	Door open, courage in.
			
Gaze soft, truth clear.	Word short, effect great.	Step small, way wide.	Beginning. Middle. End.
			
I take the frame seriously.	I take the next step.	I place order before pace.	I give the day a frame.
			
I choose the clear tone.	I make it simple.	I do it again.	I stay with myself, full.
			
I release the pressure.	I protect the calm.	I honour the good.	I hold the focus.
			
I complete, without heaviness.	I come back, without detour.	I stand stable, without hardness.	I go on, without force.
			

SEASONS

For grounding in change – without drama. These notes follow the course of the year and help You shape transitions consciously and lightly.

✧ SPRING ✧			
Start with the simplest thing that carries. 	Air the rooms, air the thoughts. 	Light is much, choose what strengthens You. 	Take breaks, before You have to force them. 
Start with the simplest thing that carries. 	Small order creates great calm. 	Care for energy instead of burning it. 	Say no to excess, say yes to clarity. 
Plant an intention, water it with repetition. 	Begin fresh, but stay kind to Yourself. 	Cool the head through less input. 	Let warmth become soft, not hectic. 
Go outside, so that movement arises inside. 	Growth needs space, not pressure. 	Joy may be calm, not only loud. 	A good day does not need many plans. 
Keep Your body awake, but not hard. 	Let the new come, without forcing it. 	Renew one habit, not Your whole life. 	Preserve Your centre in the bright bustle. 
✧ SUMMER ✧			

✎ AUTUMN ✎

Let go before
it becomes heavy.



Transition is
strength, when
You accept it.



Take Your time,
without justifying
Yourself.



Warmth is
nourishment,
not luxury.



Make space, so
that lightness
remains.



Transition is
strength, when
You accept it.



Take Your time,
without justifying
Yourself.



Warmth is
nourishment,
not luxury.



Reduce stimuli,
increase presence.



Keep warmth
in the heart,
not in stress.



A small point of
light is enough
for direction.



Care for calm
like a treasure.



A clear focus
is gold now.



Less haste,
more support.



Return
inside, without
losing Yourself.



Close open
threads with
a gentle hand.



Honour farewells,
they open ways.



Gather what
counts, let
the rest fall.



Winter is
not standstill,
but letting go.



Make it slower,
so that it
becomes deeper.



✎ WINTER ✎

SUN IMPULSES

For strength, orientation and clear turning points – without pathos.
These notes follow the course of the sun and make transitions tangible.

✦ WINTER SOLSTICE ✦

The light returns,
even when it
begins small.



After the cold,
comes the warmth.



Balance means:
exaggerate nothing.



Balance is
the start for
true growth.



Gather strength
before You take
new paths.



Honour stillness
as foundation.



Create order,
so that the
new has space.



Choose a
fresh rhythm
that is sustainable.



Today, looking
forward counts more
than looking back.



Make inner rooms
kind and clear.



Let light and calm
work together.



A clear
step brings
balance back.



Begin with
warmth, not
with force.



Let the night
give You calm.



Begin without
planning everything.



Go outside and
take Yourself
with You.



Set an intention
like a candle:
clear and calm.



One point of
light is enough
to go on.



Today:
balance,
not drive.



Renewal
begins with
simplicity.



✧ SPRING EQUINOX ✧



✎ SUMMER SOLSTICE ✎

Gratitude
preserves
abundance.



Highest light
needs clear
boundaries.



Balance returns
when You simplify.



Order what
scatters You
inside.



Care for
breaks as part
of strength.



Hold Your
energy like
something valuable.



Balance means:
giving away
what is too much.



Finish what
keeps You open.



Say yes to joy
that does
not empty You.



Choose the
essential within
abundance.



Honour the
change as a
natural force.



Keep warmth
in words
and deeds.



Celebrate without
losing Yourself.



Let heat
become warmth,
not stress.



Choose one
focus for the
darker time.



Reduce stimuli,
increase presence.



Today: shine,
but remain stable.



A good day
is also a
quiet day.



Make farewells
clean and
dignified.



Today: balance,
complete, go on.



✎ AUTUMN EQUINOX ✎

MOON IMPULSES

For rhythm, intuition and quiet guidance – without mystical pressure.
These notes accompany moon phases as everyday orientation.

✿ NEW MOON ✿

Begin on the
inside, then the
outside follows.



Set an intention
that remains quiet.



Build up what
strengthens You.



Repetition
turns a wish
into a practice.



Write one
word that
realigns You.



Choose a
start that
You can hold.



Give the way
structure, without
hardness.



Feed Your
intention with
small actions.



Make space
for what
wants to arise.



Darkness
is a stage
for clarity.



Growth needs
patience,
not pressure.



Say yes to
building and no
to scattering.



Let goals
be small, so that
they can grow.



A quiet beginning
is often the best.



What You nourish
becomes visible.



Keep Your
energy with
what counts.



Decide
for direction,
not for stress.



Today, one clear
yes is enough.



Let Your strength
become slow.



Make one
progress that You
repeat tomorrow.



⌄ WAXING ⌄

✿ **FULL MOON** ✿

Look clearly,
without judging.



Thanks opens
the gaze to
abundance.



Cleanse the
room, cleanse
the head.



Reduce, until
calm arises.



Honour what has
become visible.



Celebrate
what carries,
and let the rest go.



Make it
simple and
become free.



Give away what
is not Your task.



Bring one thing
consciously
to an end.



Boundaries
are especially
valuable today.



Go slower,
so that it
releases.



Let fall
away what
burdens You.



Let feelings
flow, not rule.



Take excess
out, keep
clarity.



Letting go is
an active step.



Say no to
old noise.



Say the truth
quietly and clearly.



Fullness is a
moment, not a
permanent state.



Close open
circles in
everyday life.



Less is
protection now.



✿ **WANING** ✿

RITUAL WISDOMS

For deep sentences that carry – without instruction. These notes are quiet anchors: clear, dignified, suitable for everyday life.

A small sign can order a great life. 	Blessing works most strongly when You do not want to force it. 	A quiet completion brings more peace than a loud new start. 	Boundaries are not walls, they are orientation. 
Repetition turns a moment into a direction. 	Closeness arises through presence, not through explanations. 	Ritual force arises when You truly mean Yourself. 	Every return to Yourself is a successful step. 
A clear no is often the purest form of protection. 	Letting go is a decision, not a mood. 	The simplest practice is often the most sustainable. 	One sign is enough, when You take it seriously. 
Intention is a compass, not a judgement. 	Decision is calm in movement. 	Clarity is not hard, it is honest. 	Whoever walks slowly hears again what is true. 
Consecration is attention, not effort. 	Thanks makes the way dignified, even when it was hard. 	Protection begins where You no longer lose Yourself. 	The body recognises truth often before the head. 
Whoever creates order inside will act more calmly outside. 	Cleansing is less doing and more leaving out. 	A transition becomes light when You do not fight it. 	A good rhythm heals more than a perfect plan. 

MONTHLY IMPULSES

For real months in real life – without rigid rules. These notes give small ritual impulses for each month that can be placed easily into everyday life.

✎ JANUARY ✎			
Warmth is a ritual: tea, blanket, calm. 	Frost makes still, use the stillness as a starting point. 	Light returns, open a window for possibilities. 	Care for a habit like a small fire. 
Fewer appointments, more direction. 	Clear one corner free, so Your year can breathe. 	Cleanse one object and take it newly into use. 	Say yes to calm, even when the head pushes. 
Make the beginning so small that it certainly succeeds. 	Set a sign for clarity, not for perfection. 	Write one word that carries You, and keep it with You. 	Find Your rhythm before You want more. 
Say “enough” once consciously and mean it. 	Choose one thing that You protect this month. 	Shorten what is superfluous, so that only the essential remains. 	A clear boundary is a quiet blessing. 
Begin slowly, so that it holds. 	Place the focus where You see it in the morning. 	Warmth follows attention, not haste. 	The month becomes lighter when You untangle it. 
✎ FEBRUARY ✎			

✎ MARCH ✎

Set a fresh intention
without putting
pressure on Yourself.



Air becomes milder,
open Yourself
to movement.



Rain clears;
let it also
work inside.



Pull unclarity
out of the day, like
threads from fabric.



Place something
green there, so growth
becomes visible.



Take one
decision from the
head into the hands.



Consecrate
one morning
to simplicity.



Decide
for one
clear focus.



Sort paperwork,
so that inner
order follows.



A short walk can
be the beginning
of a ritual.



Place a bowl
of water there
and become calm.



Place a stone
as an anchor
for steadiness.



Let the new be
small first, then it
becomes strong.



Make space in the
cupboard, make
space in the gaze.



Renew one
place that You
touch daily.



Speak kindly
about Yourself,
that is true practice.



When You doubt:
take one step and
then see further.



Spring begins
when You believe
in Yourself again.



Begin with
what feels
light.



A month may
grow without
You driving it.



✎ APRIL ✎

✿ MAY ✿

Say thank You
before You
continue planning.



Place something
beautiful there and
take it seriously.



More light means:
pay attention
to Your energy.



Take time
for what
recharges You.



Blossom is invitation,
not achievement.



When it becomes
too much: shorten,
do not fight.



Decide for
breaks before
You need them.



Sun on the
outside needs
calm on the inside.



Choose one
yes that calms
Your heart.



A small celebration
in everyday life
makes You wide.



Consecrate a day to
strength, without
hardness.



A clear plan
is protection,
not a cage.



Let more light
into Your rooms.



Care for relationships
like a living ritual.



Hold Your focus
like a flame, not
like an obligation.



Give the body
movement so that
the mind follows.



Go outside,
so that order
arises inside again.



Make a new
beginning visible,
even when it is quiet.



Drink water like a
return to Yourself.



Say no to things
that scatter You.



✿ JUNE ✿

✿ JULY ✿

Heat demands
boundaries,
set them early.



Clear the head
through a clear
cut in the calendar.



Ripeness means:
choosing,
not collecting.



Take one project
and bring it to
completion.



Keep Your
day simpler
than You think.



Let exaggeration
go, keep
the good.



Say yes to
enjoyment that does
not exhaust You.



A clear completion
is worth more than
ten new starts.



A cool evening can
be a quiet ritual.



Honour Your strength
by not squandering it.



Care for Your centre
before You give more.



Let restlessness
melt into warmth.



Give Yourself shade:
less stimulus,
more peace.



Make room for
play, so courage
stays alive.



Pay attention to Your
nights, they are
Your foundation.



Keep Your space
clean so that
You remain clear.



Care for joy
without chasing it.



The month carries
You, when You
do not overload it.



Place one grain
or seed there as a
sign of abundance.



Thanks makes
abundance visible.



✿ AUGUST ✿

✿ **SEPTEMBER** ✿

Set a sign
for order, not
for strictness.



The air becomes calmer,
become calmer too.



Make it simple,
so that it works.



Light a candle
and stay with
the essential.



Begin a
new rhythm
with small steps.



Gather what does
You good, and
let the rest go.



Fog is a
hint: go slowly,
not blindly.



Cleanse Your entrance
area, so that welcome
becomes light.



Clear old burdens away
before they become
heavy again.



Care for the body
like a temple
in everyday life.



Choose stillness
as an answer to
inner noise.



Strengthen Your
protection through
clear decisions.



Take Your boundaries
seriously, even when
no one is watching.



A clear
morning makes
the day stable.



Give the month
one theme and
stay with it.



A warm light
orders more
than many words.



Write down what
You want to let go
of and put it away.



Autumn begins
when You simplify.



Honour transitions,
they carry You.



Let things
go that are
only habit.



✿ **OCTOBER** ✿

✿ **NOVEMBER** ✿

Calm is not
pause here,
but practice.



It becomes darker
outside, hold
a light inside.



Complete, so
that the year
becomes round.



Light a light, not
only candles,
also hope.



Place a leaf
there as a sign
of change.



Reduce stimuli,
so You can hear
Yourself again.



Honour Your
ancestors,
they carry You.



Do the household
slowly, like a
cleansing.



Care for Your sleep
like a sacred thing.



Give sadness space,
so it can move on.



Give back what does
not belong to You.



Keep small rituals
that make You soft.



Let old things go
with dignity, instead
of holding on to them.



Speak to Yourself
as to a good friend.



Place a symbol for
new beginning ready.



Choose gratitude
as completion,
not as obligation.



A month of depth
needs no haste.



Consecrate an evening
to looking back
without judgement.



Fewer words,
more warmth.



The new year
begins when You
make peace.



✿ **DECEMBER** ✿

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 Ritualis 365 Edition is intended for. As a companion through real days. Not perfect ones. Some notes work like a ritual, others like a small protection, some like a quiet completion. 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. Ritual practice does not arise through intensity, but through awareness. Every day on which You briefly gather Yourself and refocus is a good day.



~ EARTHUM ~

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« Sacred Practices for Simple Living »

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