



*Aphorism Calendar – November & December 2025* 📅

Planetary Soundscape Music – Aphorism Calendar (Nov–Dec 2025)

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Preface:

*Dear friends,* For two months I have shared daily aphorisms – small musical pieces in words – about silence, empathy, curiosity, and the rhythms of life. Each day has been a note in a larger symphony.

Now, at the end of the year, I wish to give you a New Year's gift: a collected calendar with all aphorisms from November and December. It is my hope that these words will accompany you into the new year as light, inspiration, and music for the soul.

Through Frosini Society, these words are shared globally as part of our mission to preserve and spread musical and poetic heritage.

– Lars Ek

*Author: Lars Ek*

## **November Aphorisms**

### **16 November – The Whisper of Potential**

*Every thought, however small, carries a universe inside it. A single note, softly played, can awaken hidden landscapes in the mind. Potential is a quiet song waiting for the courage to be heard.*

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### **17 November – Threads of Connection**

*We weave invisible threads through every smile, every word, every gesture. Each connection, though unseen, forms a tapestry that holds the world together. Harmony begins where empathy reaches.*

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### **18 November – The Space Between Notes**

*Silence is not empty—it is the space where meaning grows. It gives shape to sound, room to breathe, and depth to experience. Listen carefully: the pause itself sings.*

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### **19 November – Echoes of the Heart**

*Kindness and attention create echoes that travel farther than we imagine. A gentle word, a shared glance, a moment of listening—these ripple endlessly, shaping the emotional landscape of life.*

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### **20 November – The Pulse of Curiosity**

*Curiosity is a rhythm that pulses through our minds. It sparks questions, fuels exploration, and dances with imagination. Follow it, and new worlds will emerge beneath your feet.*

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### **21 November – The Architecture of Silence**

*Even in silence, there is structure. Thoughts arrange themselves in patterns, waiting for the right vibration to awaken them. Silence is not absence—it is readiness.*

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### **22 November – Melodies of Compassion**

*Author: Lars Ek*

*Empathy is a melody with countless harmonics. Each act of understanding, each effort to see through another's eyes, adds a new note to the song of humanity.*

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### **23 November – The River of Ideas**

*Ideas flow like a river: sometimes rushing, sometimes gentle. Let them meet, merge, and reshape the banks of your mind. Creation thrives where streams intersect.*

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### **24 November – The Weightless Music of Being**

*True music is not in instruments alone. It exists in presence, in the alignment of intention, in the resonance of shared existence. Every human encounter can be a composition.*

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### **25 November – Colors of Sound**

*Every sound carries a color, every word a hue. Notice them. Feel them. Let them paint the invisible spaces between souls. Life becomes richer when we perceive beyond the obvious.*

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### **26 November – The Garden of Thought**

*Plant seeds of ideas gently, tend them with reflection, and nourish them with curiosity. Some will bloom at once, others in their own time. The act of cultivating thought is an art in itself.*

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### **27 November – Bridges Without Ends**

*Connections are bridges, and every encounter is an opportunity to extend one. They are never complete—they grow and adapt as we move through life. Walk them carefully, with attention and courage.*

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### **28 November – The Light of Listening**

*Listening is a form of illumination. It shines on hidden corners, reveals textures of understanding, and ignites sparks of clarity that words alone cannot reach.*

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*Author: Lars Ek*

## **29 November – Resonance of the Unspoken**

*There is a communication beyond language. A shared breath, a glance, a gentle touch— these resonate in ways that surpass explanation.*

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## **30 November – The Inner Orchestra**

*Within each of us exists a full orchestra: memories, feelings, thoughts, and dreams. The art of living is learning how to conduct it gently, harmoniously, without forcing.*

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## **December Aforisms**

### **1 December – Circles of Influence**

*Each choice, each act of creation, sends out circles of influence. Even the smallest sound can reach distant shores. Be mindful of the waves you release.*

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### **2 December – The Lighthouse of Curiosity**

*Curiosity is a lighthouse guiding us through foggy or turbulent times. It illuminates paths we didn't know existed, revealing possibilities we never imagined.*

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### **3 December – The Garden of Empathy**

*Empathy grows in the soil of attention and patience. It blooms where judgment fades and understanding takes root. Its fragrance spreads silently, reshaping the world.*

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### **4 December – Notes That Live Beyond Time**

*Some notes linger far beyond their sounding. They embed themselves in memory, emotion, and imagination, and continue to vibrate in unseen corners of life.*

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### **5 December – Threads of Memory**

*Our memories are threads connecting the past, present, and future. They shape the rhythm of our days and influence the music we create in each moment.*

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### **6 December – The Invisible Choir**

*Author: Lars Ek*

*Every human voice is part of a larger, unseen choir. Even when alone, we contribute to a song that echoes in the hearts of others.*

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### **7 December – The Dance of Perspectives**

*Understanding is a dance. Step into another's rhythm, move with care, and notice how your steps change the pattern.*

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### **8 December – The Pulse of Creation**

*Creation is a pulse, a heartbeat that connects thought to action. It beats when we take risks, when we allow inspiration to flow, when we follow curiosity.*

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### **9 December – The Symphony of Ordinary**

*Everyday moments carry music if we attune ourselves. A shared laugh, a passing cloud, the hum of a distant city— all are instruments in the symphony of ordinary life.*

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### **10 December – The Canvas of Attention**

*Attention is the brush with which we paint reality. What we focus on grows, what we neglect fades. Choose your colors consciously.*

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### **11 December – Harmonies in Difference**

*Diversity is a form of harmony. Contrasts, contradictions, and variety form chords richer than uniformity ever could.*

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### **12 December – The Eternal Resonance**

*Every act of love, creativity, or curiosity resonates eternally. Even when unseen, it contributes to the ongoing music of existence.*

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### **13 December – The Stillness That Speaks**

*Stillness is not the absence of motion. It is the space where life arranges itself, where clarity arises, and where insight quietly emerges.*

*Author: Lars Ek*

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**14 December – The Gift of Shared Silence**

*Silence shared with another can be more profound than words. It carries trust, understanding, and the invisible acknowledgment that we are not alone.*

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**15 December – The Horizon of Imagination**

*Imagination stretches the horizon beyond what is visible. It invites us to step into possibilities, to see not only what is, but what could be.*

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**16 December – The Rhythm of Trust**

*Trust is a rhythm that steadies the heart. It grows with consistency, and once established, it becomes the foundation for harmony in every relationship.*

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**17 December – The Compass of Wonder**

*Wonder is a compass pointing us toward discovery. It guides us through uncertainty, reminding us that awe is the beginning of wisdom.*

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**18 December – The Architecture of Hope**

*Hope builds invisible structures in our lives. It supports us when we falter, and opens pathways where none seemed to exist.*

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**19 December – The Lantern of Gratitude**

*Gratitude is a lantern that lights even the darkest paths. It reveals hidden beauty and warms the soul with quiet strength.*

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**20 December – The Harmony of Generosity**

*Generosity is a harmony that enriches both giver and receiver. Its resonance lingers, weaving kindness into the fabric of life.*

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**21 December – The Winter of Reflection**

*Author: Lars Ek*

*Winter invites us to pause, to listen inwardly, and to find clarity in the stillness of cold air and quiet nights.*

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### **22 December – The Fire of Inspiration**

*Inspiration is a fire that spreads from spark to flame. It warms, illuminates, and ignites new possibilities.*

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### **23 December – The Gift of Presence**

*Presence is the greatest gift we can offer. To be fully here, attentive and open, is to honor the moment as sacred.*

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### **24 December – The Star of Compassion**

*Compassion shines like a star in the night sky. It guides us toward understanding, and reminds us that love is the truest light.*

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### **25 December – The Song of Belonging**

*Belonging is a song that warms the heart. It reminds us we are part of something greater, woven into the harmony of humanity.*

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### **26 December – The Bridge of Renewal**

*Every ending carries the seed of renewal. Cross the bridge with courage, and discover the new melodies waiting on the other side.*

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### **27 December – The Echo of Dreams**

*Dreams echo through time, guiding us toward possibilities we may not yet see. They are whispers of tomorrow, calling us forward.*

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### **28 December – The Balance of Light and Shadow**

*Life is a composition of contrasts. Light and shadow, joy and sorrow— together they form the depth of our existence.*

*Author: Lars Ek*

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### **29 December – The Horizon of Togetherness**

*Togetherness expands the horizon. When we walk side by side, the path becomes wider, brighter, and more enduring.*

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### **30 December – The Prelude to Tomorrow**

*Every day is a prelude to tomorrow. Play it with intention, and let its resonance guide the symphony yet to come.*

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### **31 December – The Symphony of New Beginnings**

*New beginnings are symphonies waiting to be composed. Each note is a choice, each chord a possibility. Step into the year ahead with courage and harmony.*

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#### **Closing Note**

*Looking back on these days, I see how each thought, each word, has become part of a greater tapestry. The music of language is not finished – it continues to resonate in our encounters and in our dreams.*

*May the new year carry the same rhythm of curiosity, empathy, and hope. Let us together create a symphony of light and presence.*

*With warmth and respect, Lars Ek – author, composer, and cultural ambassador  
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#### **Metadata**

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