SEVEN LANTERNS



Seven Nights in Galway

A gentle week-long sleep ritual with Celtic harp music

LANTERN OF GALWAY

WELCOME

A quieter week begins tonight

Thank you for listening to Lantern of Galway. This little guide is our gift to you: seven evenings, each with a short calming practice, a place to picture as you drift off, and a Celtic harp mix to play while you do it.

How to use it

- [ ] Read one night each evening, about 30 minutes before you want to sleep.
- [ ] Start the music first, at a low volume, then do the practice.
- [ ] Read the scene, close your eyes and picture it. Let the music do the rest.
- [ ] In the morning, write a line in the diary at the back.

You do not have to do it perfectly, or seven nights in a row. Skip a night, repeat a favourite, fall asleep halfway through. All of that counts.

This guide is for relaxation and winding down. It is not medical advice and does not replace a doctor. If you have ongoing trouble sleeping, please talk to a health professional. During the breathing exercises, if you feel dizzy or uncomfortable, simply return to normal breathing.

THE PLACE

Galway by night

Galway sits on the wild west coast of Ireland, where the River Corrib runs into Galway Bay and the Atlantic begins. It is a small, colourful city of stone harbours, narrow streets and music drifting out of open doors.

To the west lies Connemara: a wide, quiet land of bogs, lakes, stone walls and the mountains called the Twelve Bens, often wrapped in soft mist. Out in the bay, the Aran Islands rise from the sea, criss-crossed with old dry-stone walls.

Evenings here belong to music. In pubs across the city, musicians sit around a table and play the old tunes together, one leading, the others following, for no reason other than the joy of it.

The harp is the national symbol of Ireland: you find it on its coins and its passports. Centuries ago, travelling harpers such as Turlough O'Carolan went from house to house, playing for their hosts. The music on this channel brings that harp together with the tin whistle, low strings and a soft bodhrán drum, slow and calm, like mist moving over the hills.

BEFORE YOU BEGIN

Setting up your evening

A calm night starts a little before bed. You do not need all of these. Pick the ones that are easy for you.

- [ ] **Dim the lights** an hour before sleep. A single lamp or a candle (never left burning) is enough.
- [ ] **Put your phone away** after starting the music. Turn the screen face down, or use a sleep timer.
- [ ] **Keep the volume low**, just loud enough to hear. Softer music is easier to fall asleep to.
- [ ] **Cool, dark and quiet:** a slightly cool room with fresh air helps most people sleep.
- [ ] **A warm drink** without caffeine, such as herbal tea or warm milk.
- [ ] **Same time each night** if you can. Your body likes a rhythm.
- [ ] **Sleep timer:** set one on your phone (or in the YouTube app) so the music fades out on its own and you never need to reach for the screen.

NIGHT 1 OF 7

Arrive

Tonight is only about arriving. Nothing to fix, nothing to achieve: just a slower evening than usual.

The long exhale

1. Sit or lie down comfortably and let your shoulders drop.
2. Breathe in gently through your nose for a count of 4.
3. Breathe out slowly through your mouth for a count of 6, as if cooling a cup of tea.
4. Repeat for about ten breaths. Let the exhale be the longest part.

Tonight's scene

> *Mist rolls slowly over the hills of Connemara. Everything is soft and grey and green. You hear nothing but your own footsteps on the wet grass.*

TONIGHT'S MUSIC

Mist over Connemara

Celtic harp music for sleep and relaxation · 65 BPM ·
www.youtube.com/@LanternOfGalway

NIGHT 2 OF 7

Let the day go

Thoughts about tomorrow are loudest when the lights go out. Tonight you give them a place to wait.

The worry page

1. Take a piece of paper and a pen (not your phone).
2. Write down everything still on your mind: tasks, worries, things to remember.
3. Next to each one, write the first small step and when you will take it.
4. Fold the page and put it away. It will still be there in the morning; you do not have to hold it tonight.

Tonight's scene

> *You sit by a turf fire in a small stone cottage. The fire glows orange and smells warm and earthy. Rain patters on the window, and you are dry and safe inside.*

TONIGHT'S MUSIC

Mist over Connemara

Celtic harp music for sleep and relaxation · 65 BPM ·
www.youtube.com/@LanternOfGalway

NIGHT 3 OF 7

Into the body

After a day in your head, tonight you come back into your body, one part at a time.

The slow body scan

1. Lie on your back, arms beside you, and close your eyes.
2. Bring your attention to your feet. Notice warmth, weight, tingling, or nothing at all.
3. Move slowly upward: calves, knees, thighs, belly, chest, hands, arms, shoulders, neck, face.
4. At each place, breathe out and imagine it growing a little heavier. If your mind wanders, simply return to where you were.

Tonight's scene

> *You stand at the edge of Galway Bay as the sun goes down. The water turns gold, then silver, then deep blue. Small boats rock gently in the harbour.*

TONIGHT'S MUSIC

Mist over Connemara

Celtic harp music for sleep and relaxation · 65 BPM · www.youtube.com/@LanternOfGalway

NIGHT 4 OF 7

Steady

A simple rhythm, like the slow pulse in the music, gives a busy mind something calm to follow.

Square breathing

1. Breathe in for a count of 4.
2. Hold gently for 4.
3. Breathe out for 4.
4. Hold empty for 4. Picture tracing the four sides of a square. Repeat for a few minutes.

Tonight's scene

> *You walk along an old stone wall that winds across a green field. The stones are covered in soft moss. A few sheep rest in the distance, perfectly still.*

TONIGHT'S MUSIC

Mist over Connemara

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NIGHT 5 OF 7

Release

Tension hides in the jaw, the shoulders and the hands. Tonight you find it by tightening first, then letting go.

Tense and release

1. Make two fists and squeeze gently for 5 seconds. Then open your hands and feel the difference for 10 seconds.
2. Do the same with your shoulders: lift them toward your ears, hold, and let them fall.
3. Then your face: scrunch it up, hold, and soften it completely.
4. Finish with your whole body at once, then let everything go loose and heavy.

Tonight's scene

> *You lie in the grass on a cliff above the ocean. The waves roll in far below, slow and steady, like the breathing of someone fast asleep.*

TONIGHT'S MUSIC

Mist over Connemara

Celtic harp music for sleep and relaxation · 65 BPM ·
www.youtube.com/@LanternOfGalway

NIGHT 6 OF 7

Gratitude

Ending the day on something good changes the last picture your mind takes into the night.

Three good things

1. Think back over today and find three small good things: a kind word, a warm drink, a moment of quiet.
2. For each one, recall it in detail: where you were, what you saw, how it felt.
3. If you like, write them in the diary at the back of this guide.
4. Let the last one stay with you as the music plays.

Tonight's scene

> *In a quiet corner of an old pub, a harper plays alone. The fire is low, the room is warm, and each note of the harp hangs in the air before it fades.*

TONIGHT'S MUSIC

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NIGHT 7 OF 7

Your own ritual

On the last night you choose. You now know six ways to wind down; keep the ones that worked for you.

Build your evening

1. Look back at your diary. Which nights felt calmest?
2. Choose one breathing exercise and one other practice (the worry page, the body scan, tense and release, or three good things).
3. Put them in an order and do them tonight with the music, start to finish.
4. This is your ritual now. Repeat it whenever you need a quiet evening.

Tonight's scene

> *The night is clear over the lake. Stars fill the sky and lie reflected in the black water. A lone whistle plays somewhere far away, and then the land is silent.*

TONIGHT'S MUSIC

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www.youtube.com/@LanternOfGalway

YOUR WEEK

Sleep diary

Each morning, write a few words. Print this page or copy it into a notebook.

	BEDTIME	CALM (1–5)	WHAT HELPED / ONE GOOD THING
1			
2			
3			
4			
5			
6			
7			

KEEP LISTENING

The music of Galway

Mist over Connemara

Celtic harp music for sleep and relaxation · 65 BPM
www.youtube.com/@LanternOfGalway

New mixes appear every week on www.youtube.com/@LanternOfGalway. Subscribing is the easiest way to find them.

The other lanterns

Lantern of Shiraz, Persian ambient: www.youtube.com/@LanternOfShiraz
Lantern of Yerevan, Armenian duduk: www.youtube.com/@LanternOfYerevan
Lantern of Seville, flamenco guitar: www.youtube.com/@LanternOfSeville
Lantern of Kyoto, Japanese zen: www.youtube.com/@LanternOfKyoto
Lantern of Paris, café jazz: www.youtube.com/@LanternOfParis
Lantern of Varanasi, Indian raga: www.youtube.com/@LanternOfVaranasi



Sleep well.

SEVEN LANTERNS

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