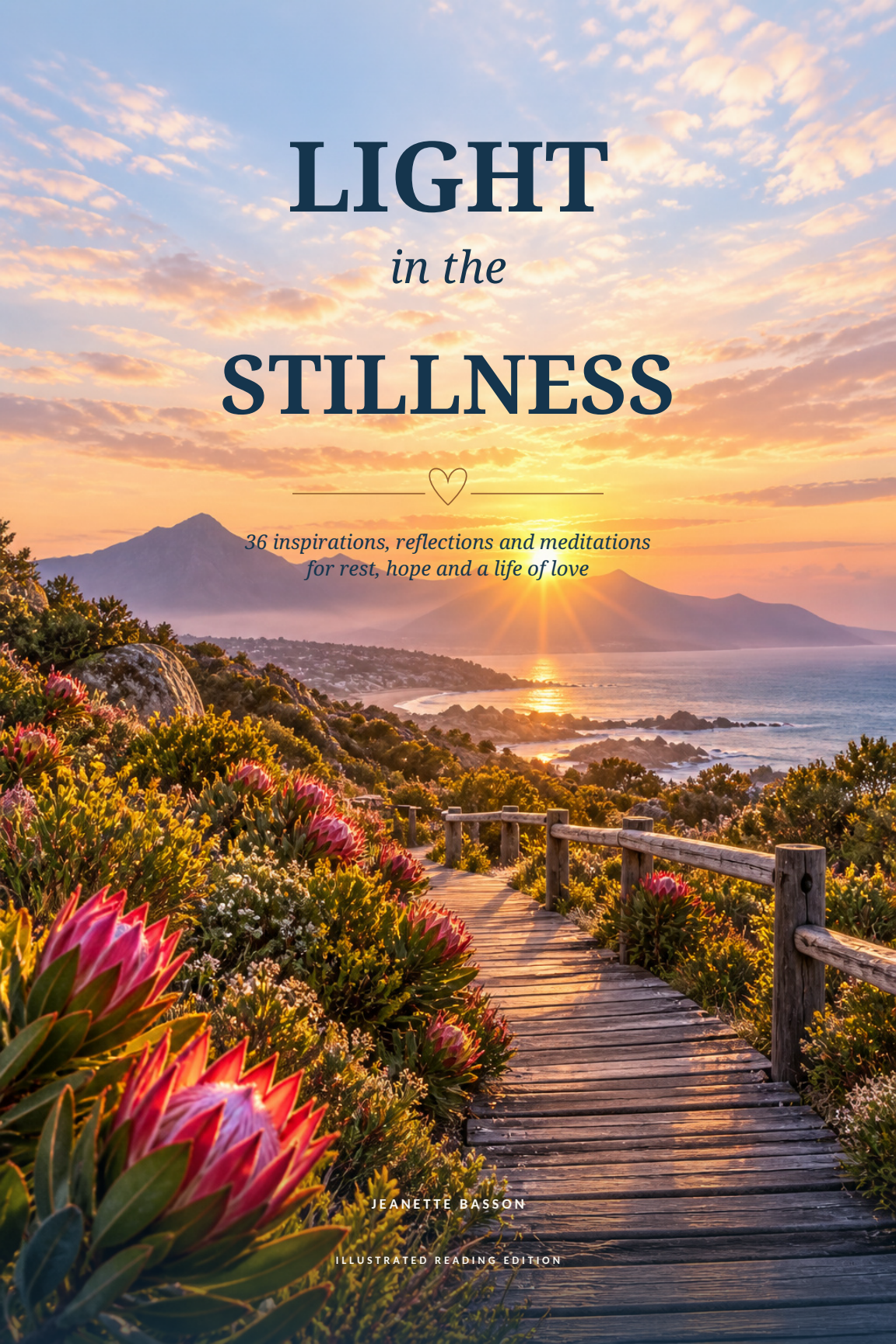


The background of the entire page is a vibrant sunset scene. In the foreground, a wooden boardwalk with a simple wooden railing leads down a hillside. The hillside is covered in lush greenery and large, bright pink protea flowers. In the middle ground, a coastal town is visible, nestled between the hills and the ocean. The sun is low on the horizon, creating a golden glow across the sky and reflecting on the water. In the background, there are rolling hills and mountains under a sky filled with soft, white clouds.

LIGHT

in the

STILLNESS



*36 inspirations, reflections and meditations
for rest, hope and a life of love*

JEANETTE BASSON

ILLUSTRATED READING EDITION



LIGHT IN THE STILLNESS



JEANETTE BASSON



Light in the Stillness



*36 inspirations, reflections and meditations for rest,
hope and a life of love*

JEANETTE BASSON

Editorial compilation from the historical audio archive: A.P. Daschner

Illustrated redesign · September 2026

Editorial Note

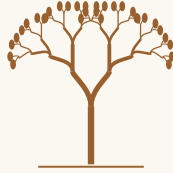


This book is a curated reading edition drawn from Jeanette Basson's historical meditation archive. The archive preserves 332 master entries - complete meditations, alternative versions, fragments, test recordings and other source material. The book deliberately selects only a small portion and arranges it as a reader's journey.

The original voice, core images and spiritual intention have been retained. Because the source transcriptions were generated automatically from audio, the text has been editorially refined for readability, rhythm, timelessness and safety. Clear speech-recognition errors, repetitions and session-specific material have been shortened or corrected; no new biographical facts are attributed to Jeanette.

The book offers spiritual reflection and personal meditation - not medical, psychological, legal or other professional advice. Where illness, trauma, danger or serious mental-health concerns are involved, appropriate professional help should form part of care.





To you



For the person seeking a quieter place in a busy world.

Not to escape from life - but to return to it with greater clarity, gentleness and courage.



The Heart of Jeanette's Work



Across the recordings runs a simple thread: a meditation is not the end point. It is an invitation. Jeanette repeatedly reminds her listeners that the real spiritual work happens in ordinary days - when a person becomes still, listens, becomes grateful, forgives, handles a difficult moment differently, or meets someone with greater compassion.

Her language therefore returns to images a person can remember when the book is closed: a seed in the Karoo; water that reflects and flows; a tree that takes root and is pruned; a cloud that is not the whole sky; a lamp on a dark road; a cup of coffee that reminds you how many people support your ordinary life.

This edition builds on that strongest quality of the archive. Each chapter has four movements: Inspiration gives the central sentence; Reflection opens the theme; Meditation guides you into stillness; and Live It Today brings the theme back to one small, concrete action.

The book moves from the inside outward: stillness; body and heart; nature; storms and recovery; relationships; and finally service, peace and love for the world.



Let us become still.



Let the first silence of the book begin here.



How to Use This Book



You do not have to begin at chapter 1 and read everything in order. Choose the part that fits your life today. Read slowly. Stop when one sentence is enough. Repeat a meditation until the words become familiar and you eventually no longer need them.

When you reach “Meditation”, sit or lie in a way that is comfortable and safe. Breathe naturally. Do not force deep breathing. If a visualisation makes you uncomfortable, keep your eyes open and focus on a fixed point, the feeling of your feet, or the sounds in the room.

“Live It Today” is deliberately small. The purpose is not to begin another performance programme after stillness. It is simply a bridge back to ordinary life.

A Simple Rhythm

Arrive. Breathe. Read. Become still. Take one sentence with you. Do one small thing differently.

If a chapter opens strong emotions, stop when necessary, ground yourself in the present moment, and seek human or professional support where appropriate.



A Small Compass for the Reader



When your mind feels too full - begin with Part I: The Doorway to Stillness.

When self-criticism speaks loudly - go to Part II: Light in Body and Heart.

When you need wonder again - choose Part III: Learning with Nature.

When you are going through a difficult time - use Part IV: When the Clouds Gather.

When a relationship feels heavy - work slowly through Part V: The Heart Between People.

When you ask what your life can give - go to Part VI: Light for the World.

*You do not have to carry everything today. Choose the doorway
that is open today.*

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PART I



The Doorway to Stillness

Stillness is not an achievement. It is a space in which you learn to listen again.





Return to the Upper Room



INSPIRATION

"You do not have to quiet the world before you can become still within yourself."

LIGHT IN THE STILLNESS

Reflection

When the world has become too full, the first task is not to understand everything, but to find a place of inner order again. Jeanette's "upper room" is such an image: not a physical room you must have, but a quiet space within yourself where you can gather your breath, your body and your attention again. The value of a simple routine is precisely that you do not have to invent a new technique every time. You return to something familiar. You relax. You lay down what is heavy. You become still. Only then do you ask what is truly being asked of you today.

Meditation

Good day, friends. When the world feels confused, it helps to return to something simple and familiar. Today we use the image of the upper room again: an inner space where you can breathe, listen and regain your balance.

Make yourself comfortable.

Feel that your body is supported by the chair or the bed.

Father, open my heart to stillness and wisdom. Amen.

Begin with your face. Relax your forehead, your eyes and your jaw. Let your shoulders drop. Feel your arms becoming heavier. Let your hands rest quietly.

Meditation

Breathe naturally in and out. Relax your chest, stomach and back. Move your attention down through your legs to your feet. You do not need to force tension away; simply notice it and give your body permission to soften a little.

Now imagine a short staircase leading to your upper room. Climb slowly, one step at a time. With each step, leave something of the day below: noise, hurry, the need to understand everything immediately. There is a door in front of you. Open it.

The room is simple. There is light, warmth and stillness. Sit down. If something heavy is resting on your heart, name it. You do not need beautiful words. Simply say what is true.

Then stop speaking. Listen. Feel your breath. Feel the stillness around you.

If a thought arises, let it come and go. You do not have to follow every thought. Stay here for a few moments. When you are ready, say thank you. Walk down again slowly and take only one thing with you: the knowledge that this inner space does not disappear when the world becomes noisy. You can return.

Live It Today

*Sit for five minutes today without a screen or a task.
Simply let the stillness begin.*

Question to Take with You

*What can I set down for a few minutes today so that I can
listen more clearly?*

Date: _____

My Stillness Today

One sentence to keep

*"You do not have to quiet the
world before you can become
still within yourself."*



The Sound of Gentle Stillness

INSPIRATION

"Gentle stillness asks for no proof - only for your presence."

LIGHT IN THE STILLNESS

Reflection

There is a kind of silence that does not feel empty. It is the silence that appears when noise, urgency and our own answers stop being the centre of everything for a moment. The ancient story of Elijah gives Jeanette an image that returns again and again: the sacred is not always encountered in the great and dramatic things. Sometimes clarity comes in something small and gentle. Meditation therefore does not have to produce an extraordinary experience. The practice is simpler: listen to what is already there; let the body settle; let thoughts come and go; give stillness enough time to stop feeling unfamiliar.

Meditation

Hello, friends. Today I would like us to listen again for the gentle stillness. In the story of Elijah on the mountain, great and impressive things come first: wind, movement and fire. Yet the holy presence is ultimately connected with something far gentler.

It reminds me that we do not always have to search for the great experience.

Let us become still.



Meditation

Father, meet us today in the stillness. Amen.

Settle yourself and relax with your breathing. Listen first to the sounds in the room. Then listen to sounds outside the house and farther away. Bring your attention back to your own breath. You do not need to change anything. Just listen.

Now listen for the finest sound you can perceive. Perhaps you hear a gentle hum. Perhaps only silence. Stay there. If your thoughts wander, do not fight them. Notice that they have wandered and calmly bring them back to your breath and to the stillness.

You do not need to receive a message or experience anything unusual. You are simply practising being present. Let the silence continue for as long as it feels good and safe for you. When you are ready, take a slightly deeper breath, feel the chair or floor beneath you again, and return gently.





Live It Today

Listen for one minute to three layers of sound: close by, farther away, and within your own breathing.

Question to Take with You

Where in my day is there room for a “gentle stillness” in which I do not have to solve anything?

Date: _____

My Stillness Today

One sentence to keep

“Gentle stillness asks for no proof- only for your presence.”



The Island of Stillness



INSPIRATION

“Rest is not escape; it can be the place where perspective returns.”

LIGHT IN THE STILLNESS

Reflection

Imagination is one of Jeanette's most characteristic ways of guiding people towards stillness. An island, a boat, a stretch of open water - these images give the busy mind something gentle to hold until it no longer has to control everything. The purpose is not to escape from life. The island is rather a temporary resting place from which you can return with greater balance. When you leave your worries on the shore, you are not denying them; you are simply giving yourself enough distance to remember that you are more than the problem demanding your attention today.

Meditation

Hello, friends. Today, in our imagination, we travel to an island of stillness. The island is not a place where problems cease to exist. It is simply a place where, for a little while, they do not fill the whole view.

Heavenly Father, lead me to a quiet place within myself where I can listen again. Amen.

Breathe comfortably. Imagine a clear morning by the sea. The water is calm and a small sailing boat waits at the jetty. You climb in. The boat moves slowly across the water. Hear the gentle lapping against the hull.



Meditation

Feel the wind. Watch the coastline grow smaller behind you.

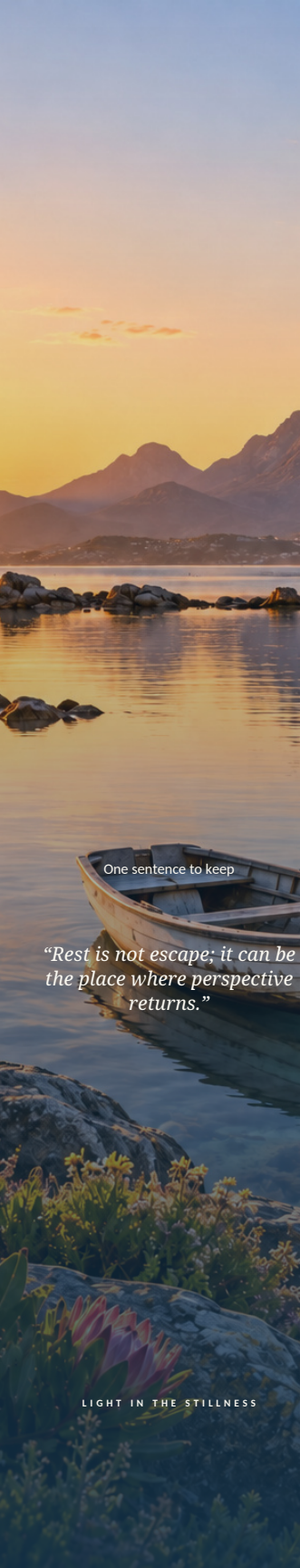
You do not need to take anything with you. For the duration of this journey, your lists, fears and unfinished conversations can remain on land. The boat reaches a small island. You step ashore and follow a path among trees and plants.

Higher up the island there is an open place beneath the branches - like a natural temple, simple and quiet. Climb the last few steps slowly. Seven. Six. Five. With each step the outside world becomes a little quieter. Four. Three. Two. One.

Sit down. Feel the ground beneath you. Hear the wind through the leaves and the sea in the distance. Ask for nothing for a moment. Just be here. If you need a simple phrase, use: I am here. I am held. I do not need to know everything now.

Let the silence choose its own length. When you are ready, stand up slowly. Walk back to the boat and to the shore. Your life is still waiting there - but you return with a little more space inside you.





Live It Today

Choose one place that can become your personal quiet place this week.

Question to Take with You

Which worry can I leave on the shore for the duration of this stillness?

Date: _____

My Stillness Today

One sentence to keep

“Rest is not escape; it can be the place where perspective returns.”

Based on historical recording #135 · 2024-09-30



Still in the Moment

INSPIRATION

"Presence begins when you stop rushing towards another moment."

LIGHT IN THE STILLNESS

Reflection

Not every meditation needs an elaborate visualisation. Sometimes the most direct way is simply to notice what is happening now: a sound outside, the room around you, your breath, the weight of your body, a thought that comes and goes again. This way of becoming still removes the pressure to “see” or experience something special. You do not have to find the right picture. You simply return to the reality of this moment. In Jeanette’s work, this presence is never an end in itself; stillness receives, and then it gives again. A person who becomes calmer can listen more gently and respond with greater spaciousness.

Meditation

Good day, friends. Today we focus on the heart of meditation: consciously experiencing the moment in which you are. Visualisation can help to gather our attention, but today we go without an image to the quiet point within ourselves.

Make yourself comfortable. Let your back be supported and your shoulders relax.

You who are love and light, fill this moment with Your presence. Amen.

Close your eyes, or keep a soft gaze on one fixed point.



Meditation

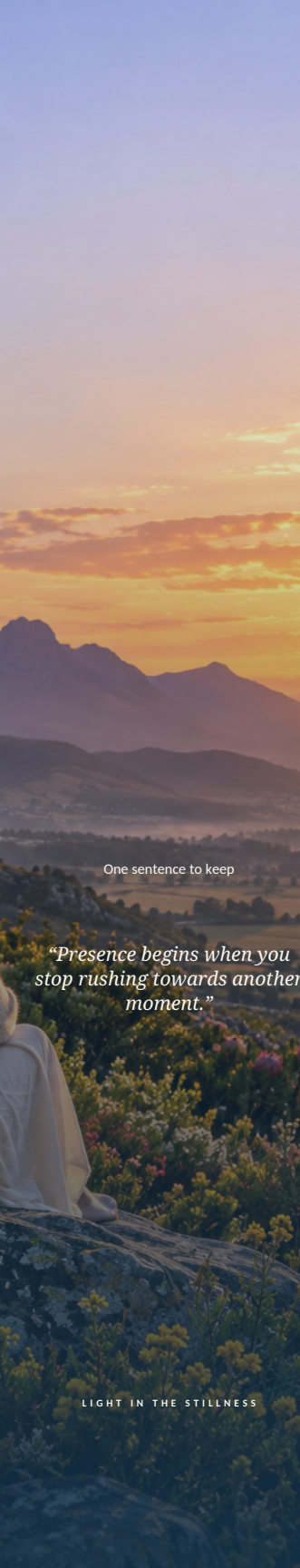
First listen to the sounds outside the room. Perhaps a car, a dog, birds or the wind. Bring your attention to the room itself. Perhaps you hear a refrigerator, a clock or the soft movement of the house.

Come closer. Can you hear or feel your own breathing? Notice the feeling of your feet, your hands, your face. Now you do not have to do anything else. Simply sit in this moment. If thoughts arise, let them come and go.

You do not have to reason with them. Return to the breath, the body and the stillness. Stay here for as long as it feels good. When you are ready, think of someone who needs help, love or a calm presence today. You do not have to solve that person's problem. Simply hold him or her in your thoughts with compassion for a moment.

Say thank you. Feel the room around you again. Open your eyes and return to your day with a little more space within you.





Live It Today

Do one ordinary task today without doing something else at the same time.

Question to Take with You

What happens in this moment when I stop judging it immediately?

Date: _____

My Stillness Today

One sentence to keep

“Presence begins when you stop rushing towards another moment.”



Surrender to the Stillness



INSPIRATION

“Not every valuable silence makes something “happen” immediately.”

LIGHT IN THE STILLNESS

Reflection

Many people become discouraged with meditation because they expect something remarkable to happen. Jeanette pushes back against that expectation. Sometimes the greatest value of becoming still only becomes visible later: you react less sharply; you hear a new possibility; you carry a difficult day with a little more room inside you. Surrender does not mean giving up judgment or responsibility. It means stopping the effort to force things for a while. You let the breath do its work, thoughts follow their course and stillness find its own pace.

Meditation

Hello, friends. Today we are not going to try to create a special meditation experience. We are simply going to practise surrendering to the moment. Sit comfortably. Let your hands rest.

Beloved Creator, help me to stop forcing for a while and simply be in Your presence. Amen.

Become aware of your breathing without changing it. Feel the chest rise and fall. Like a gentle swell, the breath comes in and goes out again. Notice your thoughts. They may want to run ahead to tomorrow or return to yesterday. Do not fight them.



Meditation

Simply say: later. Bring your attention back to your breath. Feel the area around your heart - not as a technique meant to make something special happen, but as a reminder of love, vulnerability and life.

Wait.

You do not need to hear a voice. You do not need to receive an answer. You do not even have to feel especially calm. Each time you notice that your attention has wandered, return gently. That is the practice. Stay for a few moments in this simplicity.

If there is a question in your life, you can name it once and then let it rest. Perhaps clarity comes now; perhaps later; perhaps it comes through a conversation or a practical step. Stillness does not have to do all the work alone.

When you are ready, say thank you. Feel your feet. Hear the room again. Open your eyes. Take the rest with you not as an achievement, but as a small reminder: you can stop forcing and still remain present.



Live It Today

Write down one thing you do not have to control today - and let it rest for now.

Question to Take with You

Can I become still today without demanding a result from the stillness?

Date: _____

My Stillness Today

One sentence to keep

“Not every valuable silence makes something “happen” immediately.”



Listen to Be Refilled



INSPIRATION

"Listening is a way of making room within yourself again."

LIGHT IN THE STILLNESS

Reflection

Jeanette often describes stillness as a place where a person can be “recharged”. The image is simple and human: we cannot continually give, think, decide and respond without also receiving. The listening meditation uses ordinary sounds as steps inward. You begin with what is clearly audible and move slowly towards the finest sounds - until even the absence of sound becomes a kind of companion. It teaches attention not to treat every sound as a disturbance. The world does not have to become perfectly silent before you can listen.

Meditation

Hello, friends. Today we are doing a listening meditation. The idea is simple: use sounds not as interruptions, but as steps that slowly guide your attention towards stillness.

Father, help me today to speak less and listen better. Amen.

Make yourself comfortable. Breathe calmly in and out. Listen first to the nearest sound in the room. Perhaps a refrigerator, a clock, a fan, your own breathing or an animal moving. Do not label what you hear as good or bad. Just listen.



Meditation

Move your attention farther outward. Hear sounds outside the house: traffic, a voice, birds, wind, a door closing. Go farther still. What is the most distant sound you can hear?

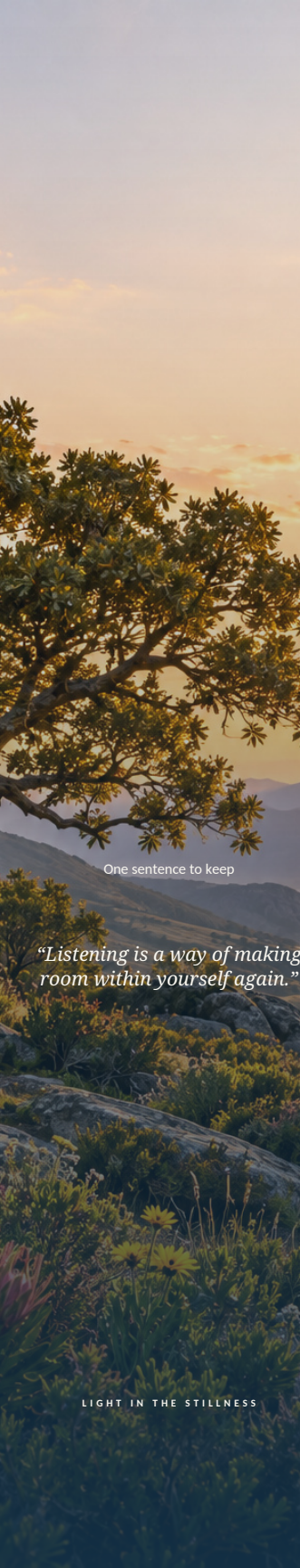
Now bring your attention slowly back. From outside to the room. From the room to your body. From your body to your breath.

Imagine that there is a quiet room within you. You do not have to know what it looks like. It is simply an image for the place where you do not have to follow every sound or thought. If a thought arises, let it move across the sky like a cloud. Return to the breath. Listen to the silence between sounds. Stay there.

When you are ready, take a slightly deeper breath. Feel your hands and feet. Say thank you.

Do not demand that the meditation make you rise immediately with new energy or answers. Its value may simply be that, for a few minutes, you were not being pulled by every stimulus. That is already a form of restoration.





Live It Today

Take a five-minute listening pause before you try to solve something again.

Question to Take with You

What do I hear when I am not trying to control my surroundings?

Date: _____

My Stillness Today

Based on historical recording #062 · 2023-05-08

Notes from

The Doorway to Stillness



What has stayed with you from this part?

Make room. Breathe. Let one sentence be enough.



PART II



Light in Body and Heart

What softens within you can also move outward more gently.





Thank You for This Body

INSPIRATION

“Gratitude changes the way you inhabit your own body.”

LIGHT IN THE STILLNESS

Reflection

We easily look at the body through the lens of what is not right, young, strong or beautiful enough. Jeanette turns the gaze around: first look at everything the body makes possible for you each day. Feet carry. Hands work. Lungs breathe. A heart beats without being ordered to do so. This reflection does not ask anyone to deny pain, limitation or illness. It asks only for a different kind of attention: gratitude without comparison. The body is not a project that must become perfect before it deserves appreciation. It is the place of your present life.

Meditation

Hello, friends. We can sometimes become so critical of ourselves that we see only the shortcomings. Today I would like us to look at ourselves with appreciation - not to pretend that everything is perfect, but to remember that we too deserve care, patience and gratitude.

Let us become still.

Beloved Master, help me today to look at myself with kindness as part of Your creation. Amen.

Breathe calmly. Let the out-breath be slightly longer if that feels comfortable. Relax your shoulders and jaw. Begin with your feet. Think of how far they carry you and how many small adjustments they make to keep you balanced.

Meditation

Say silently: thank you. Think of your legs and your hands. Think of everything your hands have already done today. Think of your beating heart, your breathing lungs, your senses connecting you with the world.

Where your body hurts or is limited, you do not have to judge it. Notice it gently.

Now think about your personality. There are things you are still learning and changing, but there are also qualities in you that make a difference to others: perhaps your humour, loyalty, perseverance, ability to listen, or willingness to try again.

And then there is the part of you that cannot be measured: your inner life, your conscience, your longing for meaning, your capacity to love. Sit for a moment with the thought that you do not have to become perfect before you have dignity.

Breathe in gently. Receive kindness. Breathe out. Let harsh self-judgment loosen a little. When you are ready, return with one simple decision: today I will speak to myself with the same compassion I would use with someone I love.

Live It Today

Thank one part of your body for what it makes possible for you today.

Question to Take with You

For which part of my body can I simply say thank you today?

Date:

My Stillness Today

One sentence to keep

“Gratitude changes the way you inhabit your own body.”



The Pearl Within You

INSPIRATION

"Your worth does not have to be earned all over again every day."

LIGHT IN THE STILLNESS

Reflection

Self-worth becomes fragile when it depends continually on achievement, approval or faultlessness. Jeanette uses the image of a pearl: something precious that does not gain value because everyone notices it. The heart of this meditation is to quiet the severe inner judge for a while. You do not have to deny your mistakes; you need only remember that a person is more than their mistakes. Growth begins more easily from dignity than from self-contempt. Seeing yourself with compassion is not self-glorification. It is a way of becoming honest enough to change without destroying yourself in the process.

Meditation

Hello, friends. Today we use the image of a pearl to think about worth. The pearl is hidden; its value does not depend on someone admiring it at this moment.

Become comfortable and breathe calmly. Father, help me today not to measure myself only by my shortcomings or achievements. Amen.

Imagine that you are on the floor of a clear, peaceful sea. You are like a shell that has long been touched by water, sand and storms.



Meditation

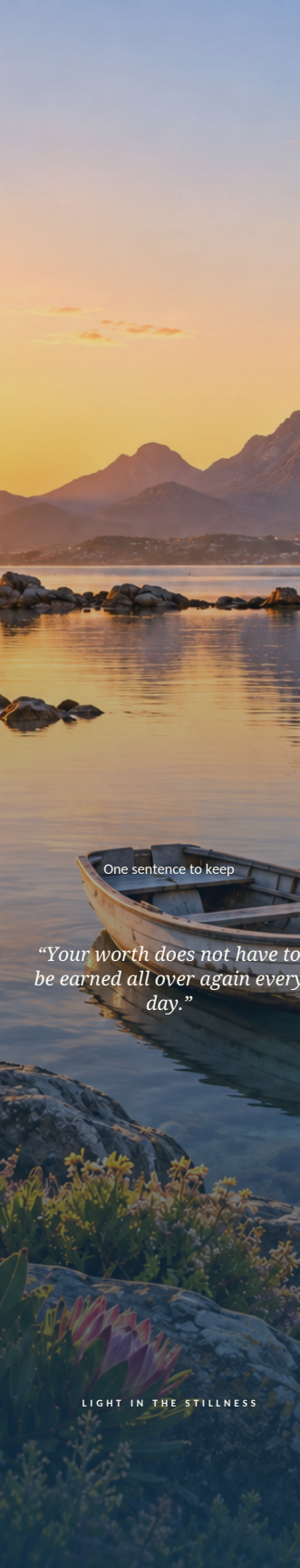
Look at the outline of the shell. There are marks on it. Some are beautiful, some are not. They tell of a life that has truly been lived. Around you lie other shells. Some seem smoother. The old habit of comparison may begin immediately: they are better, younger, more beautiful, further ahead. Let that thought pass.

Now think of the pearl inside the shell. It is the part of you shaped by experience: wisdom, compassion, courage, humour, the ability to rise again, and lessons only you could learn in your own way. You do not have to romanticise your wounds. Not every difficult thing “had to” happen. But you may acknowledge that you have nevertheless grown through many things.

Say silently: My worth is greater than my comparisons. My mistakes are part of my story, not the whole story. Stay for a moment with the image of the pearl.

When you return, choose one way to live according to your worth today: speak more honestly, treat yourself more gently, do a task with care, or stop continually measuring yourself against someone else’s outward appearance.





Live It Today

Write down three qualities in yourself that you want to remember when self-criticism speaks loudly.

Question to Take with You

Which judgment about myself have I carried for so long that I have begun to treat it as truth?

Date: _____

My Stillness Today

Based on historical recording #101 · 2024-02-19

One sentence to keep

“Your worth does not have to be earned all over again every day.”



You Are Light



INSPIRATION

"Light does not have to be loud to change a room."

LIGHT IN THE STILLNESS

Reflection

Light is one of the strongest recurring images in Jeanette's recordings. It is not a competition about who shines most brightly. Here, light means warmth, truth, hope, compassion and the ability not to add more darkness to a difficult situation. A person often "shines" in the most ordinary ways: remaining calm when others panic; being honest; noticing someone who is easily overlooked; refusing to answer cruelty with more cruelty when you have been hurt. The meditation uses the sun as its image: light gives without keeping an account.

Meditation

Good day, friends. Today I would like us to think about light. Jesus connected his followers with light - not as a way of being more important than others, but as a responsibility to bring warmth, truth and hope.

Let us become still.

Master, help me to understand what it means to be light where I live today.
Amen.

Settle yourself and focus on your breathing. Think of a sunrise.



Meditation

The sun does not have to choose each house separately before it shines. It gives light across an entire landscape.

Now see yourself as someone who can carry a small space of light. Your light may be a calm voice. It may be honesty when it would be easier to hide. It may be a smile, an act of service, a boundary set with respect, or a word of encouragement.

Think of the people you will deal with today. Who needs warmth? Who needs clarity? Where should you avoid adding more tension? If a cloud passes in front of the sun, the sun does not disappear. In the same way, there will be days when your own courage feels less bright. Do not condemn yourself for that. Rest, receive, recover - and shine again when you can.

Become still now. Feel the image of light in your heart as a reminder of love and responsibility. When you return to your day, let your first action be small and real.



Live It Today

*Do one small thing that brings warmth or clarity
into someone else's day.*

Question to Take with You

Where can my attitude bring a little more light today?

Date: _____

My Stillness Today

One sentence to keep

*"Light does not have to be loud
to change a room."*



Gratitude for the Breath

INSPIRATION

"The breath brings you back, again and again, to the life that is already here."

LIGHT IN THE STILLNESS

Reflection

Breathing is so ordinary that we usually notice it only when it becomes difficult. This meditation makes the ordinary precious again. The breath brings you immediately back to the body and the present moment. It can also become a prayer without many words: breathe in - receive; breathe out - let go. Jeanette repeatedly connects breathing with gratitude, not as a performance technique, but as a reminder that life moves according to a rhythm we do not have to manage every second ourselves. If a breath feels uncomfortable, do not force it; the invitation is simply to become aware in a comfortable, natural way.

Meditation

Hello, everyone. Today we give attention to something so close that we easily overlook it: the breath. Do not force your breathing. Breathe only as comfortably as feels natural for you.

Notice the movement in and out. If deep breathing is uncomfortable, remain with a calm, ordinary breath.



Meditation

Think about how the first and last movements of a life are connected with breath. Think too of everything that reaches us through the nose: the smell of rain on dry ground, a garden, food, coffee, wood, the sea, or the scent of someone you love.

Let us make the breath a simple prayer of gratitude today. In - thank you. Out - thank you. In again - I receive this moment. Out - I release a little tension. Repeat it calmly seven times, or fewer if that feels enough. There is nothing to prove.

Then let the words fall away. Simply sit and feel the natural rhythm of the breath. You do not have to manage the next minute before it arrives. When you are ready, open your eyes and carry the gratitude into the next ordinary thing you do.





Live It Today

Use three ordinary breaths as a prayer of gratitude before your next task.

Question to Take with You

Can I receive three ordinary breaths today as though they were not something to take for granted?

Date: _____

My Stillness Today

One sentence to keep

*“The breath brings you back,
again and again, to the life that
is already here.”*



See Yourself Through the Father's Eyes

INSPIRATION

"Compassion is not blind to mistakes; it simply refuses to reduce the person to the mistake."

LIGHT IN THE STILLNESS

Reflection

People can become remarkably skilled at condemning themselves. We remember the wrong word, the poor decision, the part of ourselves we would rather hide. Jeanette offers another way of looking: what would it be like, for a moment, to see yourself through eyes of love? Not eyes that excuse everything, but eyes that see the whole person - the growth, the stumbling, the longing to live better. In that gaze, guilt does not become a permanent identity. Instead, it can become an invitation to repair, forgiveness and a new step.

Meditation

Good day, friends. Today we practise seeing ourselves through a loving gaze. Not a gaze that denies mistakes, but one that sees the whole person.

Make yourself comfortable. If it feels natural, place a hand on your heart. Beloved Father, help me today to see myself with both truth and love. Amen.

Breathe calmly. Imagine that you are looking into a mirror, but the gaze looking back at you is not your usual critical gaze. It is the gaze of someone who knows you fully and still loves you.



Meditation

Look at the person before you. Here is someone who has made good decisions and poor ones. Someone who has sometimes helped others and sometimes disappointed them. Someone who is still learning. Someone who has fallen and stood up again. What might a loving Father say to such a person?

Perhaps: I see your effort. I see your fear. I also see your capacity to grow. Do not build your whole identity out of the moments you are ashamed of.

Think of a mistake for which you have punished yourself for a long time. Ask: Is there something I still need to repair or acknowledge, or an apology I need to make? If so, let it become a concrete step. But if you have already done what you can, consider the possibility that endless self-punishment is not the same as responsibility.

Breathe in. Breathe out. See the window of your life becoming clearer. Not because you are perfect, but because guilt and shame do not have to determine the only light in the room. Return with the decision to live fully today and with greater kindness.



Live It Today

Speak to yourself today as you would speak to someone you genuinely love.

Question to Take with You

How would I speak to myself today if love, rather than fear, set the tone?

Date: _____

My Stillness Today

One sentence to keep

“Compassion is not blind to mistakes; it simply refuses to reduce the person to the mistake.”



Your Life Journey

INSPIRATION

"You do not have to see the whole road in order to take the next step."

LIGHT IN THE STILLNESS

Reflection

Jeanette's image of life as a journey makes room for different terrain: level roads, steep climbs, water, wind, and days when the route feels unknown. The important question is not whether the road is always easy, but how you listen when you cannot see the next bend. An inner guide does not have to be experienced as a dramatic voice. It may come as conscience, wisdom, a quiet sense of direction, or the clarity that follows stillness. The practice is not to confuse every impulse with guidance, but to become slow enough to hear your values, your love and your responsibility together.

Meditation

Good day, friends. Our life journey moves through different terrain. There are days of ease and days of steep climbing. The question is not how to remove every difficult stretch from the journey, but how to move with wisdom when you cannot see the whole road.

Let us breathe calmly. Beloved Friend, You are nearer than my breath. Quiet my thoughts enough that I can recognise the next good step. Amen.



Meditation

Imagine that you are walking on a road through changing landscapes. There is ground beneath your feet. Only the next stretch of road is visible in front of you.

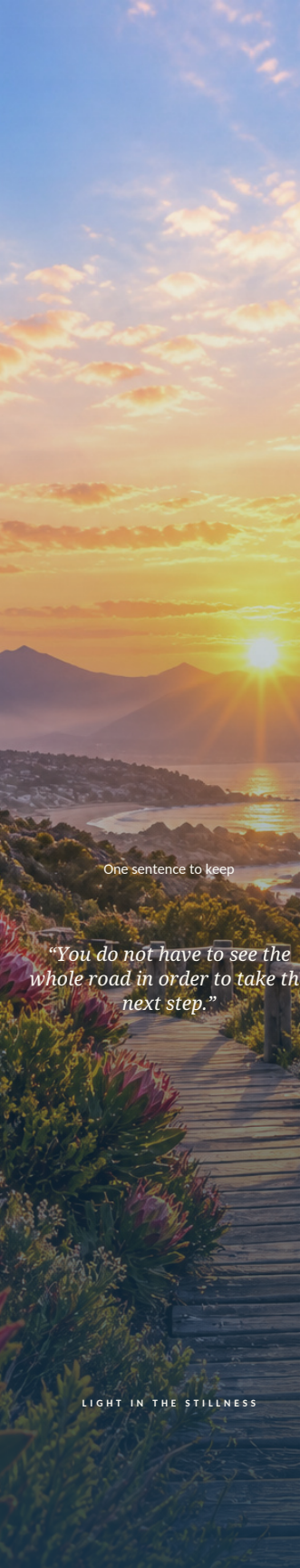
Think of seven simple gifts you carry with you: courage, creativity, clear thinking, love, honest words, insight, and the ability to entrust yourself to something greater than yourself. You do not have to see this as a system; it is simply a way of remembering that you have more resources than fear makes you believe.

Ask yourself: Which gift do I need most today? Perhaps courage. Perhaps a calm conversation. Perhaps a new idea. Perhaps the humility to ask for advice.

Become still. Let one person, one task or one decision come to mind. Do not force the answer immediately. Listen.

When you return, write down the next small step. The whole journey does not have to be understood today.





Live It Today

Choose only the next good step on your path - not the entire route.

Question to Take with You

What is the next small, honest step on my path - not the whole route?

Date: _____

My Stillness Today

One sentence to keep

"You do not have to see the whole road in order to take the next step."

Notes from

Light in Body and Heart



What has stayed with you from this part?

Make room. Breathe. Let one sentence be enough.



PART III



Learning with Nature

Creation speaks slowly: through water, leaves, roots, seasons and light.





The Seed in the Karoo

INSPIRATION

"Stillness and waiting can be part of growth."

LIGHT IN THE STILLNESS

Reflection

One of Jeanette's most distinctive images begins with something small: a seed in dry Karoo soil. For a time it appears to lie still, until rain, warmth and the right moment awaken new life. The image carries an important truth about seasons. Not every quiet period is wasted time. Not every season of waiting means that nothing is happening. Growth has its own rhythm, and some preparation happens invisibly. The Karoo also teaches something about enough: a little rain, a sheltered hollow, nourishment reaching the right place - and life responds.

Meditation

Hello, friends. Today, in your imagination, you are a seed in the Karoo. The ground looks dry and still, but stillness does not necessarily mean that there is no life.

Loving Creator, thank You for the rhythms of growth that are not always visible to us. Amen.

Make yourself comfortable and breathe calmly. Imagine that you are lying as a small seed in a hollow in the earth. Winter has been long. The ground around you is dry. From the outside it looks as though nothing is happening. But you have not disappeared. You are waiting.

Then the first rain comes. You feel the vibration of drops on the ground.



Meditation

Water finds its way to you. Something begins to move. A tiny root pushes downward. A shoot begins reaching upward towards the light. You do not have to become the whole plant in one day. Today, one root and one small leaf are enough.

Feel the warmth of the sun. Think of the resources available around you - soil, water, light, other plants, insects, the whole network of life. In your own life there are also seasons when growth is slow and invisible.

Ask yourself: Where do I think “nothing is happening” when roots may already be forming?

See the field a few weeks later. Small plants have flowered. Colour appears where there was once only dry earth. Do not curse the winter. Do not rush the spring. Be faithful to the season you are in.

When you return, choose only one small act of growth. One phone call. One page. One walk. One conversation. One good habit. The seed does not have to become the whole field today.



Live It Today

Care for one small sign of new growth today: an idea, a relationship, a plant or a habit.

Question to Take with You

Which part of my life may not be dead, but simply in a different season?

Date:

My Stillness Today

One sentence to keep

"Stillness and waiting can be part of growth."



The Wisdom of Water

INSPIRATION

"Adaptability is not the same as losing yourself."

LIGHT IN THE STILLNESS

Reflection

Water can rest, flow, fall, reflect, evaporate and return. Jeanette uses this changeability to think about the inner life. Sometimes our state of mind is like a still pool; sometimes like a surface broken by wind. The invitation is not to feel calm all the time, but to remember that turbulence is not the whole identity of the water. Water also takes on shape without losing its nature. In that lies a gentle lesson about adaptability: you can move through new circumstances without surrendering everything that is true and good in you.

Meditation

Hello, friends. Today we pause with water. Water is so ordinary that we easily forget how many forms it takes: dew, rain, stream, dam, sea, cloud - and rain again.

Creator, teach me today through the simple image of water. Amen.

Breathe calmly and see in your mind's eye a drop of water on a leaf. It is round and clear. For a moment it reflects the light and the world around it. Think of rain on a roof.



Meditation

Think of a stream. Of waves. Of a still dam. Water can move and water can rest.

Think of your own state of mind. Some days there are waves. On other days the surface is calm enough for you to see more clearly. You do not have to hate the waves. They simply show that something is moving. But you do not have to follow every wave forever either.

Now imagine a stream flowing around stones. The stone is real, but the water finds a way. Sometimes slowly, sometimes noisily, sometimes through a new channel. Ask: Where do I need flexibility without surrendering my values?

Then look at a still pool. The sky is reflected in it. Your thoughts also begin to settle a little. Sit beside the water for a moment. Listen.

When you are ready, return. Later today, drink a glass of water slowly and use it as a reminder: life is carried by many small, ordinary gifts.





Live It Today

Drink a glass of water slowly and notice the experience without rushing.

Question to Take with You

Where am I fighting change so hard that I have forgotten how to flow?

Date: _____

My Stillness Today

One sentence to keep

“Adaptability is not the same as losing yourself.”



Under the Tree



INSPIRATION

“Growth means both putting down roots and making room for new branches.”

LIGHT IN THE STILLNESS

Reflection

A tree is a simple but rich teacher: roots and branches, protection and exposure, growth and pruning, rest and new leaves. Jeanette invites the reader to sit beneath an imagined tree and notice slowly. The tree does not try to look the same in every season. It holds on where it needs to and lets go when the time comes. Its roots are invisible, yet they support everything that can be seen. The meditation therefore asks two questions at once: What keeps you grounded? And where are you reaching? A healthy life needs both - depth and openness.

Meditation

Hello, friends. Today we sit under a tree. You can choose a real tree you know, or one in your imagination.

Heavenly Father, make me still enough to learn something about my own life through creation. Amen.

Breathe calmly. See your tree clearly. Look first at the trunk. The bark protects what is softer and alive within. Think about your own boundaries. What protects you in a healthy way?



Meditation

Look at the branches. They stretch in different directions to find light. Some branches are old, some new, and some may have been broken by wind and later reshaped around the loss. Think about adaptation.

Your life also has places where you could not grow according to the original plan. Yet a new balance has often emerged. Bring your attention to the roots. You cannot see all of them, but they carry the tree. What is your invisible root system? Family, faith, values, friends, habits, memories, knowledge?

Look at the leaves. They receive light and give something back to the larger ecosystem. The tree does not live by itself. Birds, insects, soil and people share in its existence. Ask: For whom does my life provide shade, support or fruit? And where do I receive those things from others?

If a dry leaf falls, let it fall. The tree does not try to keep every leaf forever. Sit quietly under the tree now. Hear the wind through the leaves.

When you return, take one lesson with you: root more deeply, reach honestly, adapt where necessary, and let go of what has completed its season.



Live It Today

Sit for a few minutes beside a tree, or look deliberately at one through a window.

Question to Take with You

What are my roots, and where does my life want to reach in a healthy way?

Date: _____

My Stillness Today

Based on historical recording #077 · 2023-08-28



The Wonder of a Leaf



INSPIRATION

“Wonder begins when ordinary things regain their detail.”

LIGHT IN THE STILLNESS

Reflection

When the world feels large and overwhelming, paying attention to something small can bring you back. A leaf is never simply “green”. There are veins, edges, changes in colour, light and shadow, signs of wind and season. Jeanette’s exercises in wonder teach a person to look slowly again. This kind of attention is not childish; it interrupts the habit of moving through life without truly seeing anything. A small object can be enough to lift the mind, for a moment, out of its cycle of worry.

Meditation

Good day, friends. Today we need nothing large. Only a leaf. If you have a real leaf nearby, hold it in your hand. Otherwise, see one in your imagination.

Creator, awaken my attention to the small things I overlook every day. Amen.

Look at the shape of the leaf. Is the edge smooth or serrated? Is it symmetrical? Where does the colour change?



Meditation

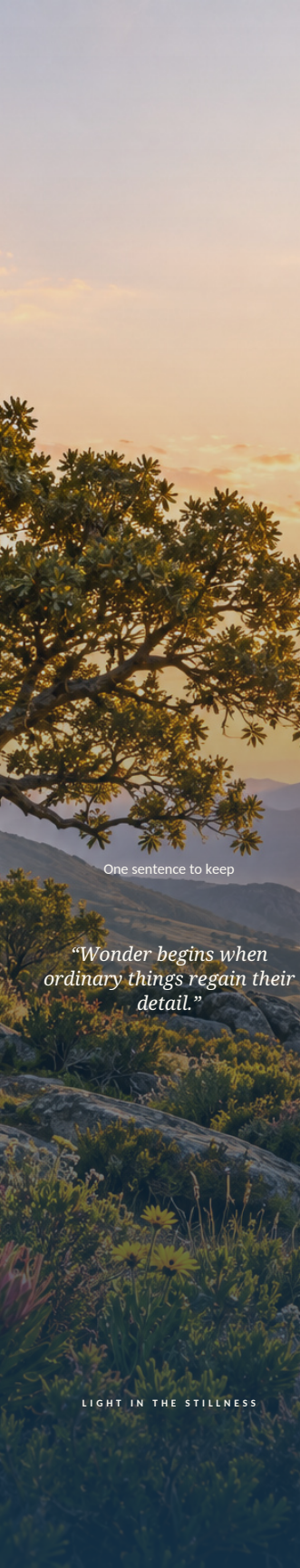
Look at the veins. An entire network runs through something you might normally pass without a second glance. Turn the leaf over. The underside is different from the top. Feel the texture. Smell it if it is safe to do so. Hold it up to the light.

Notice how much detail exists in one small object. Now think of your ordinary day. How many things do you see only as “table”, “street”, “person”, “work”, “problem”, without noticing any more detail? Attention does not necessarily make the world easier, but it makes it richer and more real.

If a worry appears, bring your attention back to the leaf. One line. One colour. One edge. Stay with it for a minute.

When you are ready, put the leaf back where it belongs or keep it a little longer. Take the exercise with you: choose one ordinary thing today and look long enough for it to stop being merely a label.





Live It Today

Look at one ordinary thing long enough to notice details you usually miss.

Question to Take with You

What can I look at for two minutes today without naming or judging it?

Date:

My Stillness Today

One sentence to keep

*“Wonder begins when
ordinary things regain their
detail.”*



Prune the Fruit Tree of Your Life

INSPIRATION

"Letting go is valuable when it makes room for healthier growth."

LIGHT IN THE STILLNESS

Reflection

Pruning sounds harsh until we remember why it is done: not to punish the tree, but to make light, air and new growth possible. In a human life, “pruning” can mean examining habits, commitments, grievances or expectations that use too much energy and carry little life. The image calls for discernment. Not everything difficult should be cut away; some difficult things are precisely where fruit grows. The better question is: what makes the tree healthier, more honest and more alive?

Meditation

Hello, friends. Today we use the image of a fruit tree being pruned. Pruning is not punishment; it is care that makes room for light and new growth.

Master, give me discernment to know what in my life needs to be cared for, strengthened or released. Amen.

Imagine a fruit tree at the end of a season. Look at the branches.



Meditation

Some are strong. Some carry no new growth. Others cross one another and make the centre of the tree dense and dark. You are holding pruning shears, but you are not rushing.

Think of your life as the tree. Which branches bear good fruit - habits, people, work or practices that make you more honest, loving and alive? Which branches take up space only because you are afraid to change something?

Some things should not be cut away simply because they are difficult. A difficult relationship may need repair, not necessarily an ending. A difficult task may be important. So you look carefully.

Prune the obvious dead wood first: a habit you already know is harming you; an unnecessary commitment; a grievance you repeat only out of habit. See how more light enters the tree. Do not try to change everything in one day. One good cut can be enough.

Become still and ask: What is the one thing I can reduce this season so that something healthier has more room? When you return, make that one decision concrete.



Live It Today

Remove one unnecessary commitment or habit that is crowding out healthy growth.

Question to Take with You

What is taking up space in my life without truly carrying life any longer?

Date: _____

My Stillness Today

One sentence to keep

“Letting go is valuable when it makes room for healthier growth.”



The Avenue of Spring

INSPIRATION

“New seasons often begin before they look impressive.”

LIGHT IN THE STILLNESS

Reflection

Spring is visible proof that change does not always begin with noise. Buds swell long before a tree is full of leaves. The light changes, the soil warms, and then growth suddenly becomes visible. Jeanette's images of spring carry hope without insulting winter. Winter had work to do as well. The meditation helps us notice new life without demanding that everything bloom immediately. A new season can begin with one small decision, one conversation, one habit, or simply the willingness to try again.

Meditation

Good day, friends. Today we walk along an avenue of fruit trees at the beginning of spring. The branches are not yet covered in blossoms, but small signs show that a new season has already begun.

Creator of seasons, help me notice new life before it becomes impressive. Amen.

Imagine yourself walking slowly beneath the trees. Winter has left its marks: bare branches, dry leaves on the ground, cold that lasted a long time. But look closer. Here is a bud. There, a small green tip. The light falls differently than it did a month ago.



Meditation

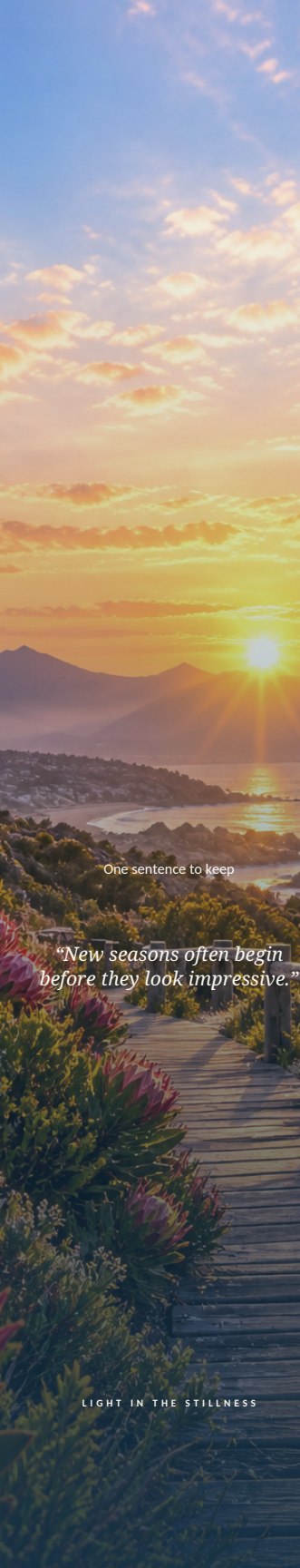
Birds move among the branches again. Spring does not always announce itself with a great event. Change often begins small.

Think of your own life. Where is there a small bud of new possibility? An idea that keeps returning. A relationship becoming gentler. A little more energy. A decision to try again. You do not have to pull the flower open. You can simply care for it. Give water where water is needed. Give time. Give light. Remove what is smothering the new growth.

Walk farther along the avenue. Some trees are further ahead than others. Do not compare them. Each tree responds according to its place and condition.

Become still and listen to the spring around you. When you return, do not ask: How can I make my whole life new? Ask: What is the smallest sign of life I can faithfully care for this week?





Live It Today

Give attention today to the smallest sign that something new has already begun.

Question to Take with You

What small sign of new life may I not yet have taken seriously enough?

Date: _____

My Stillness Today

One sentence to keep

*"New seasons often begin
before they look impressive."*

Notes from

Learning with Nature



What has stayed with you from this part?

Make room. Breathe. Let one sentence be enough.



PART IV



When the Clouds Gather

*Calm does not deny the storm; it gives you another place from
which to look at it.*





Above the Storm

INSPIRATION

"The cloud is real, but it is not the whole sky."

LIGHT IN THE STILLNESS

Reflection

Jeanette's storm meditation does not deny hardship. It begins inside the rain, wind, dark clouds and discouragement. Only then does the movement come: a hand, an invitation, a slow rising above the cloud layer where the sky opens again. The image helps create distance between "I am experiencing a storm" and "I am the storm". Problems remain real, but they do not necessarily fill the whole sky. Sometimes perspective is the first form of help.

Meditation

Hello, friends. Today we do not begin in a peaceful garden, but inside a storm. That matters: meditation does not have to pretend that everything is fine before stillness becomes possible.

Beloved Friend and Master, hold my hand while, for a few moments, I seek another perspective on my worries. Amen.

Imagine that you are standing in rain. The wind pulls at your clothes. Dark clouds hang low, and every worry feels like another gust of wind. Silently name what feels heavy today. Then you feel a hand in yours. You do not have to know exactly whose hand you see in the image.



Meditation

It is a symbol of love, support and the reminder that you do not have to be alone. You begin to rise slowly through the cloud. Inside the cloud it is grey and confusing. Just keep breathing.

Higher up, it becomes lighter. Then you break through above the cloud layer. The sky is clear. The storm is still below you, but now you can see that the cloud is not the whole sky. Stay here for a moment.

Feel the difference between “there is a storm” and “everything is storm”. Look down at the earth. Your problems have not disappeared. You simply have a larger frame in which they exist.

Breathe calmly. Take in the calm. When you are ready, descend slowly. You do not return as someone who has every answer. You return knowing that perspective can change the way you take the next step.



Live It Today

Write two sentences: “The storm is ...” and “The whole sky is not the storm.”

Question to Take with You

Which problem has become so large that I have forgotten there is a greater sky around it?

Date: _____

My Stillness Today

One sentence to keep

“The cloud is real, but it is not the whole sky.”



Light Behind the Dark Cloud

INSPIRATION

“Trust is not certainty about the outcome; it is a way of carrying the unknown.”

LIGHT IN THE STILLNESS

Reflection

Illness and uncertainty can easily make us afraid because so much lies beyond our control. In this meditation, the sun behind a dark cloud becomes an image of trust. The cloud is not reasoned away; for a time it remains between you and the light. But the light has not ceased to exist. This chapter makes no promise that stillness will solve medical problems. It offers something else: a way to give the body and mind a few quiet moments, to ask for help where help is needed, and not to live every unknown possibility in advance.

Meditation

Good day, friends. When we are ill ourselves, or someone we love is going through illness, the unknown can easily become very large. Today we are not going to try to control the outcome. We are simply going to create a few moments of calm and trust.

Make yourself comfortable. Breathe calmly.

Father, help me to do what is mine to do today, to accept help where it is needed, and to set the rest down for a moment from my tense hands. Amen.

Imagine that you are looking towards the horizon just before sunrise.



Meditation

There is a dark cloud. Behind it, a soft golden edge begins to appear. You do not have to wish the cloud away. Simply look at the light becoming clearer.

Breathe in. Breathe out. Say silently: I do not have to know everything now. Again: I can take the next responsible step. And: I am allowed to receive help.

Think of the people who can offer skill, care and love - family, friends, doctors, nurses, counsellors or other helpers, depending on what is needed. You do not have to carry alone what can be shared.

See the light behind the cloud. It is not a guarantee of a particular outcome. It is an image reminding you that fear is not the only presence in this moment.

Become still for a few minutes. Feel your breath. Let your shoulders drop. When you are ready, return and decide only what the next good step is.

Live It Today

Take one responsible next step and accept help where it is needed.

Question to Take with You

What can I entrust today to capable hands, loved ones and God instead of carrying it alone?

Date:

My Stillness Today

One sentence to keep

“Trust is not certainty about the outcome; it is a way of carrying the unknown.”



The Still Pool After the Storm

INSPIRATION

"Recovery has its own pace; stillness helps you respect it."

LIGHT IN THE STILLNESS

Reflection

After a storm, the world often looks different. Water still lies in hollows, branches have shifted, the air smells fresh, and some things need repair. Inwardly, it can be similar. When a difficult period passes, we do not always spring immediately back to “normal”. Jeanette’s image of the still pool gives permission for a season of recovery. You can first look at what happened, feel what is still moving, and slowly regain trust in the surface. Calm after turbulence is not laziness; it is integration.

Meditation

Good day, friends. Today we sit beside a still pool after a storm. The great noise has passed, but the world is still rearranging itself.

Father, help me not to rush recovery. Show me what needs to settle and what needs attention. Amen.

Imagine the sky after heavy rain. The clouds are opening. Water still drips from branches and the ground is dark with moisture. Before you lies a pool. There are still small ripples, but the surface is beginning to calm.



Meditation

Think of a difficult period that passed through your life recently or long ago. You do not have to relive every detail. Simply look at what remains.

What changed? What broke and had to be repaired? What did you learn about yourself? Which part of you is still tired? Watch as the pool slowly begins to reflect a cloud and then a piece of blue sky. The water does not become crystal clear immediately. Sediment must first settle. Give yourself the same permission.

Breathe. You do not have to be “over it” today. You can be grateful that the storm has passed and still acknowledge that recovery continues. If practical repair is needed, name one thing: rest, a conversation, financial planning, professional help, a boundary, an appointment, reconciliation.

Become still beside the pool. When you return, choose one calm step towards recovery - not to become exactly who you were before the storm, but to care well for who you are now.





Live It Today

Give recovery one concrete form: rest, a conversation, an appointment, a boundary or a plan.

Question to Take with You

What in me still needs gentle recovery, even though the worst of the storm has passed?

Date: _____

My Stillness Today

Based on historical recording #184 · 2025-10-13



The Fish Eagle Above the Storm

INSPIRATION

"Perspective does not always give an easy answer, but it often gives more choices."

LIGHT IN THE STILLNESS

Reflection

The fish eagle becomes an image of perspective and height. It does not pretend that the storm does not exist; it uses the air currents to move differently through it. This is a valuable image when human problems press you tightly against the immediate detail. Sometimes you need to look closer; at other times you need to look higher. What is the larger pattern? Which part can you control? Which part must you release? Who can help? Where is there still room? Perspective does not necessarily change the facts, but it can change your choices.

Meditation

Hello, friends. Today we use the fish eagle as our image. From a height, a fish eagle sees a large stretch of landscape that we cannot see from the ground.

Creator, help me today not to look only from the narrowest angle of my problem. Amen.

Close your eyes and breathe calmly. Imagine that you are a fish eagle circling above a river or dam. Below you, water, trees, roads and small figures are moving. What feels large and confused on the ground becomes part of a wider pattern from above.



Meditation

Think of a problem that dominates your attention. In your imagination, rise a little higher. Ask: What are the facts? What is my fear? They are not always the same thing. Rise a little higher.

Ask: What can I influence? What can I not control? Higher still. Who else is part of this situation? What might they see that I do not see?

Notice that the fish eagle does not remain high forever. When it sees something important, it descends and acts. Perspective is therefore not a way of avoiding reality. It helps you decide more wisely where to land.

Become still. Let one new angle on your problem come to mind. When you return, write it down. The new perspective may not change the problem itself, but it may change your next choice.



Live It Today

Divide a problem on paper into two columns: facts and fears.

Question to Take with You

What might I see differently if, for a moment, I stopped looking only from inside the problem?

Date: _____

My Stillness Today

One sentence to keep

“Perspective does not always give an easy answer, but it often gives more choices.”



The Lifeboat of Hope



INSPIRATION

"Hope is not denial; it is calmness that is willing to help."

LIGHT IN THE STILLNESS

Reflection

In a lifeboat, calm is not a luxury; it is part of survival. Jeanette's image places you among people who all face the same threat, but do not all have the same confidence. Your role is not to offer false reassurance. It is to avoid feeding the panic. A calm voice, practical cooperation, humour at the right moment, and trust in competent guidance can change the atmosphere. The same is true in everyday crises. Hope is stronger when it walks together with reality and responsibility.

Meditation

Hello, friends. Today, in your imagination, you are in a lifeboat. Something has gone wrong and everyone in the boat feels the uncertainty.

Father, give me calmness, wisdom and the ability not to spread panic further. Amen.

See the small boat on the water. People sit close together. Some are afraid. Some talk too much. Some are completely silent. Someone is steering the boat. You do not know exactly how long the journey will take, but there is a plan and there are tasks to be done.



Meditation

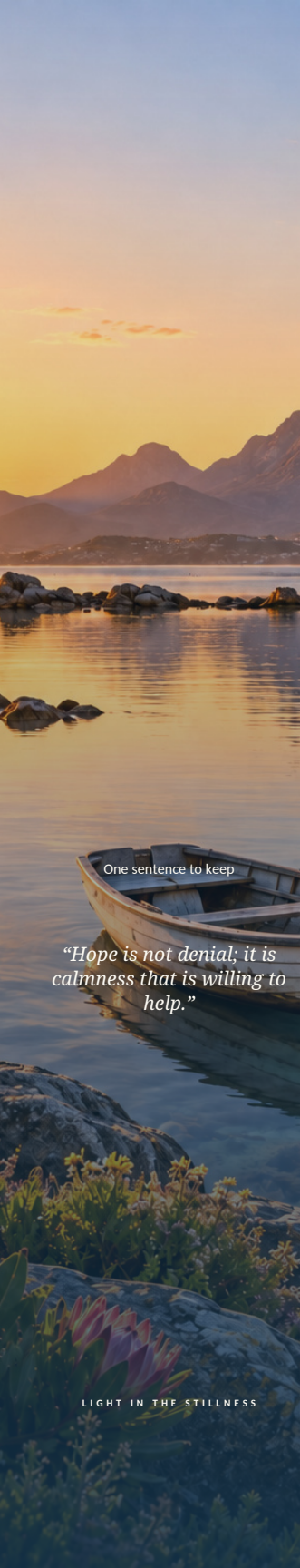
Feel your own breathing. Do not make it dramatically deep; simply keep it steady. Look around. What helps a group in a crisis? Clear information. Practical cooperation. A calm voice. Humour when appropriate. People who listen to the person with expertise. People who do not circulate rumours as facts.

Now think of a real crisis in your life, family, work or community. You do not have to deny that it is serious. Ask: What is the most useful role I can play?

Perhaps it is calling someone. Confirming facts. Following a plan. Reassuring a child. Getting professional help. Refusing to carry panic further in conversation.

Become still in the boat. You are not responsible for controlling the whole sea. You are responsible for the quality of your presence and for the tasks that genuinely belong to you. When you return, choose one calm, practical act of hope.





Live It Today

In a difficult situation, choose the most useful role you can fulfil calmly.

Question to Take with You

What can I do in a difficult situation that makes the group calmer, more practical and more humane?

Date: _____

My Stillness Today

One sentence to keep

“Hope is not denial; it is calmness that is willing to help.”



In Stillness and Trust Lies Your Strength



INSPIRATION

"Stillness makes room for the kind of trust that can also act."

LIGHT IN THE STILLNESS

Reflection

When you cannot see the road ahead, the instruction to “trust” can easily sound like a cheap answer. Jeanette therefore connects trust with stillness. First the noise becomes quieter. First you return to the room, the breath, the body. Then you ask what trust means in this particular situation. Sometimes it means waiting. Sometimes a difficult conversation. Sometimes professional help. Sometimes it means stopping the habit of chewing over the same fear every hour. Trust is not passivity; it is the ability to take the next responsible step without already possessing the whole future.

Meditation

Hello, friends. An old truth of faith connects strength with stillness and trust. Both are difficult when you are afraid or discouraged. So today we are not going to try to force trust. We begin simply with stillness.

Heavenly Father, help me, for a few moments, to stop repeating the same fear over and over. Make room in me for clarity. Amen.

Listen to the sounds in your immediate surroundings.



Meditation

Perhaps a refrigerator, a dog, traffic, birds or wind. Do not push the sounds away. Let them be part of the moment.

Then bring your attention to your breathing and to the feeling of your body being supported by the chair or floor. Imagine that you enter a large, quiet room. There is nothing you have to produce here. You simply wait. Listen.

If a thought comes, notice it and let it pass. If the same worry returns, say quietly: I have heard you. I will look at you again later. For now, I am simply sitting here. Stay for a few moments.

When you are ready, think of one problem troubling you. Do not ask: How can I solve the whole thing today? Ask instead: What is the next responsible step? And which part is not within my control right now?

That is where trust begins: not in passivity, but in the combination of a clear next step and the willingness not to keep trying to control the rest inside your head.



Live It Today

Name what is within your control, take one step, and let the rest rest for today.

Question to Take with You

What is the next responsible step I can take, and what lies beyond my control after that?

Date: _____

My Stillness Today

One sentence to keep

“Stillness makes room for the kind of trust that can also act.

Notes from

When the Clouds Gather



What has stayed with you from this part?

Make room. Breathe. Let one sentence be enough.



PART V



The Heart Between People

Our inner life becomes visible in the way we relate to people.





The Layer of Ice Over the Heart

INSPIRATION

"Compassion and boundaries are not enemies."

LIGHT IN THE STILLNESS

Reflection

A heart can harden through exhaustion, disappointment or repeated hurt. Jeanette uses a winter pool with a thin layer of ice as an image for the way we sometimes protect ourselves by feeling less. The danger is that protection can eventually block compassion as well. The meditation does not ask you to abandon boundaries. A gentle heart and good boundaries can exist together. The aim is not to allow judgment, cynicism or indifference to determine the permanent temperature of your inner world.

Meditation

Good day, friends. Today we sit beside a winter pool. Part of the water is covered by a thin layer of ice. The image helps us think about the way a heart can sometimes become hard in order to protect itself.

Master, keep my heart gentle without taking away my wisdom and my boundaries. Amen.

Imagine the cold morning. The pool reflects the pale sky. In the shade lies a thin layer of ice. A small fish jumps where the water is open. Ripples move across the surface, but they stop at the ice.



Meditation

Think about your own heart. Is there someone you have become so tired of or angry with that you no longer want to feel anything? Is there a group of people you judge easily because their lives feel far removed from your own? Or are you simply exhausted and in need of time before you can give much again?

Do not condemn yourself. Ice forms for a reason. But look at whether temporary protection has become something that now blocks compassion.

The sun rises higher. Light falls across the ice. It begins to melt slowly. You do not have to remove every boundary. You do not have to go back into an unsafe situation. Let just enough gentleness return for you to see people as people.

Think of one person. Say: I do not have to approve of everything in order to recognise your human dignity.

Remain still for a moment. When you return, let the first ripple be small: a gentler thought, an honest boundary, a prayer, an act of care where it is safe and appropriate.





Live It Today

Replace one harsh judgment with a gentler, honest thought without giving away your boundaries.

Question to Take with You

Where do I need a boundary, and where may I have become unnecessarily cold?

Date:

My Stillness Today

One sentence to keep

*“Compassion and boundaries
are not enemies.”*



The Ravine of Forgiveness

INSPIRATION

"Forgiveness can set you free without erasing truth, boundaries or justice."

LIGHT IN THE STILLNESS

Reflection

Forgiveness is one of the most difficult themes in Jeanette's work and deserves care. To forgive does not mean that harm was unimportant, that accountability disappears, or that you must return to an unsafe relationship. It can mean deciding not to be controlled forever by the same wound. The mountain-and-ravine image gives the burden a form that can be set down. Sometimes this takes time, support and professional help. Forgiveness can be a process rather than a single dramatic decision.

Meditation

Good day, friends. Today we give attention to forgiveness. It is important to say from the beginning: forgiveness does not mean that harm was unimportant. It does not mean that you must again become close to someone who is unsafe, and it does not remove accountability.

Sometimes distance, boundaries, legal processes or professional help are necessary. Forgiveness here concerns the part of the burden that remains trapped inside you.

Let us become still.



Meditation

Master, help me to be honest about what caused pain and not to remain controlled by the same wound. Amen.

If it helps, you can first write privately about what happened and what you feel. You do not have to send the letter. The purpose is to name clearly what you are carrying.

Now imagine that the grievances are tied in a bundle over your shoulder. You walk up a mountain path. The bundle grows heavy. At the top you reach a view over a dry ravine. Take the bundle off. Look at it and say: It happened. It affected me. But I do not want to carry this weight every day any longer.

When you are ready, in your imagination leave the bundle in the ravine. See rain beginning to fall on the dry ground - not to erase history, but to make new life possible.

Breathe calmly. Feel your shoulders becoming a little lighter. If the pain feels too great to carry alone, getting help is not a failure. Support is sometimes part of the road to freedom.

Return with the decision to allow truth, boundaries and your own dignity to exist alongside forgiveness.



Live It Today

Name one burden you are carrying and decide whether it needs a conversation, a boundary, a step towards repair, or release.

Question to Take with You

Which part of an old hurt do I no longer want to carry with me every day?

Date:

My Stillness Today

One sentence to keep

*"Forgiveness can set you free
without erasing truth,
boundaries or justice."*



A Grateful Heart and a Cup of Coffee



INSPIRATION

"Gratitude grows when ordinary things regain their history."

LIGHT IN THE STILLNESS

Reflection

A cup of coffee or tea is small enough to feel ordinary. Jeanette makes it larger by noticing the whole journey within it: soil, rain, human hands, transport, shops, water, heat, and the moment in which you finally hold the cup. Gratitude becomes less sentimental and more concrete. It connects you with a network of people and processes that carry your day even though you will never know them all. The exercise can be done with anything - bread, a light switch, a blanket, a glass of water.

Meditation

Good day, friends. Today we begin with something very simple: a cup of coffee or tea. Gratitude can easily become a general word. This exercise makes it concrete again.

Beloved Creator, help me not to treat the ordinary things in my day as though they were simply guaranteed. Amen.

Think of your morning drink. Where did the plant grow? There was soil, sunshine and rain. There were people who planted, picked, processed, packed and transported it. There was a road or a ship. A warehouse. A shop. Someone who stocked the shelves.



Meditation

Someone maintained the electricity and water systems so that, eventually, you could switch on a kettle. Hold the imagined cup in your hand. How many unknown people's work comes together in this one small moment? Smell the drink. Feel the warmth. In your imagination, take one slow sip.

Now think of another ordinary thing in your life: bread, a blanket, medicine, a telephone, a shoe, a chair. Gratitude does not mean that the world is without injustice or problems. It means that you also notice the web of support that can so easily become invisible.

Silently say thank you for the people you will never meet. Then think of the people you do know. Whose ordinary work makes your life easier every week? When you return, say one thank-you aloud or send it to someone. Let gratitude have a destination today.



Live It Today

Say one specific thank-you today to someone whose ordinary work helps carry your life.

Question to Take with You

Which ordinary thing in my day carries a larger story of care than I usually notice?

Date: _____

My Stillness Today

One sentence to keep

“Gratitude grows when ordinary things regain their history.”



The Little Boat and the Three Bags



INSPIRATION

"You can remember the past without carrying all of it with you."

LIGHT IN THE STILLNESS

Reflection

The three bags in Jeanette's little boat give shape to emotional baggage. Some burdens are cold and hard like ice; others salt everything you experience; others seem sweet at first but still keep you trapped. The heart of the image is simpler than the details: a boat moves better when unnecessary weight does not travel with it. Letting go, however, does not mean erasing important memories or treating difficult emotions as wrong. It means discerning what still serves a purpose and what merely disturbs your balance.

Meditation

Good day, friends. Today, in our imagination, we row a small boat across a lake. Three heavy bags lie in the boat. The image helps us distinguish between what we need to remember and what we no longer need to carry every day.

Father, help me to travel more lightly without denying the truth of my past.
Amen.

See the boat. The water is calm, but the bags make the boat unstable. The first bag is filled with ice. It represents old anger and cold grievances. Look at one thing you have carried for a long time. You do not have to repair an unsafe relationship today.



Meditation

Simply ask whether the anger still needs to occupy your whole body and mind every day. In your imagination, throw one block of ice overboard. Watch it grow smaller in the water.

The second bag is filled with salt. It represents the habit of approaching every new experience with an old bitter taste. Ask: Where do I already expect the worst because something similar hurt me before? Scoop out a handful of salt and let it dissolve in the large lake.

The third bag is filled with sugar. It can represent the things you hold onto because they feel pleasant or familiar, even when they are no longer good for you - a habit, a role, a need for approval. You do not have to throw everything away. Choose only what is making the boat unnecessarily heavy today.

See how the boat sits higher on the water. Breathe calmly. Feel the space. When you return, ask: What one thing can I make lighter in practical life - a boundary, a cupboard, a calendar, a guilt, a conversation? Begin there.



Live It Today

Make one small place lighter - a shelf, a calendar, a conversation or an old guilt.

Question to Take with You

Which “bag” am I carrying out of habit rather than because it still serves me today?

Date: _____

My Stillness Today

Based on historical recording #198 · 2026-02-02

One sentence to keep

“You can remember the past without carrying all of it with you.”



Love, Respect and Forgiveness



INSPIRATION

“Love becomes believable in the way we treat one another.”

LIGHT IN THE STILLNESS

Reflection

Relationships are not built only by grand gestures. They are shaped by repeated small things: how we listen, how we disagree, how we repair after hurting one another, and whether respect remains when emotions run high. Jeanette's meditation invites the reader to put down a heavy backpack of grievances before loved ones and fellow travellers are reflected again in the still pool. It is a strong reminder that gratitude and forgiveness often find room only when we stop reading every relationship through the most recent irritation.

Meditation

Good day, friends. Today love stands at the centre - not only romantic love, but the love that makes all human relationships more humane: respect, attention, gratitude and the willingness to repair what has been damaged.

Master, help me today to look at my relationships with an honest and gentle heart. Amen.

Breathe calmly and imagine yourself walking along a winding path beside a stream towards a still pool between mountains. On your back is a heavy backpack. Inside it are old clothes - each garment an image of something that makes a relationship heavy. Here is a coat of blame. A shirtsleeve from a conversation you replay again and again in your head.



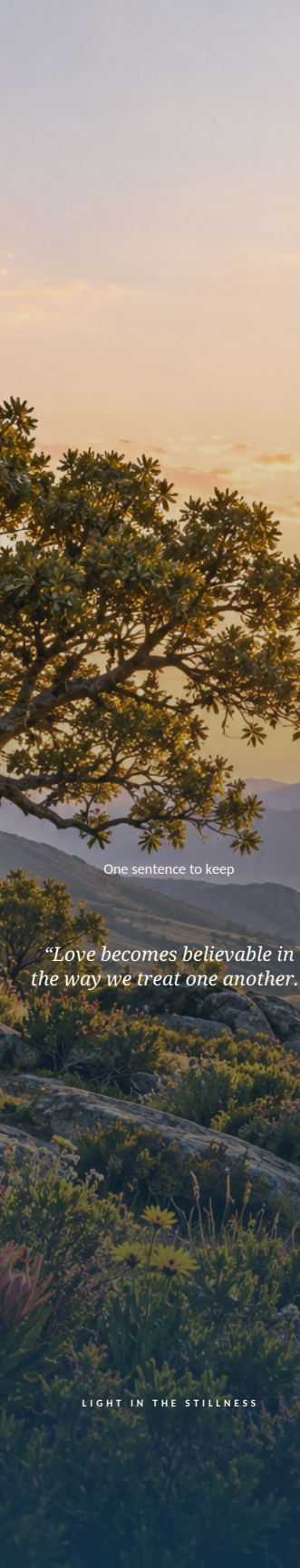
Meditation

A heavy scarf of guilt because you hurt someone. A hat made of the feeling that you are never good enough. Take the items out one by one. You do not have to decide that everything was unimportant. You are simply putting them down so that, for a moment, you can see people without the whole backpack.

Walk farther to the pool. In the water you see the faces of people close to you. Think of one thing for which you are grateful about each one. Let the face of someone with whom there is tension appear as well. Ask: What is my responsibility here? An apology? A boundary? A conversation? Silence for now? Forgiveness that needs time? Do not force an answer.

Let love and respect work together. Love without respect can lose boundaries; respect without love can become cold. When you walk back, take only the clothes that are truly needed. Leave old clutter beside the river. Your backpack does not have to be empty - only more honest and lighter.





Live It Today

Choose one relationship and ask: what would both love and respect do here today?

Question to Take with You

Which relationship needs more respect, clarity or repair today?

Date: _____

My Stillness Today

One sentence to keep

“Love becomes believable in the way we treat one another.”



Clear the Inner Room



INSPIRATION

“Light does not only help us see beautiful things; it also helps us clean up honestly.”

LIGHT IN THE STILLNESS

Reflection

In this meditation, the “inner room” is not only a place of rest; it is also a place where we can clean up honestly. Old grievances, shame, guilt and half-forgotten hurt take up space. Seeing them is not the same as remaining trapped in them. Jeanette’s image of light is practical here: light is useful because it helps us see better. Once you can see what is lying around, you can decide what needs repair, naming, forgiveness, discussion or release. For deep trauma or overwhelming pain, professional support can be part of the work of clearing the room.

Meditation

Hello, friends. Today we are not only going to rest in our inner room; we are also going to do a little clearing. Light is useful because it helps us see what has lain in the shadows for a long time.

Master, give me courage to look honestly and wisdom to know what needs to be handled with care. Amen.

Make yourself comfortable. Breathe calmly. Imagine your inner room. A window opens and light falls in. Look around.



Meditation

Here lies an old grievance you have carried for years. There is a mistake for which you still punish yourself. In a corner is a conversation that was never resolved. There are also things that cannot be solved by a simple “let it go” - deep hurt, trauma, loss.

You do not have to pick those up alone. Simply notice where support or professional help might be part of the clearing work. Begin with something small and manageable.

Pick up one grievance. Ask: Is a conversation, a boundary, an apology or a decision needed? Pick up one guilt. Ask: Can I repair something? If not, can I keep the lesson without punishing myself endlessly?

Clear a little space on the floor. See how the light now reaches farther into the room. The goal is not for the room to become perfect. The goal is that you no longer have to pretend the clutter does not exist. Sit now in the clearer space. Be still.

When you are ready, return with one small clearing action for real life. One call. One boundary. One appointment. One act of forgiveness. One thing released.



Live It Today

Clear one small part of your inner or outer “room” - just one.

Question to Take with You

What has been lying in my “inner room” for a long time because I did not want to look at it?

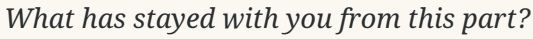
Date: _____

My Stillness Today

One sentence to keep

“Light does not only help us see beautiful things; it also helps us clean up honestly.”

The Heart Between People



PART VI



Light for the World

Stillness becomes full when it ultimately becomes love, service and peace.





Be a Channel of Love

INSPIRATION

"You do not have to be the source in order to be a good channel."

LIGHT IN THE STILLNESS

Reflection

Jeanette's image of a channel gathers much of her work into one idea. A human being does not have to be the source of all goodness. You do not have to drain yourself empty in order to have value to others. You receive, and what you receive can move through you: attention, patience, a listening ear, practical help, a meal, a phone call, a calm presence. The image also protects against the ego of "I must save everyone". A channel does its part and lets the water flow. It knows it is not the whole river.

Meditation

Good day, friends. Today we use the image of a channel. A channel does not make the water; it allows water to flow to where it is needed. It is a good image for love and service because it reminds us that we do not have to carry everyone's problems ourselves.

Loving Creator, let me be open enough today for love to move through my hands, words and attention. Amen.

Relax. Breathe calmly. Imagine a clear mountain stream. Smaller channels run from the stream towards gardens, animals and people. You are one of those channels. Water moves through you towards a plant that is dry.



Meditation

Think of the people in your life who sometimes need a little attention. Someone may come for coffee, but what he really needs is for someone to listen. Someone else needs practical help: transport, food, a task, information, an appointment. Another person may need professional care, and you can help connect that person with the right help.

You do not have to be the source of all the answers. Feel how the channel does not become empty because water moves through it. What matters is that it stays open and does not store up the water merely to prove its own importance.

Think of one person. What is the appropriate form of love? Listen? Act? Refer? Rest? A boundary? A prayer? Become still.

When you return, choose one small way in which love can flow through you today. Do only your part, and let the river be greater than you.





Live It Today

*Let love flow today through one appropriate act:
listen, help, refer, pray, or set a boundary.*

Question to Take with You

*Where can love move through me today without my having to
solve the entire problem?*

Date:

My Stillness Today

One sentence to keep

*"You do not have to be the
source in order to be a good
channel."*



Share the Light: Discover How You Can Serve



INSPIRATION

“Service often begins with what is already in your hands.”

LIGHT IN THE STILLNESS

Reflection

Service can easily sound large and impressive, but Jeanette brings it back to the abilities already in your hands. Physical strength, creativity, humour, knowledge, a voice, cooking, transport, gardening, advice, prayer, time - all of these can become service when they are given with attention and respect. The question is not which talent is most important. The question is which need is close enough today for you to do something real. Service that grows out of stillness does not always need recognition either.

Meditation

Good day, friends. Stillness is not meant to keep us out of the world. We become still so that we can return with greater strength, clarity and love to the people and tasks waiting for us.

Master, thank You for the example of a life in which prayer and service belong together. Show me how I can serve today. Amen.

Relax and breathe calmly. Think about your physical abilities.



Meditation

What can your hands do? Perhaps you can tend a garden, transport someone, carry something, cook food, repair something broken, or finish a task that is overloading someone else.

Think about your creativity. Can you write, sew, draw, organise, cook, plan, make music, or find a clever solution? Think about your emotional presence. Is there someone who does not need advice, but simply someone who can listen calmly? Think about your knowledge. Who could benefit from something you have learned through experience?

Think about your voice. A message, a phone call, a sincere thank-you or a word of recognition can change a day. Service does not have to be dramatic. It is often the good use of an ordinary ability at the right time.

Become still now and ask: Who or what is close enough today for me to do something real? When a name or task comes to mind, keep it simple. Choose one act. Do it without making yourself the hero of the story.



Live It Today

*Offer one skill, one hour or one piece of attention
where it can genuinely be useful.*

Question to Take with You

*What ability do I already have that could make someone's day
practically lighter?*

Date: _____

My Stillness Today

One sentence to keep

*"Service often begins with
what is already in your hands."*



Here I Am, Send Me

INSPIRATION

“Availability becomes meaningful when it is given a place, a task and a person.”

LIGHT IN THE STILLNESS

Reflection

“Here I am” begins with the word here. That is an important detail. Service can easily become a vague ideal while the person in front of you, the task on your desk, or the problem in your street is overlooked. Jeanette’s meditation uses a series of coloured flowers as symbols for different gifts: physical strength, creativity, clear thinking, love, communication, insight and spiritual devotion. The purpose is not to prove an anatomical system; it is an imaginative exercise that helps you ask: What do I have to offer?

Meditation

Hello, friends. Today we think about the words: Here I am, send me. The important first word is “here”. I can serve only from the place where I am truly present.

Beloved Master, show me what I can do today with the gifts already entrusted to me. Amen.

Make yourself comfortable and breathe calmly. Now imagine seven flowers opening one by one.



Meditation

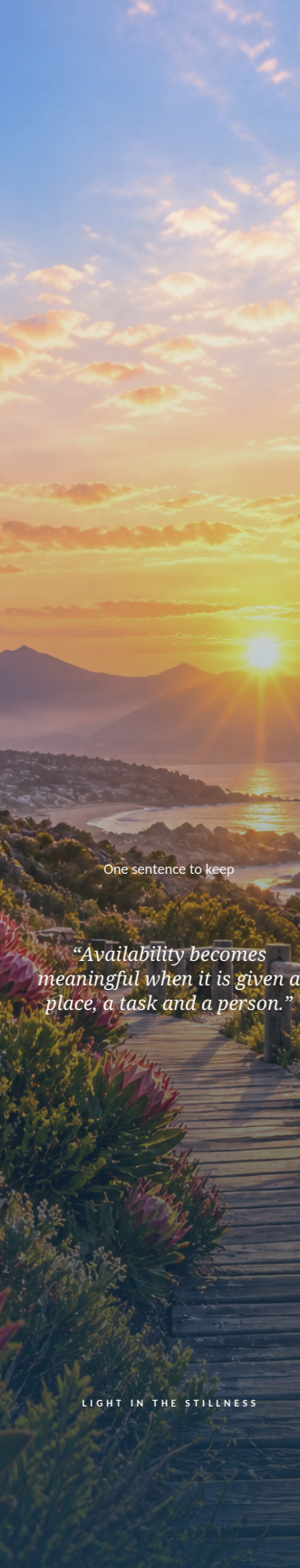
They are simply symbols to help you remember what you have to give. A red flower reminds you of physical strength and practical ability. Where can your hands help? An orange flower reminds you of creativity and joy in life. What can you make, repair, prepare or rethink?

A yellow flower reminds you of clear thinking. Where is sound judgment needed? A green flower at the heart reminds you of love and compassion. Who needs to be noticed today? A blue flower reminds you of your voice. What truth needs to be spoken gently but clearly? What word of encouragement can you give?

A dark blue flower reminds you of insight. Where should you listen before you respond? A purple flower reminds you of devotion. What work do you want to do with integrity today, even if no one notices?

Become still and ask: How can these gifts be used today in an ordinary, concrete way? You do not have to receive a grand mission. Sometimes the answer is a phone call, a task done well, an apology, a lift, a plate of food, or the choice to treat someone with respect.





Live It Today

Say yes to one manageable form of service that fits your gifts and capacity.

Question to Take with You

If I say “here I am” today, which concrete place and person are already in front of me?

Date: _____

My Stillness Today

Based on historical recording #123 · 2024-07-15



Make the World Better by Being Present

INSPIRATION

"The world is also changed by the quality of small spaces."

LIGHT IN THE STILLNESS

Reflection

The world is not shaped only by major policies and major events. It is also shaped by millions of small interactions. Jeanette asks: What do you bring with you when you enter a room? Is there more tension after you have spoken, or more clarity? Do you make the people around you smaller, or help them keep their dignity? Presence is therefore not passive. Your tone of voice, facial expression, patience, tidiness, responsibility and willingness to help create a microclimate around you.

Meditation

Hello, friends. Today we look at the small world around us. Every person helps create an atmosphere. We do it through our tone of voice, our habits, the way we care for a space, and the way other people feel when they are near us.

Dear Master, help me notice what I add today to the world around me. Amen.

Close your eyes and think of the place where you are now. Is there something small you can do to make it calmer, tidier or more welcoming? Think of your home, workplace or the places where you regularly meet people.



Meditation

What do you bring with you when you walk in? Are people on guard against your mood, or can they breathe? This does not mean that you always have to be cheerful. It means taking responsibility for the way you place your heavy emotions on other people.

Think about yesterday. Did you thank someone? Did you finish what you promised? Did you listen to someone? Did you make a problem larger through gossip or smaller through clarity? Choose one simple act for today.

Put something right. Call someone. Say thank you. Stop complaining about one thing you can actually do something about. Help without seeking attention.

Become still. Feel how the idea of “making the world better” becomes smaller and more achievable. It begins with the quality of the few square metres in which you move today.



Live It Today

Put your phone away for ten minutes and give one person your full presence.

Question to Take with You

What atmosphere am I helping to create today in my home, work or community?

Date: _____

My Stillness Today

Based on historical recording #129 · 2024-08-26



Become a Peacemaker



INSPIRATION

“Peace is not weakness; it is strength that does not destroy unnecessarily.”

LIGHT IN THE STILLNESS

Reflection

Making peace is different from avoiding conflict. Sometimes peace requires truth to be spoken clearly. Sometimes it asks you not to answer with the same aggression. Sometimes it means a boundary, a compromise, an apology or a difficult conversation that still preserves respect. Jeanette brings the large word “peacemaker” down into everyday life. You do not have to be a world leader. You can begin with the way you respond to a rude person, how you handle a misunderstanding, and whether your ego always has to have the last word.

Meditation

Good day, friends. Today we think about the word peacemaker. Making peace is not the same as always keeping quiet or avoiding conflict. It is the art of carrying truth, self-respect and respect for the other person together.

Dear Master, show me how I can make peace today without being afraid of honest conversations. Amen.

Think about your everyday life. Someone speaks rudely to you. Another person makes an unreasonable demand. Someone accuses you unfairly. Your first reaction may be to strike back with the same energy.



Meditation

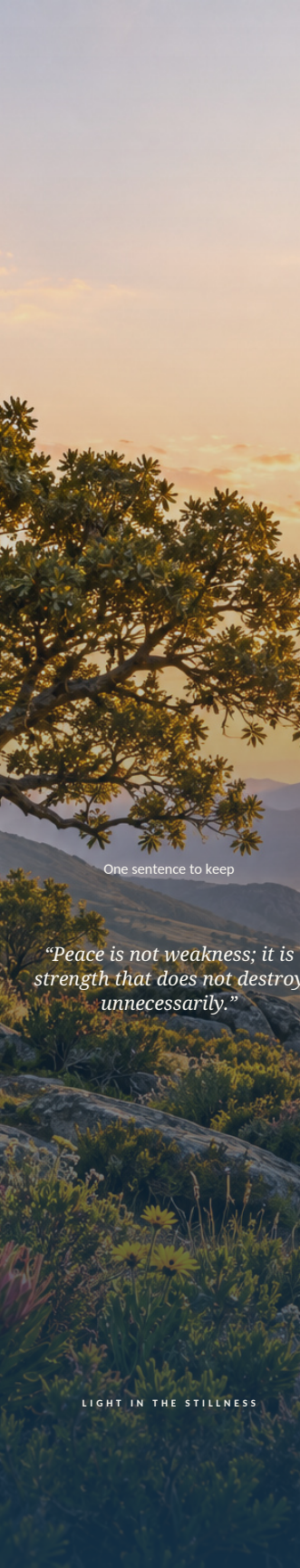
Breathe first. Ask: What is the purpose of my next words? Do I merely want to win, or do I want the situation to end better?

Peace can sometimes mean: No, that is not acceptable - but without humiliation. It can mean: I hear you, but I do not agree. It can mean postponing a conversation until everyone is calmer. It can also mean admitting your own mistake.

Now imagine a difficult conversation ahead of you. See yourself upright, calm and clear. Your voice is not weak; it is controlled. Your goal is not to defeat the other person, but to serve truth and limit harm.

Become still and ask for wisdom. When you return, choose one phrase that can help you not to be driven by your first impulse: "Let me listen first." Or: "We do not have to hurt each other to sort this out."





Live It Today

Lower the temperature of one difficult conversation today with a calmer tone or a better question.

Question to Take with You

Where can I be both firm and peaceful today?

Date:

My Stillness Today

One sentence to keep

“Peace is not weakness; it is strength that does not destroy unnecessarily.”



Light for South Africa



INSPIRATION

“Hope for a country grows stronger when prayer and responsibility meet.”

LIGHT IN THE STILLNESS

Reflection

Love for a country does not have to be blind to what is going wrong. It can mean caring enough to look honestly and contribute where you stand. Jeanette's prayers for South Africa move repeatedly between nature, children, workers, leaders, schools, communities and the hope of a country in which people live together with greater integrity and care. This meditation is not party-political propaganda. It is a prayer for the people, the land, the institutions and the everyday choices from which a country is built.

Meditation

Good day, friends. Today we become still for South Africa. Loving a country does not mean denying its problems. It means taking its people, nature and institutions seriously enough to pray for better and to live better where we stand.

Heavenly Father, we bring our country before You today. Give wisdom to people who carry responsibility. Protect the vulnerable. Make us ourselves more honest, more courageous and more willing to serve. Amen.

Breathe calmly. In your mind's eye, see the map of South Africa, but do not stop at borders. See landscapes: coast, Karoo, mountains, towns, cities, farms, rivers and dry plains.

Meditation

Think of children who need to learn and grow up safely. Think of teachers, healthcare workers, farmers, workers, entrepreneurs, police officers, community leaders, artists, parents, and people who do daily work that never appears on television.

Send gratitude in your thoughts towards people who work with integrity. Pray for clarity where there is corruption, violence, neglect or despair. Think also of your own place. A country is not built only in parliaments. It is built in homes, schools, streets, businesses, and in the way people treat one another.

Ask now: What is my part? Perhaps it is small: pay honestly. Keep your word. Do not litter. Help a child. Be a good neighbour. Do your work properly. Act when something is wrong. Vote responsibly when the time comes. Support what works well.

Become still for a few moments. Let your love for the country be more than a feeling. Let it become one responsible action today.



Live It Today

Make one small part of your street, workplace, home or community better today than you found it.

Question to Take with You

What is one concrete way I can make the place where I live a little better this week?

Date:

My Stillness Today

One sentence to keep

“Hope for a country grows stronger when prayer and responsibility meet.”

Notes from

Light for the World



What has stayed with you from this part?

Make room. Breathe. Let one sentence be enough.



Closing: Return to Stillness



When a book about meditation comes to an end, there should not be a feeling that you now need to know even more. Rather, that you need less: a chair, an ordinary breath, an honest moment, an open hand, a single question and gratitude for something small.

Jeanette's archive moves through water, trees, clouds, light, roads, flowers, mountains, the Karoo and even a cup of coffee. The images differ, but the movement remains the same: become still enough to receive again; receive enough that fear does not have to manage everything; and let what you have received flow outward again in love, respect, service and peace.

You do not have to understand the whole of life today. You only need to be present enough for the next good step.

Let us become still.

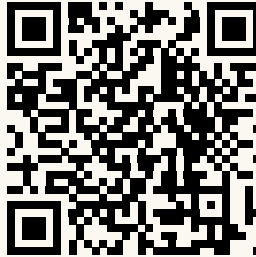


Listen Along



This book is a reading edition. The historical project also includes a public listening collection of selected recordings.

Use the code below to visit the listening page.



Introduction to Meditations by Jeanette Basson

<https://inleiding-tot-meditaties-jeanette-basson.pages.dev/>



Source Notes



Each chapter was developed primarily from the historical recording listed below. The archive titles and dates are retained here so the book can always be traced back to its source. The historical archive also contains alternative versions, fragments and other material not selected for this edition.

1. Return to the Upper Room

Recording #208 · Return to the Upper Room: A Basic Stillness Technique · 2026-04-13

2. The Sound of Gentle Stillness

Recording #033 · The Sound of Gentle Stillness · 2023-02-06

3. The Island of Stillness

Recording #135 · The Island of Stillness · 2024-09-30

4. Still in the Moment

Recording #311 · Still in the Moment: Without Visualisation, into the Stillness · Unknown

5. Surrender to the Stillness

Recording #027 · Surrendering to the Spirit in Stillness · 2022-10-24

6. Listen to Be Refilled

Recording #062 · The Listening Meditation: Recharging in Stillness · 2023-05-08

Source Notes



7. Thank You for This Body

Recording #013 · A Meditation in Self-Love and Gratitude · 2022-10-10

8. The Pearl Within You

Recording #101 · The Pearl Within: Remembering Your Worth · 2024-02-19

9. You Are Light

Recording #042 · You Are the Light · 2023-02-20

10. Gratitude for the Breath

Recording #179 · Gratitude for the Breath · 2025-05-19

11. See Yourself Through the Father's Eyes

Recording #214 · See Yourself Through the Father's Eyes · 2026-05-25

12. Your Life Journey

Recording #196 · Your Life Journey: Listen to the Guide Within · 2026-01-19

13. The Seed in the Karoo

Recording #012 · The Seed in the Karoo: The Cycle of Life · 2022-10-03

14. The Wisdom of Water

Recording #023 · The Wonder and Wisdom of Water · 2022-11-21

15. Under the Tree

Recording #077 · The Living Wisdom of a Tree · 2023-08-28

16. The Wonder of a Leaf

Recording #199 · The Wonder of a Leaf · 2026-02-09

Source Notes



17. Prune the Fruit Tree of Your Life

Recording #163 · Prune the Fruit Tree of Your Life · 2025-04-14

18. The Avenue of Spring

Recording #237 · The Avenue of Spring: What Nature Teaches Us · 2026-08-17

19. Above the Storm

Recording #021 · Above the Storm: Rising into Peace · 2022-11-07

20. Light Behind the Dark Cloud

Recording #169 · Light Behind the Dark Cloud: Trust in Times of Illness · 2025-05-12

21. The Still Pool After the Storm

Recording #184 · The Still Pool After the Storm · 2025-10-13

22. The Fish Eagle Above the Storm

Recording #213 · The Fish Eagle Above the Storm · 2026-05-18

23. The Lifeboat of Hope

Recording #236 · The Lifeboat of Hope: Calm in a Crisis · 2026-08-10

24. In Stillness and Trust Lies Your Strength

Recording #102 · In Stillness and Trust Lies Your Strength · 2024-02-26

25. The Layer of Ice Over the Heart

Recording #171 · The Layer of Ice Over the Heart: Compassion and Care · 2025-05-26

26. The Ravine of Forgiveness

Recording #191 · The Ravine of Forgiveness: Let the Burden Go · 2025-12-01

Source Notes



27. A Grateful Heart and a Cup of Coffee

Recording #192 · A Grateful Heart: The Journey of a Cup of Coffee · 2025-12-08

28. The Little Boat and the Three Bags

Recording #198 · The Little Boat and the Three Bags: Letting Baggage Go · 2026-02-02

29. Love, Respect and Forgiveness

Recording #323 · Relationship Meditation: Love, Respect and Forgiveness · Unknown

30. Clear the Inner Room

Recording #138 · Clearing the Inner Room: Forgiveness and Light · 2024-10-21

31. Be a Channel of Love

Recording #011 · Be a Channel of Love · 2022-07-11

32. Share the Light: Discover How You Can Serve

Recording #063 · Sharing the Light: Discovering How You Can Serve · 2023-05-15

33. Here I Am, Send Me

Recording #123 · Here I Am, Send Me: Offering Your Gifts in Service · 2024-07-15

34. Make the World Better by Being Present

Recording #129 · Making the World Better Through Everyday Presence · 2024-08-26

35. Become a Peacemaker

Recording #133 · Becoming a Peacemaker in Everyday Life · 2024-09-17

36. Light for South Africa

Recording #154 · Light for South Africa: A Prayer for the Country · 2025-02-24

About the Historical Archive



The source material for this edition comes from Jeanette Basson's meditation recordings, built up over several years. The historical archive is intentionally more complete than the book: it preserves not only finished meditations, but also test recordings, fragments, alternative versions and other source material.

The distinction matters. An archive preserves history. A book selects, orders and shapes a reader's journey. This edition therefore does not try to replace the complete archive; it seeks to place the strongest recurring themes in a form that can be read and used again over many years.

Editorial Principles

Preserve Jeanette's core voice. Invent no biographical facts. Do not silently rewrite uncertain source material as though it were certain. Time-bound detail is shortened only where it improves the long-term readability of the meditation. Medical or mental-health claims are not presented as professional advice.



Acknowledgements

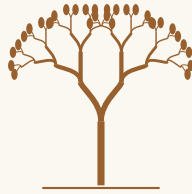


Original meditations and voice: Jeanette Basson.

Historical archive compilation: A.P. Daschner. Editorial book development and compilation: A.P. Daschner.



The new landscape images were created with AI for this illustrated redesign. The two supplied PNG examples established the visual direction.



May you find a place of stillness.

May you remember there what matters.

*And may you return with more love to the world waiting for
you.*



JEANETTE BASSON



May you find a place
of stillness.



And may you return with more love to the world waiting for you.

LIGHT IN THE STILLNESS

JEANETTE BASSON