



## Summit Lighthouse Guided Meditations

This is a list, by title name, of some guided musical meditations published by the Summit Lighthouse. These guided meditations can be ordered from [The Ascended Master Library](#). You can order them as an .mp3 download or in CD format.

1. Meditation on the Mother, 18:53 min.
2. Meditation on the Central Sun, 13:11 min.
3. Nada's Meditation for Healing Past Hurts, 37:44
4. Meditation on The Lord's Prayer by Mark L. Prophet, 4:02
5. Guided Meditation on Love, 21:35 and 21:56
6. A Meditation on the Holy Grail, 54:41
7. A Meditation for the Mastery of the Chakras, 22:26
8. A Meditation on the Soul's Ascent to the Central Sun of Being and the Descent to the Plane of Earth, 12:57
9. A Meditation on Zarathustra and the Masters of the Far East, 24:56
10. A Meditation on Vajrasattva and the Five Dhyani Buddhas, 37:11
11. Meditation on the Great Central Sun, 13:11
12. Meditation to The Lord's Prayer by Mark L. Prophet, 4:02
13. Meditations on the Holy Grail by Mark L. Prophet, 34:31
14. Archangel Gabriel's Chakra Meditation, 21:35
15. Spoken Meditation to "The Flame of Peace and Aloha," 5:32
16. Meditations on Becoming the Buddha, CD
17. The Buddha Comes Quietly
18. The Perfection of Alms
19. The Perfection of Courage
20. The Perfection of Goodwill
21. The Perfection of Indifference
22. The Perfection of Patience
23. The Perfection of Precepts
24. The Perfection of Renunciation
25. The Perfection of Resolution
26. The Perfection of Truth



**These guided meditations include songs and/or some decrees.**

1. Saint Germain's Heart Meditation
2. Expanding the Light of the Mother Where You Are
3. Musical Meditations for the Expansion of the Light in the Seven Chakras
4. Archangel Gabriel's Meditation
5. Expanding the Light of the Mother Where You Are
6. Guided Meditation on Love
7. Meditation for Unity
8. Meditation Workshop (Part 1 of 2)
9. The Purification of the Chakras and the Four Lower Bodies: Prerequisites for Higher Consciousness
10. Song 618 Bija Mantras for Chakra Meditations
11. Bija Mantras to the Divine Mother
12. Bija Mantras to the Divine Mother, Base-of-the-Spine Chakra Meditation
13. Violet Flame, Expand!