

VIVARIA

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 VIVARIA

MAGICS NOTES



~ EARTHUM ~
VIVARIA | HEALTH • BALANCE • JOY

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A collection of timeless notes as daily companions
Short prompts 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



NUTRITION

For more clarity around food, without pressure and without extreme rules.
These notes strengthen body awareness, rhythm and sustainable foundation.

Your body does not calculate in rules, but in rhythm. 	Simple food is often the most sustainable food. 	Protein at the start calms the whole day. 	Satiety arises through nutrients, not through quantity. 
Eat until "satisfied", not until "full". 	Fibre is calm for the belly. 	Drinking is not an extra, but the foundation. 	Hunger is not an enemy, but a signal. 
If You are tired, eat not "anything", but "real". 	Something fundamental is missing with constant snacking. 	Your gut loves regularity, not chaos. 	Highly processed often feels like energy, but costs stability. 
Sugar makes You restless quickly, balance makes You strong. 	Eat so that You are active after eating, not tired. 	The more real the ingredients, the calmer the body. 	Food is nourishment, not reward and not punishment. 
Good nutrition begins with shopping. 	A good breakfast creates calm in the system. 	Nutrient density beats calorie counting. 	A plate needs colour, not perfection. 
Nutrition must fit Your life, not the other way around. 	Cravings are often a mix of stress & undernourishment. 	Those who take their body seriously eat differently automatically. 	Salt, fat & sugar are powerful. Your decision is stronger. 

MOTIVATION

For days when You want to keep going, but do not want to fight.
These notes give You stability, direction, and inner drive.

Your standard shapes Your result. 	Those who start small usually keep going longer. 	Consistency is quieter than euphoria, but effective. 	The strongest engine is clarity, not pressure. 
Motivation comes and goes. Decision remains. 	Today it is not the intensity that counts, but the direction. 	You do not need a perfect plan, but one that holds. 	Progress is often unspectacular and that's why it is real. 
Keeping going does not mean fighting, but repeating. 	A good day is not an accident, but preparation. 	Discipline is not character, but a working system. 	Your future grows from what You pursue daily. 
Success is when You come back, not when You never fall. 	You do not have to change everything, only what carries You. 	Today it is enough if You do not work against Yourself. 	You are not "unmotivated". You are overloaded. 
Courage is often just a consistent "still". 	Pride arises through actions, not through thoughts. 	If You wait until it is easy, You will wait a long time. 	Make the right thing so small that it remains doable. 
Your pace is part of Your strength. 	The next step is rarely big, but always decisive. 	One clear priority is stronger than ten wishes. 	When it gets hard, make it easier. 



WISDOMS

Timeless sentences that feel like a short pause. These notes work like small anchors from the 365 edition. Calm. Clear. Supportive.

Clarity is courage only in quiet form. 	A calm mind sees further than a fast one. 	Health is when Your body does not submit complaints every day. 	If chaos were a sport, You would probably be a professional. 
Seeking order begins within. 	Everything becomes easier when You stop rushing Yourself. 	A good life needs less drama than Your mind assumes. 	"I'll start on Monday" is also a very stable tradition. 
Peace is a practice, not a mood. 	A good path is recognisable by the fact that You can breathe. 	Self-care is like brushing your teeth: annoying briefly, worth it for long. 	Your body is not a project, but honest feedback. 
Less distraction is more life. 	Not every door is for You, but every decision shapes You. 	Motivation is like Wi-Fi: gone exactly when you need it. 	If overwhelm were a sound, it would be a constant tone. 
What matters most is usually the simplest. 	What You nurture stays. What You ignore grows anyway. 	You don't have to pretend every day that proper eating does not matter. 	Balance is when You do not "optimise" everything at once. 

HUMOUR



For moments when You do not want to take Yourself so seriously. These notes bring air into the mind and make the next steps easier.





REGENERATION

For building up instead of burning out and recovery instead of performance. These notes remind that strength grows from breaks and good nourishment.

Morning light makes the day easier. 	Breaks are productivity in a clever form. 	Mobility is freedom in the joints. 	Those who use their body stay with themselves longer. 
Energy is an account, and You are allowed to pay in. 	Your body don't recharge energy through willpower, but through rest. 	Strength gives You calm in the body. 	A strong back makes everyday life easier. 
Recovery is the source, not the reward. 	If You are constantly tired, what You lack isn't ambition, but regeneration. 	Movement is medicine when it is done right. 	Posture is not a beauty goal, but an attitude. 
Sleep is the fastest way to more stability. 	Regeneration begins when You lower the inner pressure. 	Pain is not a plan. Strength is. 	Your muscles are Your foundation, not Your enemy. 
Those who sleep well make better decisions. 	Overload often feels like "too little time". 	A moving body thinks more clearly. 	Stability is not hardness, but control with softness. 

BODY STRENGTH



For a stable, mobile foundation in everyday life – without harshness. These notes strengthen posture, core tension, and the joy of movement.



STRESS BOUNDARIES

For a stable, mobile foundation in everyday life without harshness. These notes strengthen posture, core tension, and the joy of movement.

Boundaries are protection, not selfishness.	Those who are always reachable are rarely truly present.	Stress does not get smaller when You get faster.	Stimuli cost energy, even if they seem “normal”.
			
A clear No preserves Your boundaries.	Your nervous system needs order, not constant noise.	If You lose Yourself, it was usually too much at once.	Health is also: peace with Your boundaries.
			
Not everything deserves Your attention.	Overwhelm often arises from too much access from outside.	Eating slowly is the simplest form of enjoyment.	You become stable when You take Yourself seriously.
			

FINALS WORDS

Health 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 brings You back into balance again and again. Some notes give You direction, some take the load off You, some make You smile. That is exactly the point:

You do not always need more discipline.

You need the right prompt at the right time.

Use these sayings in the way that fits You. As a daily note, as a weekly focus, or simply whenever You want to sort Yourself out.

That is exactly what these magic notes accompany You with.



~ EARTHUM ~

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