

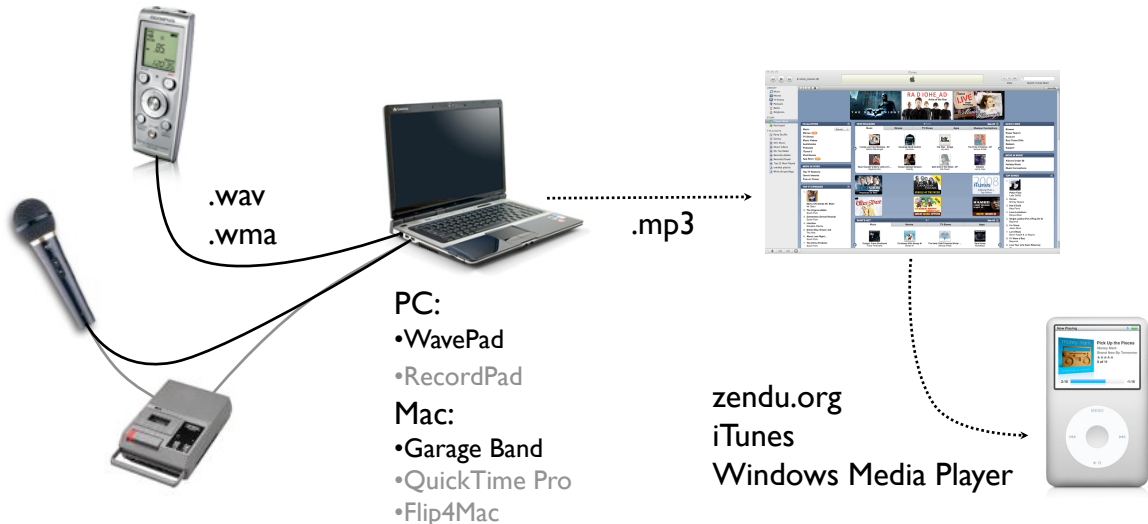
Making Yoga Nidra Audio Recordings

by David Maulsby — December 2008

1. Record

2. Edit / Convert

3. Publish



Software You'll Need

For Windows PC, get free software from <http://www.nch.com.au/wavepad/>. Download WavePad and install the optional programs RecordPad and Switch.

For Mac, use Garage Band, which comes with the Mac. If your digital voice recorder saves .wma files (Olympus does), you'll also need to buy QuickTime Pro (\$40 from apple.ca) and WMV Player Pro (\$30 US from <http://www.telestream.net/flip4mac-wmv/wmv-player-pro.htm>).

1. Record Your Program

At home, record directly to computer, using a **unidirectional microphone** (\$50). On a PC, use RecordPad software (see above); on a Mac, use Garage Band.

In class, use a **digital recorder** (recommended make: Olympus \$70). Set it on highest quality (XHQ), dictation mode.

Before you record for real, do a quick sound check. Record a few seconds of speech and play it back to make sure it's not too soft or too loud (buzzy sounding). Adjust the recording level.

If recording into Garage Band, be sure to turn Control | Metronome off.

Start recording a few seconds before you speak or sound your chime, and stop recording a few seconds after you finish. This ensures a clean start and finish; you can trim the excess later.

If you make a mistake, don't rush to cover up; instead, take a slow breath and continue. That breath will give you room to cut the mistake when editing.

2. Edit and Convert Your Audio File

If you used a digital recorder, upload the files to your computer, following the instructions that came with the recorder.

If you don't have time for computer adventures, my best recommendation is to get a tech-savvy friend or relative to edit the audio for you.

Windows PC

Open your audio file in **WavePad**.

Start playback and listen for the beginning of your program; Trim Start to that point. Tip: Use Silence Selected Region to "blank out" unwanted sound at the start of your file, and trim so you have a comfortable lead-in.

Skip to the end of your program and Trim End. You'll learn to tell by the shape of the waveform where your speech ends. Again, use Silence Selected Region or Fade Out to end your program with some silent time.

You can select and cut mistakes in your recording. I recommend you not bother with Noise Reduction, as it distorts the sound.

When done, **Save File as ".mp3"**.

Open the .mp3 file to play it in iTunes or Windows Media Player. Once in iTunes, the program will be copied to your iPod automatically.

Macintosh

If your file is in **".wma" format**, you'll need to convert it to .wav before editing. Install QuickTime Pro and WMV Player Pro. Open the .wma file in QuickTime, and export it to Wave format.

If you recorded in **Garage Band**, open the existing project; otherwise, open a new project and drag your ".wav" file into a track.

Start playback and listen for the beginning of your program. Edit | Split the track where you want your program to begin; Cut the unwanted lead-in. To silence the portion before your speech, use the Master Track volume.

Find the end of your speech, use Fade Out to silence, and Split and then Cut the end of the track.

Garage Band can suppress background noise. Under Track Info, choose Real Instrument and a Male or Female Vocal preset. Then choose "Speech Enhancer," or the Equalizer setting for "Clear Vocals" or "Reduce 'S'".

When done editing, choose **Share | Send Song to iTunes**. Choose the **MP3** encoder, Good Quality. Don't Export Song to Disk as it doesn't work for MP3's.

3. Publish Your Program via the Web

Register as a content producer at www.zendu.org. Use the Publishing Utility to upload your programs there and we'll make them available to your students, colleagues or the world at large.