



# Technical Guide

Welcome to our technical guide. This guide covers 2 main areas - how you move our Mp3s onto your iPod / mp3 Player, and how to burn a regular audio CD from our mp3s.

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# **How to move MP3s to your MP3 player / iPod**

Because there are so many different types of mp3 player we will cover both how to do this on an iPod, and how to move them on most regular mp3 players.

## **How to move the MP3s to your iPod**

Step 1: Open iTunes.

Step 2: Click on "File" and select either "add Folder To Library" or "Add File To Library" in the drop down menu. Select your folder or your mp3s and they will become part of your music library

Step 3: Connect your Ipod and press the "Sync" button, or press "File" again and then select "Sync iPod" - this will transfer the new mp3s over to your iPod.

You can also just connect your iPod and manually move the files onto it without iTunes by following the guide below.

## **How to move the MP3s to your MP3 Player**

Most varieties of mp3 player are pretty simple in that you can drag and drop the mp3s straight into the file structure, just like you would move other documents around your computer:

Step 1: Connect your mp3 player to your computer using your USB cable

Step 2: Your mp3 player should appear as an "external drive". i.e. if you open your "My Computer" you should see an extra "drive" next to your "CDRom" and "C:"

Step 3: Open this drive and you should see various folders, one entitled "Music" - check that this folder is the one which contains your other music tracks.

Step 4: Locate your subliminal mp3s and then highlight them all.

Step 5: Now simply click on them all and drag and drop them into your "Music" folder

# How To Burn An Audio CD

Again, because there are various different software programs you can use to burn a CD we will cover a few different ones - Windows Media Player, iTunes, and Nero. All options are free. If you have never done this before we recommend simply using Windows Media Player.

## How to burn a CD with Windows Media Player

If you do not have Windows Media Player already you can download the latest version here, for free:

<http://www.microsoft.com/windows/windowsmedia/download/AllDownloads.aspx>

Step 1: Open Windows Media Player and insert your subliminal mp3s into the music library. To do this you can just drag and drop them into the library window, or you can select "File" > "Add to Library" from the menu at the top to sync all of the mp3s on your computer into you library.

Step 2: Open the CD drive and insert a blank CD Close the drive.

Step 3: Click on the "Burn" Tab along the top and make sure to change the Disc Type to Audio if its not already. This will make sure it is a regular Audio CD which will work on any CD player.

Step 4: Add songs to the burn list from your Windows Media Player Library, and click Start Burn when you are ready. Wait for it to fully finish burning then take the CD out and test it.

## How to burn a CD with iTunes

If you do not have iTunes already you can download the latest version here, for free:

<http://www.apple.com/itunes/download>

Step 1: Open up iTunes on your computer.

Step 2: Go to "File," click on the words "New Playlist," and you will see a blank box that says, "Untitled Playlist".

Step 3: Click on this new playlist in the column on the left and insert the subliminal mp3s you would like to burn to a CD. You can do this by simply highlighting the subliminal mp3s on your computer and dragging them into the open window with the new playlist open.

Step 4: Open the CD drive and insert a blank CD Close the drive.

Step 5: Now depending upon your version of iTunes either go to "File," then select "Burn CD Into Playlist" or press the "Burn CD" button in the lower right hand corner - you will be prompted to do this upon inserting a blank CD. It may take a few moments for the disc to be read - you will notice it when it says, "Checking Playlist." It may take just a few minutes to be fully burned onto the disc.

## How to burn a CD with Nero

If you would like to use Nero you can download a copy of their free version here:

<http://www.nero.com/eng/downloads-nero9-free.php>

Step 1: Insert a blank CD and start the Nero program - select "Audio CD" from the menu when it appears.

Step 2: Locate the subliminal mp3s on your computer using the "File Browser" option. Select your subliminal mp3s and drag them into the left side of the screen to burn them onto a CD. note that the order your tracks are listed on this screen is the order in which they will play on your CD so move them up and down as you require.

Step 3: Click on the burn icon and make sure that "Disc-at-once" and "Write to CD" are both checked, and select OK. Your CD will now be created, and this will take just a few minutes.