SEVEN LANTERNS



Seven Nights in Seville

A gentle week-long sleep ritual with slow flamenco guitar

LANTERN OF SEVILLE

WELCOME

A quieter week begins tonight

Thank you for listening to Lantern of Seville. 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 flamenco guitar 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

Seville by night

Seville is the capital of Andalusia, in the south of Spain, on the banks of the Guadalquivir river. Its days are hot and bright, but its nights are something else: warm, slow and full of music.

Across the river lies Triana, the old neighbourhood of potters, sailors and flamenco singers, where many say the soul of flamenco was born. In the old town, narrow streets open onto patios with fountains, blue-and-white tiles and pots of geraniums.

The city is full of orange trees. In spring their blossom, the azahar, perfumes every street. The palace of the Alcázar has gardens of fountains, palms and roses, and the Giralda bell tower watches over it all.

The music on this channel is flamenco played softly: a nylon-string guitar, gentle rasgueado strums, quiet cajón and palmas in the distance. Flamenco can be fiery, but at night it can also be the most tender music in the world. That is the side of it you will hear here.

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

> *It is midnight in Triana. The heat of the day has finally gone. You cross the old bridge slowly, and the lights of the city tremble on the dark river below.*

TONIGHT'S MUSIC

Midnight in Triana

Slow flamenco guitar for sleep and relaxation · 70 BPM · youtu.be/mYzJn-5ul00

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

> *In the gardens of the Alcázar, a fountain murmurs between the roses. From somewhere behind a high wall, a woman is singing softly, without words.*

TONIGHT'S MUSIC

Her Song in the Alcázar

Flamenco ambient with a wordless female voice · 75 BPM · youtu.be/9OzeGMLkJsQ

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 sit in a small patio lit by candles. The walls are covered in blue tiles. Above you, jasmine climbs a balcony, and its scent drifts down in the warm air.*

TONIGHT'S MUSIC

Midnight in Triana

Slow flamenco guitar for sleep and relaxation · 70 BPM · youtu.be/mYzJn-5ul00

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 lie in the shade of an orange tree. The blossom is open and the air smells sweet. A guitar plays somewhere nearby, slowly, as if it too is about to fall asleep.*

TONIGHT'S MUSIC

Her Song in the Alcázar

Flamenco ambient with a wordless female voice · 75 BPM · youtu.be/9OzeGMLkJsQ

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

> *The last tram of the night glides past the cathedral and disappears around the corner. The square is empty. Only the Giralda stands awake under the moon.*

TONIGHT'S MUSIC

Midnight in Triana

Slow flamenco guitar for sleep and relaxation · 70 BPM · youtu.be/mYzJn-5ul00

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

> *You walk along the river under a full moon. The water is still and wide. Every step is slower than the one before, until you simply stop and listen.*

TONIGHT'S MUSIC

Her Song in the Alcázar

Flamenco ambient with a wordless female voice · 75 BPM · youtu.be/9OzeGMLkJsQ

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 guitarist plays the last chord and lets it ring. Nobody moves. The candles burn low, the street falls silent, and the night belongs to you.*

TONIGHT'S MUSIC

Midnight in Triana

Slow flamenco guitar for sleep and relaxation · 70 BPM · youtu.be/mYzJn-5ul00

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 Seville

Midnight in Triana

Slow flamenco guitar for sleep and relaxation · 70 BPM
youtu.be/mYzJn-5ul00

Courtyard of Oranges

Flamenco chill guitar for focus and study · 80 BPM
youtu.be/CautJy8Py-c

Her Song in the Alcázar

Flamenco ambient with a wordless female voice · 75 BPM
youtu.be/9OzeGMLkJsQ

New mixes appear every week on www.youtube.com/@LanternOfSeville. 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



Sleep well.

SEVEN LANTERNS

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