

JEANETTE BASSON

Light in the Stillness

Rest for your heart
in a busy world

TEN MEDITATIONS AND REFLECTIONS

PREVIEW EDITION • SEPTEMBER 2026

For the days that feel full

You do not need a quiet life before you can find a quiet moment. This little book begins where you are today: among the work waiting to be done, the people you care about, and the thoughts that do not always settle down.

In Jeanette Basson's meditations, ordinary things become an invitation to look more closely. A leaf. A cup of coffee. Light on water. Through prayer, imagination and attention, she repeatedly leads the reader back to the presence of the Spirit.

The ten pieces in this preview edition form a small journey. We begin by becoming still, discover gratitude and wonder, make room for forgiveness and compassion, and carry the light back into the world.

There is no schedule to keep. Choose the piece that calls to you today, read slowly, and let the silence after the words become part of your reading.

ABOUT THE TEXT

This is a preliminary reading edition based on automatic transcriptions. Paragraphs, punctuation and a few language errors have been edited; the text has not yet been verified against the original audio.

The introduction, short chapter introductions and "Take It With You" questions are editorial additions. Jeanette's meditations begin with her words of greeting. A dagger (†) marks an uncertain reading; see the notes at the back.

The path through this little book

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*Ten encounters with stillness, creation
and the light we can share with others.*

01

STILLNESS

The white cloud of silence

When the day is still tugging at you, a simple image can help you come to rest.

Hello, friends. Today we return to a very simple meditation. Once again, it is only an introduction to your own meditation, which is ultimately the purpose of these exercises. A person needs to bring themselves into focus in order to become still and communicate with the Spirit.

Let us begin with a form of the Lord's Prayer.

Our Father in heaven, hallowed be Your name. Let Your kingdom live in our hearts. May Your will be done on earth as it is in heaven. Thank You for my daily bread, for all the gifts from Your hand, exactly what I need today. Thank You that You forgive me unconditionally and completely, as You also expect of me, so that I may be free. Thank You that You do not let me fall into temptation, but deliver me from evil, including the evil within myself. What is Your will for me today?

Become still in your mind and feel yourself relax completely. Think of your toes, feet, legs, lower body, upper body, neck and back, shoulders, head and face. Are all the muscles comfortable and relaxed?

Now, in your mind's eye, see a flight of steps leading upward into a bright white cloud above you. Someone is waiting for you there in the cloud. With every deep breath, climb one step. Another deep breath and another step. Your head begins to enter the cloud. One more. You are now halfway into the cloud.

One more. Now you are completely inside the brilliant white cloud. The silence here is so complete that everything around you fades away. You are in a space beyond space and time. You wait. Words are not necessary. The Spirit knows your deepest need. Feel as though you are merging with and becoming part of the cloud. The silence fills you with a peace you cannot describe.

Get the sense that someone is looking at you with joy, compassion and humour, like a parent watching a toddler learning to walk. Love surrounds you, nourishes you, fills your being. If that is all that happens today, it is enough. May you have a blessed week.

TAKE IT WITH YOU

What would it mean today simply to rest for a while in the presence of love? Leave a quiet moment open before you begin your next task.

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02

INNER REST

The still pool after the storm

The storm has left its traces. Yet the water can become still again.

Good day, friends. We all sometimes go through turbulent times, when the storm winds of life blow us off balance. Today we try to counter those storms by returning to the still pool of our inner room, where, together with the Master, we can say to the storm: Hush, be still.

First make yourself comfortable, take a few deep breaths, and breathe out all the negative thoughts. Heavenly Father, Your holy presence fills me with awe. Help me now to become calm and to hear Your voice in my mind. Deliver me from the evil within myself, the thoughts that want to force me off course. Amen.

In your imagination, return to the still pool of water, a dam or a pan that we have visited before. Earlier in the day a storm wind churned up the water, and it seemed as though it could never become calm again. But the wind has died down, and now, at sunset, the water lies before you like a mirror, with the golden glow of the setting sun upon it.

Breathe calmly, almost soundlessly, and notice the reflections in the water. Plants on the bank, wisps of cloud sailing through the golden glow. Become quiet.

Realise for a moment that you can carry this golden reflection of light and calm through your life and example into the world around you.

Now let your thoughts become still. Simply be present in the moment. Listen. Perhaps a verse of Scripture comes to mind. Or a thought that says, You are my beloved child. Or, Be still before God, my soul, for my hope comes from Him.

Feel the peace of a holy, loving presence around you. Remain in this silence until you feel satisfied. Carry the calm of this moment with you through the week, and reflect it outward into the world. Peace to you.

TAKE IT WITH YOU

Which thought from this meditation would you like to carry with you through the week?

For a moment, look at light on a still surface: water, a wall, or the floor beside a window.

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03

GRATITUDE

Gratitude for the breath

We often notice the breath only when it becomes difficult. Today we give attention to this simple gift.

Hello, everyone. It is time to focus again on gratitude, and today we give our attention to the breath. Take a lovely deep breath. If you have ever fought for breath, you will know how grateful a person can be simply to breathe. During the COVID period, many people had this experience. People with asthma and others can also testify to the distress that overwhelms a person when they cannot get their breath.

Breathe in again. Breath is regarded as the feminine aspect of the divine, the one that gives life. The Jewish word *ruach*, meaning breath, is feminine. Remember how God breathed the breath into the human being, and the person became a living soul.

Breathe in, and feel how the breath surrounds you like the arms of a mother. The sense regarded as the most primitive, the one that can bring memories from the past back to you, is the sense of smell in your nose. The scents you breathe in. The fragrance of roses may make you long for your mother's rose garden.

Or think back to an orange orchard† in blossom in spring. Or a grove of blue gums. The smell of damp earth after the first summer rain. Or the fragrance your loved one wears. Or what about a plate of delicious food that makes you hungry? Or a cup of coffee to wake you up.

Smell can also warn you: leaking gas, food that is no longer fresh, a fire in or near the house. It can save your life.

How grateful we can be for the fresh air we can breathe in our country. It is the source of life for us. The first thing we do when we are born, the last when we die, before the Divine goes with us into the valley of death.

We are now going to breathe rhythmically and gratefully seven times. Draw the breath deeply in from the bottom of your body to the top, and breathe all the air out each time.

One, in, thank you, out. Two, in, thank you, out. Three, in, thank you, out. Four, in, thank you, out. Five, in, thank you, out. Six, in, thank you, out. Seven, in, thank you, out.

Relax now and allow the Holy Spirit to take over and lead you into the silence. May you have a blessed week.

TAKE IT WITH YOU

Which scent brings back a precious memory for you?

Today, notice one familiar scent and the memory that comes with it.

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04

THE EVERYDAY

The journey of a cup of coffee

Even an ordinary cup of coffee connects us with people we will never meet.

Good day, friends. If someone were to ask me what the secret of inner happiness is, I would have only three words: a grateful heart. There is much to complain about and much to worry about, but there is always far more for which we can give thanks. That is why I would like to devote this final meditation of the year to gratitude.

Become still, make yourself comfortable, and take a few deep, slow breaths. Beloved Creator, You bless us every day with a new opportunity to live. Today I simply want to sit at Your feet and say thank You for my life and everything that comes with it. Amen.

How did your day begin? Perhaps with a cup of coffee or tea. Think for a moment about where your morning drink came from.

Think of the tea and coffee plantations, far away. Of the people who work there, the rain and sunshine that make the plants grow, the beans that must be picked† by other people, the ships that transport them, crewed by still other people, warehouses, more people, shops, more people.

How many people are there whom you can thank for your cup of coffee this morning? Walk through your day: sunshine or rain, the flowers in your garden, the clothes you wear, the transport you have, the work you do, the people who cross your path. Become still and simply realise: you are alive.

And because you are alive, you have a chance to let your light shine. Even if only through your love and your attitude. Become still in deep gratitude for what you still enjoy and receive†, even if your circumstances are not ideal.

And feel the stream of gratitude flowing from your heart, touching the earth around you and the people in your life.

Your greatest gratitude is the knowledge that you, one small human being, were placed here by the Creator because you matter in His great plan.

I wish all of you a joyful and blessed Christmas season. If all goes well, you will hear from me again early in the new year. Thank you to everyone in this little group. I appreciate your dedication. Goodbye.

TAKE IT WITH YOU

Whose unseen work made your day easier today?

Thank one person for something you usually take for granted.

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05

WONDER

The wonder of a leaf

A leaf is small enough to hold in your hand, yet large enough to change your attention.

Hello, friends. I was reading again recently about how important the role of wonder is in our spiritual life. It does not mean that you simply say, Oh, look at that beautiful flower, but that you look at it intently for at least a few minutes and take it in, so that you experience its wonder anew in the moment. It brings you again under the impression of the wonderful love with which everything was created.

So today I ask you first to find a leaf. It can be in your flowerpot, on a potted plant, or outside on a shrub or tree. I will give you a moment.

Beloved Master, show me today a small part of the wonder of Your creation. May it deepen my experience of Your love for everything and everyone, and give me a greater understanding of Your true nature. Amen.

Look at the shape of the leaf, the colour. The outlines. Why might it have been formed in just this way? Look at the top surface, the texture.

Turn the leaf over. The underside looks completely different. The lines running from the little stem, giving shape and strength, are clearer. They also carry nutrients to the leaf, almost like the veins in your body.

Why is the colour different? Why do all leaves not look the same? How much love must have gone into the planning of the leaves of every plant.

What is the work of this leaf today? How many leaves would a plant need? How wonderful is every part of this immense creation in which we have been placed, so that, like this leaf, we too may play our role for a little while in eternity.

This week, look at the creation around you with new wonder. Make it a habit to become still for a moment before something in creation: a small feather, a little animal, a snail. May it be a week of wonders.

TAKE IT WITH YOU

What did you notice when you looked at the leaf for longer than usual? Tomorrow, choose another small thing from nature and look at it quietly.

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06

FORGIVENESS

Light in your inner room

In the light of the inner room, there is also space for gentleness towards yourself.

Hello, friends. When I was preparing for this meditation, I was not satisfied with my first attempt. So I went into my inner room and again asked the Spirit for guidance, because the first time I had misunderstood. Today's meditation is the answer to my request that I received from the Spirit.

Make yourself comfortable, breathe as we have learned, and become still in your inner room. Now listen to the message of your Master.

Your inner room needs my light. Light does not shine in order to be seen, but to help a person see better. When you can see clearly, you will notice all the clutter of your life lying around in your inner room, and you will begin to clear it away.

Old grievances† that you have carried with you since childhood and almost forgotten - forgive. Old hurts† from years ago. Forgive.

Times when you hurt someone else - ask forgiveness, and forgive yourself. Mistakes you made that you are too ashamed even to think about - forgive yourself. I did long ago.

Use your time; throw all the clutter away. Think carefully back. I, the spirit, will help you. As you clean, your own light becomes brighter and brighter. You become the light. Not in order to be seen, but to be a light for others†.

You never need to point out someone else's faults. Simply live your light. And shine. For now, enjoy the silence with me, who am always there for you. May your week be filled with light.

TAKE IT WITH YOU

Where can you look at yourself with more compassion today?

Write one kind sentence to yourself. Let that be enough for today.

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07

COMPASSION

A caring heart

Caring begins when we truly notice another person, even when we do not have all the answers.

Good day, friends. Today I want to return to an important subject: compassion. The Afrikaans word *deernis* can be translated into English as *compassion* or *kindness*. Both apply today. It was one of the most important qualities of our Master. He was not ashamed to weep with people who suffer, or over his people who did not understand. It was his compassion that brought healing to many people. Do we all follow this quality of His, or do we reserve our compassion only for those who matter to us?

Let us become still and work on this. Take a deep breath and draw the breath through your whole body. Become aware of your body, of the air filling your lungs, which is then given back to the outside air. Realise how the air is constantly exchanged to make sure that you breathe in fresh air. How wonderful that you always have new air, replenished with oxygen, to breathe in.

Father, make me still and let me hear Your whispering voice and understand what compassion is. Give me the grace to live out compassion as the Master did. Amen.

Imagine that you are in a large room, surrounded by your loved ones: brothers, sisters, husband or wife, children, grandchildren. There is a warm feeling in your heart. So much love, so much friendship and joy.

Then there is a knock at the door and you open it. Oh no, it is that rascal again who is always coming to beg. You decide to give him† a sandwich from your well-stocked table and warn him not to come complaining again.

And then you wonder: was that compassion? Really? Now your thoughts move to other scenes. People sitting in a group, hopeless, helpless. The tap is dry. There is not even a crumb of food in the house. So much misery. So much need. Everyone longs for help, or even just to be noticed.

How can I show compassion to everyone? Become still in your innermost room and ask the Spirit to guide you.

Then the knowing comes deep within you: Thank you for caring about my children. It is the caring that matters. You have now asked for help and you will receive it. You will know when and how to help. Remember, as long as your heart is in it, every drop of water you hand out helps.

Wishing you strength for the week ahead, and do not forget compassion.

TAKE IT WITH YOU

Who around you would benefit today from being truly noticed?
Give someone your undivided attention the next time you speak.

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08

RENEWAL

New life grows quietly

New growth rarely announces itself. Sometimes it only becomes visible after a long time.

Good day, friends. I hope the Easter weekend was, for everyone, a time of becoming still and reflecting on the important events we commemorated. Easter Sunday is also symbolic of renewal and new life. Today we reflect a little on what that means for you and me.

Make yourself comfortable and take a few deep breaths. New life begins quietly, unnoticed. Think of a young tree. A seed is fertilised. No one notices.

After many days the seed softens and a little root begins to grow down into the soil. Then the beginning of a growing tip lifts its head above the ground. Little leaves. A small stem. It can take up to a year before anyone notices the young tree.

So it is with the new world order that Christ introduced. The new emphasis He placed on love, compassion and forgiveness takes a very long time truly to penetrate the human psyche†. Everyone is too busy pursuing their own goals.

How can you and I, as the Creator's representatives on earth, hasten the coming of the Father's kingdom? We learn, after all, in the Lord's Prayer: Let Your kingdom come on earth as it is in heaven.

Surely we can do this only by listening to the Spirit who lives in each of us. So once again we go up to our upper room, where the Spirit is waiting for us, and we simply ask: What is Your will for me today? And we wait for an answer.

It may come immediately: a thought to help someone. Or a new project to take on, even just sending an SMS to a friend; it may become clear to you in another way.

You will know if you are attuned to hear what the Spirit wants to say to you. Respond to it, because this is how the Spirit guides His children.

In this way, the little tree of the new world order grows slowly but surely. May you have a beautiful week, and help to build the kingdom that is to come on earth as it is in heaven. Blessings to you.

TAKE IT WITH YOU

Which small beginning in your life deserves more patience?
Today, give attention to one small step you can take.

09

LIGHT AND HOPE

The lamp on the mountain path

On a dark mountain path, a lamp changes what you can see. Your presence can also light someone else's way.

Good day, friends. I trust that 2026 has started on a good note for all of you and that it will be a beautiful year for us all. The work you do on your spiritual life gives you a resilience that will help you face the most difficult circumstances with courage and calm. Our prayer for planet Earth is that the coming year will bring peace and stability, that people and animals will be treated with greater love, and that a spiritual change will take place in humanity, also through the light each of us lets shine in the world.

Today I first want to go back to Christmas. The story of the wise men who came from the East caught my attention again.

These astrologers, who studied the heavens, saw a star that indicated the coming of a king. It was therefore meant not for Israel alone, but for the whole world. From the beginning, the Christ is a ruler of the world, recognised and honoured even by the religions of the East.

When Jesus said, I am, He spoke as the Christ, not merely as the man Jesus. This tells me that the Christ Spirit is in all people, and that those who accept it will experience it. So when He says, you are the light, it means that it is the Christ Spirit within us that is the light.

Let us take a few deep breaths and become still. Heavenly Father, I am deeply grateful for Your spirit, which You have placed within me through the Christ. Give me the strength, through this spirit, to let Your light shine so that the eyes of others may see Your glory. Amen.

A light shining into your eyes can be blinding. The light you radiate is therefore not meant to be directed at you, but at what is around you.

Now imagine that you are hiking in the mountains, but you have misjudged the time. Darkness is falling and you are still high up on the mountain. You are afraid.

Then a friendly man arrives with a lamp. Suddenly you can see the path clearly. More than that, the man raises the lamp to show you the creatures of the night: a little bird sitting asleep, an owl looking at you with large eyes, a mouse running across the path, a little duiker antelope standing still and looking at you, the beautiful patterns made by the shadows of the trees.

And you realise anew the wonders of creation that a person never notices in the daytime. What an extraordinary difference the powerful lamp has made.

Now think of the difference you can make if your light can help others along their path through life. Even with a small piece of advice, or a hug on a difficult day, a smile for a tired shop assistant. A packet of leftover food for a homeless person.

Think. And be grateful that you can bring light into a dark world. May your light shine brightly this year.

TAKE IT WITH YOU

What simple gesture of yours could make someone's day a little lighter?
Choose one small act of care and make time for it today.

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10

PRESENCE

Still in the moment

At the end of this journey, we return to the moment in which we are.

Good day, friends. Today we focus on the core principle of meditation: consciously experiencing the moment you are in. For me, the purpose of meditation is, for a short time in my day, simply to be in the presence of my deepest self, where I experience the most holy. The visualisations are really used only to bring me to a still point in my being. Today we will go to that still point without visualisation.

For me it is also important, after filling myself with the energy from above, to give out as well. So today we will once again share our abundance of grace with others.

Make yourself comfortable. Make sure your back is straight and that there is nothing to distract you. You who are pure love, pure light, fill me in these moments only with Yourself. Amen.

Close your eyes, or focus with a soft gaze on one point. Listen to the sounds outside the room you are in. A car driving past. A dog barking.†

Now bring your focus to the room itself. Perhaps a refrigerator is running, or a clock is ticking. Come closer still, within yourself. Can you hear your breathing? Listen to whether you hear a ringing in your ears.

Focus on your forehead. Go into your head. You are now here, in this moment, in the silence. *I am the silence and the empty space. That is where you find me.*

Be conscious of the moment, a holy time, a holy space. Be still with me in this moment of precious time.

When you feel that you are full, open your hands and feel the energy in them. Let it flow from your heart to everyone who needs help today. Those who are close to you, and also those who are far away, very far. Everyone who comes to mind in this moment.

Then you can say thank you and end your meditation. Enjoy the week ahead.

TAKE IT WITH YOU

What did you notice in the silence that you would usually miss?

Close the book for a while. Let the next moment begin without any more words.

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The original recordings

The ten pieces come from Introduction to Meditations by Jeanette Basson, the historical archive of recordings #1–#332, compiled by A.P. Daschner on 9 September 2026.

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- 01** **The white cloud of silence**
Recording #180 · 29 September 2025 · 05:49
Source PDF: page 194

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- 02** **The still pool after the storm**
Recording #184 · 13 October 2025 · 05:07
Source PDF: page 198

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- 03** **Gratitude for the breath**
Recording #179 · 19 May 2025 · 06:33
Source PDF: page 193

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- 04** **The journey of a cup of coffee**
Recording #192 · 8 December 2025 · 05:33
Source PDF: page 206

-
- 05** **The wonder of a leaf**
Recording #199 · 9 February 2026 · 04:27
Source PDF: page 213

The original recordings · continued

Recording dates and durations were taken from the archive. The page numbers refer to the supplied source PDF.

06

Light in your inner room

Recording #138 · 21 October 2024 · 04:37

Source PDF: page 152

07

A caring heart

Recording #190 · 24 November 2025 · 05:16

Source PDF: page 204

08

New life grows quietly

Recording #206 · 7 April 2026 · 04:52

Source PDF: page 220

09

The lamp on the mountain path

Recording #193 · 5 January 2026 · 06:28

Source PDF: page 207

10

Still in the moment

Recording #311 · Date unknown · 04:32

Source PDF: page 330

Editorial notes

The dagger symbols (†) in the reading text refer to the suggestions below. These readings were inferred from context; they still need to be confirmed against the MP3 recordings. The archive's original text remains preserved.

03 · GRATITUDE FOR THE BREATH (#179)

Source transcription (translated): "spring orange orchard".

Suggested reading: "orange orchard".

04 · THE JOURNEY OF A CUP OF COFFEE (#192)

Source transcription (translated): "trees that must be picked".

Suggested reading: "beans that must be picked".

Source transcription (translated): "still enjoy receive".

Suggested reading: "still enjoy and receive".

06 · LIGHT IN YOUR INNER ROOM (#138)

Source transcription (translated): "Oh, grievances".

Suggested reading: "Old grievances".

Source transcription (translated): "Oh, hurt".

Suggested reading: "Old hurts".

Source transcription (translated): "to be changed light".

Suggested reading: "to be a light for others".

07 · A CARING HEART (#190)

Source transcription (translated): "her for him".

Suggested reading: "for him".

Editorial notes continued

08 • NEW LIFE GROWS QUIETLY (#206)

Source transcription: “sigef”.

Suggested reading: “psyche”.

10 • STILL IN THE MOMENT (#311)

Source transcription (translated): “A cruise barks.”

Suggested reading: “A dog barks.”

SOURCE AND EDITING

The text was taken from the Word version of the same archive and, apart from spacing differences, compared with the ten entries in the supplied PDF. The page numbers in the source list refer to the actual PDF pages.

The meditations have been preserved in full. Reading paragraphs, punctuation, and obvious typing or language errors were edited; a few repeated words were omitted. Shortened headings, the introduction, chapter introductions, “Take It With You” questions, back-cover text, and these notes are editorial additions. No audio verification was carried out for this preview edition.

For a future edition: confirm the marked readings against the audio and have the reading edit reviewed by Jeanette or her designated editor.

Light in the Stillness

Ten meditations and reflections

Preview edition • September 2026

The day asks a lot. Here is a moment for you.

When the noise of the world comes home with you, it can be difficult to come to rest.

In *Light in the Stillness*, Jeanette Basson invites you, through prayer, imagination and wonder, to pay attention again to the life around you and within you.

A still pool after a storm. The journey of a cup of coffee. A lamp on a dark mountain path. In these simple images, we discover room for gratitude, compassion and hope.

Open at the piece that calls to you today.

Read slowly. Stay for a while.

TEN MEDITATIONS AND REFLECTIONS

JEANETTE BASSON