SEVEN LANTERNS



Seven Nights in Shiraz

A gentle week-long sleep ritual with Persian ambient music

LANTERN OF SHIRAZ

WELCOME

A quieter week begins tonight

Thank you for listening to Lantern of Shiraz. 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 Persian ambient 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

Shiraz by night

Shiraz lies in a high valley in southern Iran, surrounded by mountains. For centuries it has been called the city of poets, gardens and nightingales.

Two of the most loved Persian poets are buried here. Hafez rests in a garden of orange trees and pools, and people still visit his tomb in the evening to read his verses aloud. Saadi lies a little further out of town, in a garden of his own.

The city is known for its gardens: long courtyards with water channels, cypress trees and roses. In spring the scent of orange blossom fills the streets. In the old town, the Nasir al-Mulk mosque fills with coloured light each morning, when the sun shines through its stained-glass windows.

The music on this channel borrows from that world: the shimmering santur, the breathy reed flute called the ney, and the bowed kamancheh, played slowly over a warm, distant pulse. You do not need to know anything about Persian music to enjoy it. Just let it carry you into a quiet garden at night.

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

> *Imagine the gate of a walled garden closing softly behind you. The street noise fades. A long pool of still water stretches ahead, and on its surface the moon lies perfectly still.*

TONIGHT'S MUSIC

Drift Into Silence

Persian ambient for deep sleep · 70 BPM · youtu.be/CCm3iSDIfkI

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

> *Somewhere across the garden, a voice is singing without words. You cannot see the singer. You only hear the melody drifting between the cypress trees and fading away.*

TONIGHT'S MUSIC

Her Voice in the Night Garden

Persian ambient with a wordless female voice · 75 BPM ·
youtu.be/CqEX_jRMPMo

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 lie on a carpet on a flat rooftop. The air is cool and smells of jasmine. Above you the stars come out one by one over the sleeping city.*

TONIGHT'S MUSIC

Drift Into Silence

Persian ambient for deep sleep · 70 BPM · youtu.be/CCm3iSDIfkI

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

> *A lantern keeper walks the old streets, lighting one lamp after another. Each small flame is steady and calm. Follow him slowly in your mind, street by street.*

TONIGHT'S MUSIC

Her Voice in the Night Garden

Persian ambient with a wordless female voice · 75 BPM ·
youtu.be/CqEX_jRMPMo

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

> *A caravan rests for the night at the edge of the desert. The camels are still, the fires burn low, and the only sound is a soft wind across the sand.*

TONIGHT'S MUSIC

Drift Into Silence

Persian ambient for deep sleep · 70 BPM · youtu.be/CCm3iSDIfkI

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 sit beside the tomb of Hafez as evening falls. Someone nearby reads a line of poetry under their breath. Orange trees rustle. There is nowhere else you need to be.*

TONIGHT'S MUSIC

Her Voice in the Night Garden

Persian ambient with a wordless female voice · 75 BPM ·
youtu.be/CqEX_jRMPMo

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 garden is completely dark now, except for one lantern by the water. Its light trembles on the surface and then grows still, and so do you.*

TONIGHT'S MUSIC

Drift Into Silence

Persian ambient for deep sleep · 70 BPM · youtu.be/CCm3iSDIfkI

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 Shiraz

Drift Into Silence

Persian ambient for deep sleep · 70 BPM
youtu.be/CCm3iSDIfkI

Pulse of the Old City

Persian ambient for focus and study · 80 BPM
youtu.be/cJXTWSokYTo

Her Voice in the Night Garden

Persian ambient with a wordless female voice · 75 BPM
youtu.be/CqEX_jRMPMo

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

The other lanterns

Lantern of Yerevan, Armenian duduk:
www.youtube.com/@LanternOfYerevan
Lantern of Seville, flamenco guitar:
www.youtube.com/@LanternOfSeville



Sleep well.

SEVEN LANTERNS

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