SEVEN LANTERNS



Seven Nights in Yerevan

A gentle week-long sleep ritual with Armenian duduk music

LANTERN OF YEREVAN

WELCOME

A quieter week begins tonight

Thank you for listening to Lantern of Yerevan. 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 Armenian duduk 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

Yerevan by night

Yerevan is the capital of Armenia and one of the oldest continuously inhabited cities in the world. On a clear day, the snow-capped peaks of Mount Ararat rise above the city, so close they seem to float over the rooftops.

Many buildings are made of tuff, a volcanic stone in shades of pink, apricot and rose. At sunset the whole city glows warm, which is why it is often called the Pink City.

Around it lie mountains, monasteries and quiet places: the old temple of Garni above a deep gorge, the monastery of Geghard carved into the rock, and Lake Sevan, high up in the mountains, cold and clear.

The voice of this channel is the duduk, a double-reed instrument traditionally carved from apricot wood. Its sound is soft, warm and a little sad, often played over a steady low drone called the dam. In 2005 UNESCO recognised duduk music as a masterpiece of the world's intangible heritage. Let its long, slow notes guide your breathing tonight.

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

> *The sun is setting behind Mount Ararat. The snow on its peak turns from white to apricot to rose, and the city below grows quiet as the lights come on.*

TONIGHT'S MUSIC

Ararat at Dusk

Armenian duduk meditation for deep relaxation · 70 BPM · youtu.be/YVttdn1yL2k

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 walk into the cool stone halls of Geghard. A single candle burns in the dark. Somewhere a voice hums one long note, and it echoes softly off the walls.*

TONIGHT'S MUSIC

Voice of the Mountain

Duduk meditation with a wordless female voice · 75 BPM · youtu.be/xw0i40Faau8

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 in an orchard of apricot trees. The evening wind moves through the leaves. Far away, a shepherd plays a slow melody for his flock.*

TONIGHT'S MUSIC

Ararat at Dusk

Armenian duduk meditation for deep relaxation · 70 BPM ·
youtu.be/YVttdn1yL2k

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 sit on the shore of Lake Sevan just before dawn. The water is perfectly calm and silver. Breathe in the cold, clean mountain air, and breathe out slowly.*

TONIGHT'S MUSIC

Voice of the Mountain

Duduk meditation with a wordless female voice · 75 BPM · youtu.be/xw0i40Faau8

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 stand on the steps of the temple of Garni above the gorge. Below you a river runs through the dark. The stones are still warm from the day.*

TONIGHT'S MUSIC

Ararat at Dusk

Armenian duduk meditation for deep relaxation · 70 BPM · youtu.be/YVttdn1yL2k

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

> *An old stone cross stands alone in a snowy field, carved with patterns like lace. Snow falls slowly around it, covering everything in silence.*

TONIGHT'S MUSIC

Voice of the Mountain

Duduk meditation with a wordless female voice · 75 BPM · youtu.be/xw0i40Faau8

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

> *High on the mountain, the night is clear. The stars are bright and close. The duduk plays its last long note, and the mountain holds you as you rest.*

TONIGHT'S MUSIC

Ararat at Dusk

Armenian duduk meditation for deep relaxation · 70 BPM · youtu.be/YVttdn1yL2k

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 Yerevan

Ararat at Dusk

Armenian duduk meditation for deep relaxation · 70 BPM
youtu.be/YVttdn1yL2k

Wings over Aragats

Armenian duduk for focus and inner peace · 80 BPM
youtu.be/FACohu2ISi8

Voice of the Mountain

Duduk meditation with a wordless female voice · 75 BPM
youtu.be/xw0i40Faau8

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

The other lanterns

Lantern of Shiraz, Persian ambient:
www.youtube.com/@LanternOfShiraz
Lantern of Seville, flamenco guitar:
www.youtube.com/@LanternOfSeville



Sleep well.

SEVEN LANTERNS

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