

24 Hours of Peace World T'ai Chi Qigong Day

Thank you for participating in the 24 Hours of Peace web video streaming project for the 2010 World T'ai Chi Qigong Day. If you have any trouble with the following instructions, email our Project Manager at atosteson@yahoo.com.

How to record video to your computer using the Livestream Procaster application, & then send it to us via the Web.

Step 1: Double-click the icon for the LivestreamProcaster application:

- For Windows:** Start Menu > Programs > LivestreamProcaster
- For Mac OS X:** Finder > Applications > LivestreamProcaster

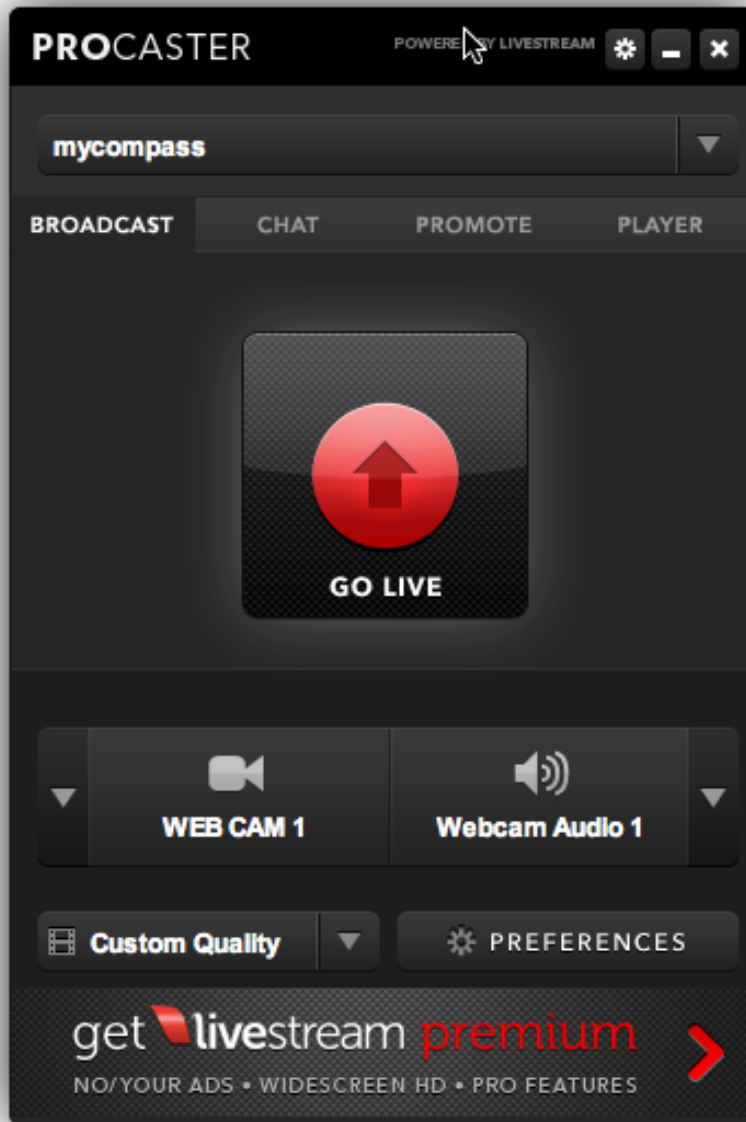
Step 2: Enter a username & password for the channel called 'MyCompass':

-I already have a username & password for this channel - If you already registered as a user for the MyCompass Livestream Channel, use the username & password you selected.

-How do I get a username & password for this channel? - if you have not registered as a user for the MyCompass Livestream Channel, email the Project Manager at atosteson@yahoo.com to get started.

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Step 3: Select Video & Audio inputs on the main window:

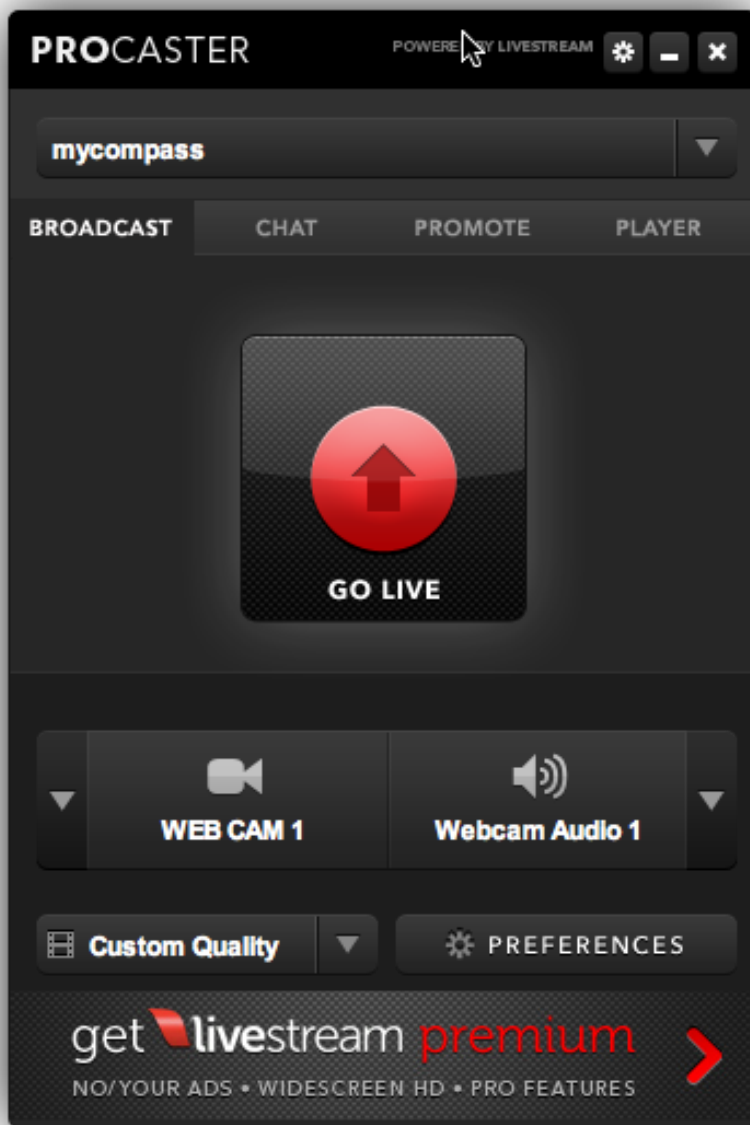


The downward-pointing arrows (to the left of the camera icon and to the right of the audio icon) will let you choose which video and audio input you want to use – most of the time it will say 'built-in' or 'Universal USB camera/microphone'.

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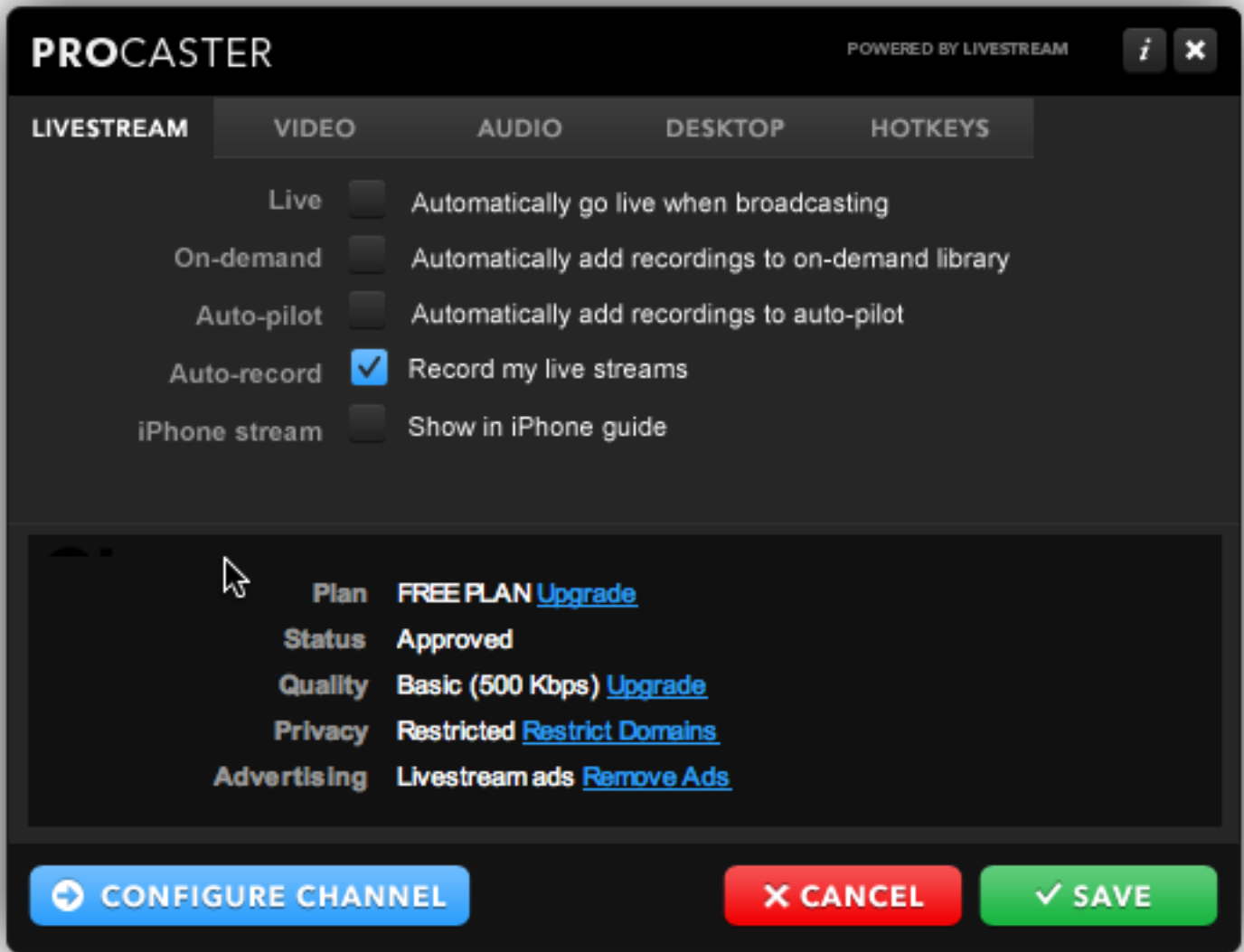
Step 4: Set your preferences to record video to your computer:

Click on the 'Preferences' button on the lower right side of the main screen.



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Now adjust your settings so they match the settings of the image below.



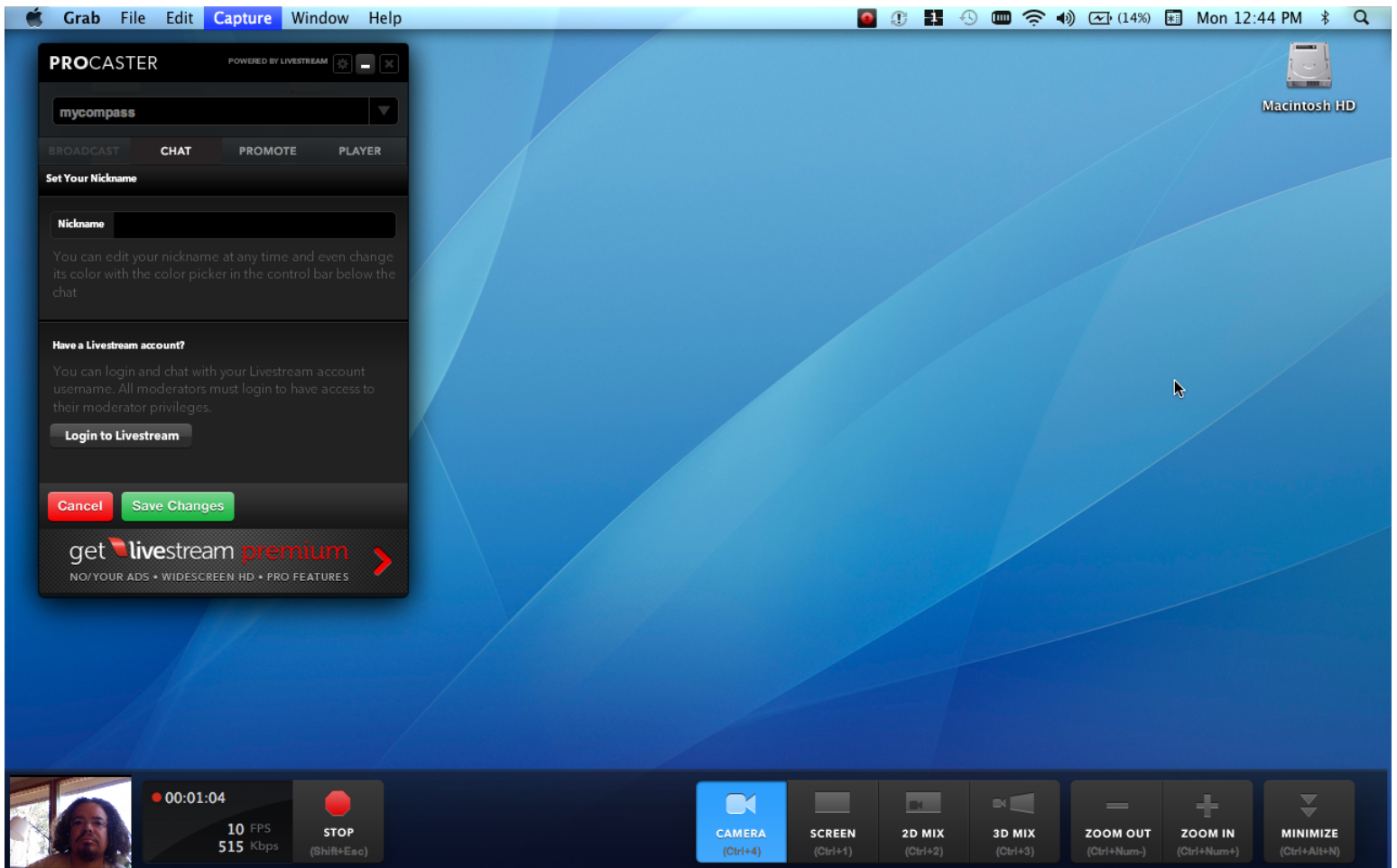
When you are done with the settings, click 'SAVE' on the bottom right side.

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Step 5: Press the 'Go Live' button - you're recording!

REMEMBER – Wait about 10 seconds for the program to get started properly, look into your camera and start talking!

Press the 'Stop' button on the lower left side of the screen when you are finished and wait while the file is saved.



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Step 5: Find your recorded video file:

-For Windows: My Movies

-For Mac OS X: Finder > Movies

Step 6: Send your video to us via the Internet...

[this needs to be completed using whatever mechanism we choose]