



Dear readers,

It's been a little slow with summer vacation and the three weeks.

I hope you are having a fun filled safe summer.

We all need to refresh a bit so we can get a better start and get ready for Elul and Rosh Hashana.

In the meantime here is the tutorial I have put together for those of you who would love to take part in this special MPFREE Campaign...

Have you downloaded and shared the two meditations I have put online totally free of charge? Go to <http://www.healing-israel.com/freeresources.htm> and get them if you haven't.

I am constantly working on this project to make it better... but this should not be a one person effort, I believe it would be great if we all joined in, so roll up your sleeves, type your script and tape yourself. Here is a brief tutorial on how to get this done with a few screen shots. By the way, all the research was on me, so enjoy 😊

What you need:

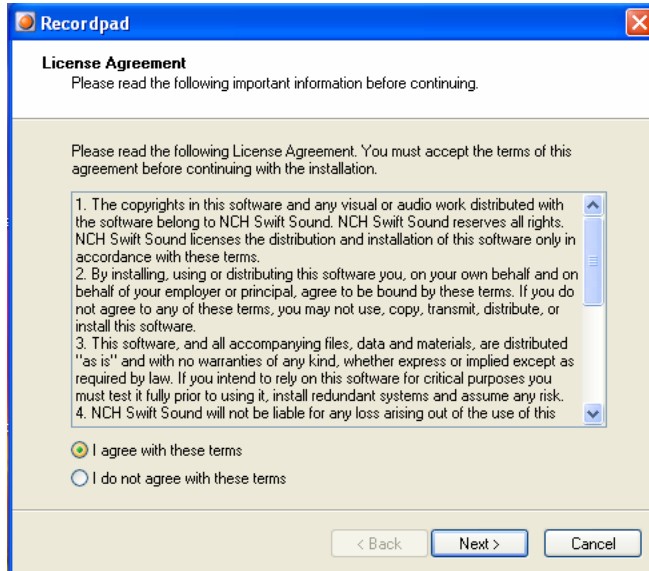
A microphone, a computer, a script and soothing music for the background.

What you do:

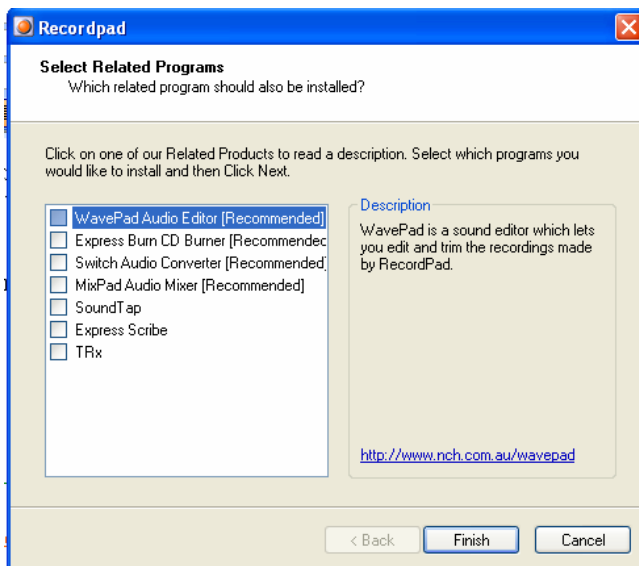
- 1- Click on the following link to download "Recordpad"
http://www.freedomdownloadcenter.com/Multimedia_and_Graphics/WAV_Players_and_Editors/RecordPad_Download.html
- 2- . This is a free trial recording software you can use for free for about two weeks, but that does the trick if all you need is to tape a

few exercises, so don't download it until you've gotten your scripts down.

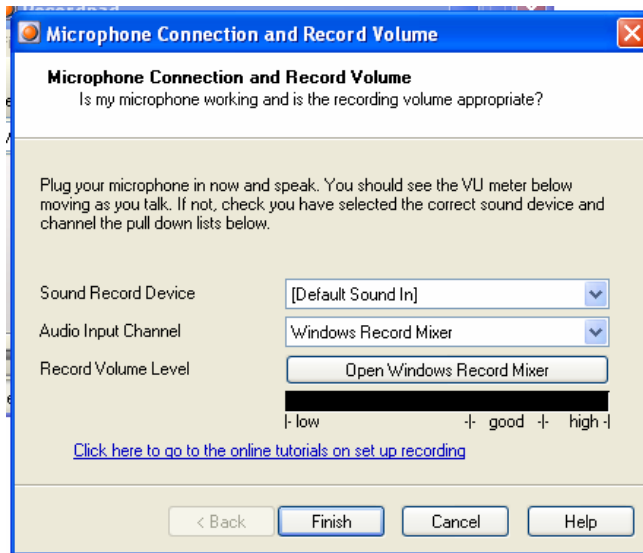
- 3- Click on the save file button to launch the download. Once download is complete follow the installation instructions as you see them in the following screenshots:



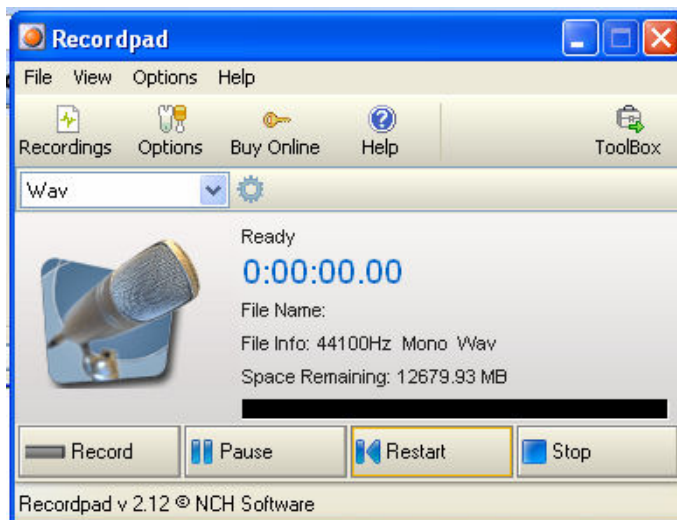
- A- Click next once you check the "I agree" option. Installation will take place, then you will see the following menu:



B- Make sure you UNCHECK all the squares in the option menu on your left, then click on the finish button below.



C- This window then pops up, follow the instructions and make sure your mike in on and plugged to your computer. Once everything is set, click on the “Finish” button below.



D- This is the functional window. Use the buttons to make your recording and tape yourself. You can view and listen to your recordings by clicking on the recording icon.

This tool is great for voice only recordings.

Send me a link to your music file and I will finish up the editing for you.

All music files have to be in mp3 format and you can upload them on a free internet file storage facility such as www.mediafire.com.

Opening an account is free and safe + it saves me and you space on the computer.

If your music is not MP3 formatted, you can get a free CD to MP3 Converter at <http://www.eusing.com/CDRipper/CDRipper.htm> it's really easy and intuitive to use AND it's completely FREE.

Voilà !

I hope this tutorial is clear and helpful. Please share your knowledge with us and help grow the network by telling everyone about it.

You may retrieve both relaxation exercises I have made so far under the free resources section of the website, so pay us a brief visit at www.healing-israel.com and share the light ☺

[Sign Up for the Healing-Israel DIRECTORY: It's FREE!!!](#)

I am currently working on an EFT Video and lots of new and exciting ideas. Want to participate? Email me at info@healing-israel.com

To unsubscribe, send a blank email to unsubscribe@healing-israel.com

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