

# Making an Acasma Recording

## THE BASICS

When creating an Acasma recording it is important you bring yourself into the space of your wholeness prior to recording yourself or selecting music or video. I speak about this in Bonus Class #3.

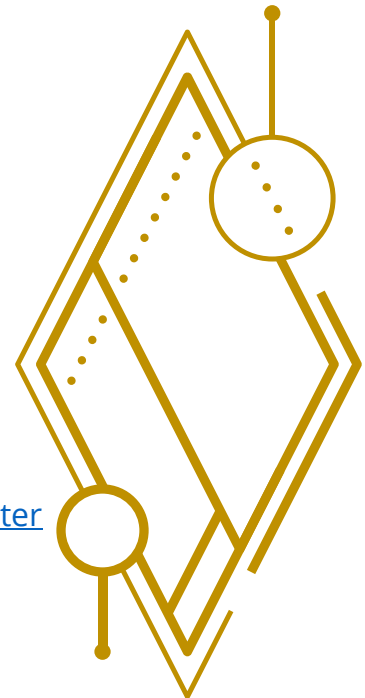
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Please understand, I am *self-taught*. I use an iPhone and a PC. In my experience if you use all Apple products (iPhone and Mac) or have an Android phone you may have different options. This is simply what *I do*, feel free to do things your own way.

Love,  
Kirsten Hope  
ACASMA Media Resource Director  
[@kirstenhopehealing](https://www.instagram.com/kirstenhopehealing)

## QUICKLINKS (INCLUDED IN THIS PDF)

1. [Call Recorder App \(iOS\)](#)
2. [List of Call Recorder apps for Android](#)
3. [Using the Voice Memo App \(iOS\)](#)
4. [Setting up the Voice Record App \(iOS\)](#)
5. [Recording with the Voice Record App](#)
6. [How to download files from Google Drive to your computer](#)
7. [Audacity: How to record your voice](#)
8. [Audacity: How to edit your vocals](#)
9. [Audacity: Creating extended play background music](#)
10. [Audacity: Mixing vocals with music](#)
11. [How to create a video using Movavi](#)
12. [How to create a video using Canva.com](#)
13. [How to create a shareable link in Google Drive](#)
14. [How to create a shareable link in Canva.com](#)
15. [How to create a shareable link in YouTube](#)



## Recording Basics

Below is what you need to create your own recordings. You don't need everything below, follow your knowing of what resonates with you. I offer the below as an entry point into your *technology* knowing. Allow the space for your learning. There are several How-To videos included in this pdf.

### What you may want or need to create voice, music, and video recordings:

1. A way to **record your voice**. Here are the ones that will be covered here.
  - a. [Voice Memo](#) (iOS)
  - b. [Voice Record](#) (iOS)
  - c. [Audacity](#) (free downloadable software available for PC and Mac)
  
2. Access to **royalty free music**. There are more places than this. But this list will get you started.
  - a. [Epidemic Sound](#) (costs money but no attribution is required)
  - b. [Enlightened Audio](#) (costs money, but no attribution is required)
  - c. [Openverse.org](#) (free, attribution may be required, check FAQs)
  - d. [Pixabay.com](#) (free, attribution may be required, check FAQs)
  
3. **Audio editing** software  
Audacity is not *required* per se as you can do minor editing on your phone.
  - a. [Audacity](#) (free downloadable software available for PC and Mac)
  
4. **Video editing** software  
Not required *unless* you want to include video
  - a. If you have a mac or iPhone you can use [iMovie](#)
  - b. If you have a PC, most come with basic video editing software you can use.
  - c. I use [Movavi](#) – (free and paid versions available)
  - d. I also use [Canva.com](#) – there is a free version of Canva. I pay \$10/month because it gives me full access to graphics, images, and video. It also includes templates. It's been well worth the money.
  
5. A way to **share your masterpiece!**  
Some ways to share your content include:
  - a. Sending directly
  - b. Sending a link (via Google Drive, Dropbox, or other cloud services)
  - c. Uploading to a site like YouTube, Vimeo, or Canva



## LET'S START LEARNING...

### Voice Recording

You can choose to record your voice directly from your phone or on your computer. I do both, depending on what I'm recording. This is detailed below.

#### OPTION #1 - Phone Apps

There are several voice recording apps and software you can use. This section speaks directly to phone apps since these are devices most people have easy access to. While my experience is with Apple products, Androids have their own version of these. Below is an outline what I use and the features to look for if you want to try something else.

#### **Voice Memo App (iOS)**

##### [Voice Memo How-To Video Link](#)

When recording your voice, many people use the "voice memo" app that comes on their phone. This is easy to use. It allows you to trim the beginning and ending of your recording.

There are a couple of drawbacks to using this app. Namely, the files exported are in an .m4a format. This is fine if you are simply sending notes to a client and you don't mind the length restrictions this type of format imposes (namely max length of 12-15 minutes), or your audio editing software accepts this format.

If you are using Audacity to edit your audio, it requires imports to be in an .mp3 format.

#### *Summary of Voice Memo App*

- PROS
  - Easy to use
  - Most likely already installed on your phone.
  - All you need if you don't need to edit
  
- CONS
  - Only exports .m4a files which are larger and not every editing software accepts this format.

## Voice Record (iOS)

[Voice Record How-To Video Link #1 \(setting it up\)](#)

[Voice Record How-To Video Link #2 \(how to record\)](#)

[How to download your audio from Google Drive to your computer](#)

Voice Record is a free iOS app that offers more options than the standard recording app. Some of these include choosing your export format, easy uploading to cloud services, ability to amplify your voice, etc. I've been using this app for several years and have never had a negative experience.

If you are an Android user – search your app store for a voice recorder that offers the above functions.

### *Summary of Voice Record*

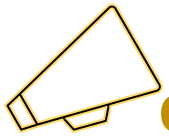
- PROS
  - Gives you a variety of tools that make recording easier
  - Has built in upload features to many cloud services, including iCloud, Dropbox, Google Drive, OneDrive, and Box Cloud
  - Allows you to record your voice in various formats including .m4a or .mp3. You set this up once and it's set forever, (unless you change it.)
- CONS
  - You need to install it. It is a free app.
  - There is a (slight) learning curve (see above how-to videos)

## **OPTION #2 – Record on your computer using Audacity**

[Audacity - How-To Record Your Voice - Video Link](#)

There are many programs you can use to record on your computer. I use Audacity. It is free. Because it's been around a long time, there are a lot of "how-to" videos on YouTube. I've used this program for over 15 years with no problems. You can choose to use Audacity or anything else. This pdf will focus on Audacity since it's what I'm familiar with. *Use the link above to learn how to use Audacity to record your voice.*





# GET YOUR VOCALS READY

## Voice Recording Tips

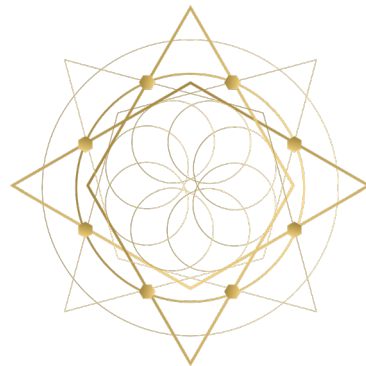
### Making a recording of your voice

You can import the audio you recorded on your phone, or you can record directly in Audacity. I do both but find recording directly on my phone gives better audio quality. This (of course) might be different for you, depending on the microphone quality you have.

Once you have the software downloaded and you've become familiar with it, you're ready to play!

### Here are few tips to get the best quality voice recording:

- Record in a small space with padding – closets are great for this.
- If recording in a closet doesn't work for you (it doesn't for me) – I recommend holding the phone up to your mouth instead of using headphones. Even AirPods aren't great.
- If you're recording on your PC, use a microphone, not the computer's built-in audio (it will sound echo-y).
- Make sure there isn't a lot of background noise in your space. Some you can edit out, but if you have background noise happening *while you're speaking* you can't remove it and you'll need to start over.
- Turn your head *slightly* so you're not breathing directly into the mic. This is especially important if you're whispering.



# PREPARING YOUR AUDIO

## Step 1 - Recording and Editing Audio (vocals)

- **Ask yourself, Am I going to edit this on my computer later?**
  - If yes, you don't need to worry too much about mistakes or outside noises because you can edit them out later. If you say something or there is an outside noise, simply pause for a moment then continue. It will be easier to edit if there is space around it. *How to link below.*
  - If you're not going to edit on your computer, and you make a "mistake" midway through, stop the recording and start a new recording from where you left off. This will allow you to trim the mistake out (from the end of the recording) from within the app.
    - I have found editing audio out of the middle of a recording using an app is difficult, if not impossible depending on what app you're using.

## Step 2 - Set the tone and the space

- Connect with your heart, your space, and your wholeness. Trust yourself
- Breathe

## Step 3 - Record

- Press play
- Press stop when you are done

## Step 4 - Finalize recording

- If your audio isn't already edited, or needs some refinement, I recommend Audacity.
- [Click here to learn how to EDIT vocals in Audacity](#)





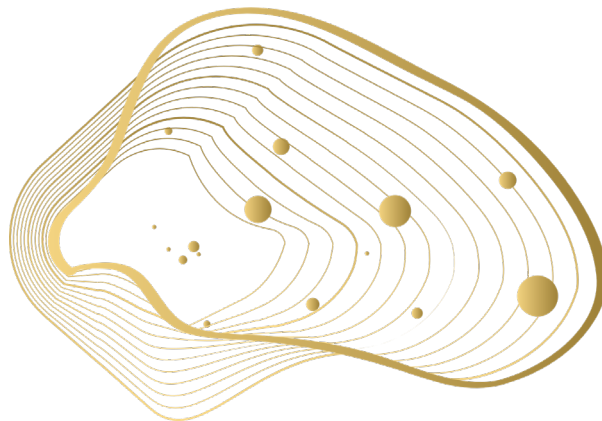
# CREATE YOUR BACKGROUND MUSIC

## Step 1 – Choose Your Music

- Download music of choice from your preferred source (Epidemic Sound, Openverse, Pixabay, etc. – links on [page 2](#))

## Step 2 – Create an extended version of your music.

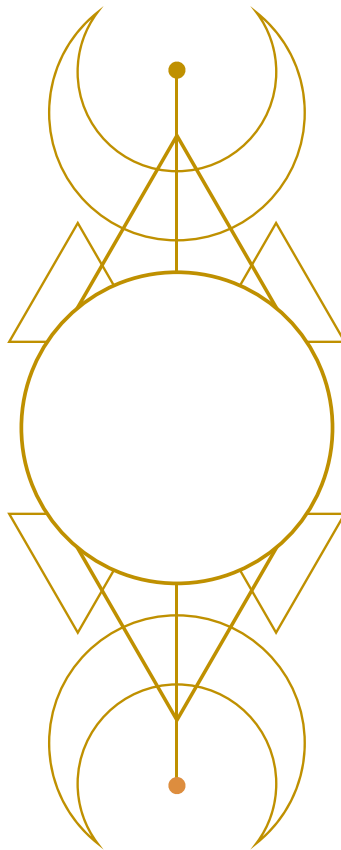
- You will want to create a longer version of your music as most come in 3-5 min lengths\*.
  - \*Enlightened Audio sells long tracks. If you purchase from them, you can skip this step.
- When creating an extended audio track, you will want to “dovetail” your music tracks. This avoids “dead space” for the listener which can be jarring and take them out of the space.
- [Click here to learn how to create extended music in Audacity](#)



# Mix your vocals with your music

## Step 1 - Mix your vocals with your music

- You can use any software you want for this. I use Audacity.
- [Click here to learn how to mix your vocals with your music](#)

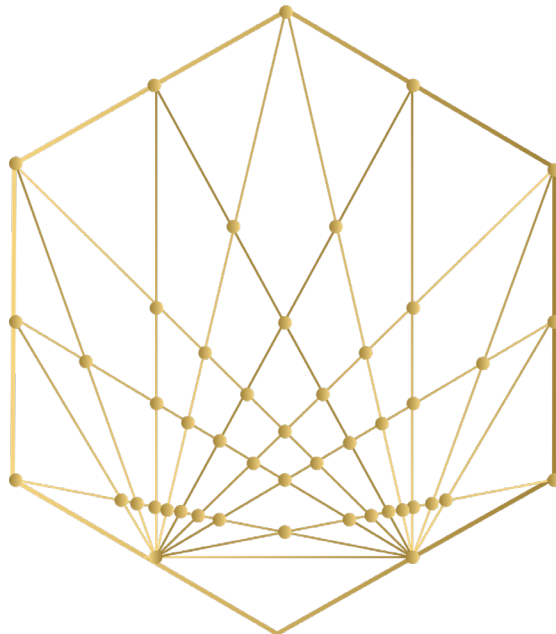




# Creating Video

## Step 1 – Choose Your Background

- You can use an image or a video for your video background.
- There are many resources for royalty free images and videos: [Pixabay](#) and [Pexels](#), to name a few. Some video editing programs (Movavi and Canva.com) even come with pre-installed images and videos. These are great to start with if you want to keep it simple.
- Once you find your background, save it to your computer (unless your video editing software already has it)
- You can use Canva, iMovie, and Movavi to make your video
  - [Click here to learn how to create video in Movavi](#)
  - [Click here to learn how to create Video in Canva](#)



## Sharing Your Content

There are many ways to share your beautiful creation, but to share it, you need to have a link. Let's talk about ways to do this.

- If your file is small enough, you can text or email (as an attachment)
- If your file is too large to send this way, here are some other options:
  - a. Google Drive (or other cloud services)
    - i. If you don't already have a google account, [you can set one up here](#). It's free.
    - ii. [Click here to learn how to create a shareable link in Google Drive](#)
  - b. You Tube, Vimeo, or Canva (paid plan)
    - i. [Click here to learn how to share links from Canva](#)
    - ii. [Click here to learn how to share links from YouTube](#)

You did it!

You are brilliant

You are loved

You are safe

**EE AHNA TOEWAH KAYAH**



Questions? email me at  
[kirstenenergyhealing@gmail.com](mailto:kirstenenergyhealing@gmail.com)  
[@kirstenhopehealing](https://www.instagram.com/kirstenhopehealing)