

Did you know you can watch these great video bible teachings on your Palm handheld, iPod, or any other device that plays MPEG digital video files? Here's how I watch many of the wonderful STF bible studies from the comfort of my favorite arm chair and even share them with friends and family – follow the 10 simple steps outlined below & enjoy!

First, here's some free software you will need to download and install.

- Free Orbit Downloader <u>http://www.orbitdownloader.com/download.htm</u> Orbit will help you download the streaming videos from MySpace.
- Free SUPER© multimedia conversion software: <a href="http://www.erightsoft.info/GetFile.php?SUPERsetup.exe">http://www.erightsoft.info/GetFile.php?SUPERsetup.exe</a> Super© will help you convert the Flash video files to MPEG video format.

Once you have the above software downloaded and installed on your computer your ready to begin capturing and converting streaming video from the web! ©

**Step1**. Be sure you have Orbit up and running on your computer...

**Step2**. Make sure that you have the "Monitoring" preferences set to capture Flash/Streaming Media (this is the default)

**Step3**. Open one of the streaming videos in a separate window as shown below...



Preferences						
General	Monitoring					
Location	Monitor Clipboard					
Download/Connection	✓ Flash/Streaming Media Catcher					
Limits	Browser monitoring					
Accelerate	Allow IE to download if you press Cancel					
Monitoring	Monitor File Types					
Silent Mode	.ZIP);EXE);BIN);GZ);Z);TAR);ARJ);LZH);MP3);rm);wma);swf);wmv);ffv);					
Anti-Virus	Do NOT monitor file types					
Proxy						
Site Manager	Don't start downloading automatically from the following sites (separate sites					
Sound	with semicolon, IE requires a restart).					
Scheduler	/play.aspx;siteseal.thawte.com					
Others	►					
	* Changes will not take effect until browser is restarted.					
	FireFox Upera					
	Maxthon Netscape					
	Restore default settings					
	UK Cancel					

**Step4**. Orbit should detect the flash media stream and display a "Get it" download icon (as shown on the left).

**Step5**. Click on the "Get it" icon and the download window appears (see below)\*

Create 1	New Download		
URL:	om/0020804/35/08/2080448053.flv&OBT_fname=unknown.flv		
Save to:	C:\Downloads\ 🖌 Browse 🚽		
Save as:	unknown(1).flv		
Size: 40.2	8MB Disk Space: 12.63GB		
More	OK Cancel		

\*TIP: Use the 'Browse' button if you want to choose where to save the file, e.g. on your desktop, etc.

http://www.myspace.com/lightbuilder



**Step6**. Open the Orbit main program window (click the Orbit icon in system tray if it is not visible on your desktop), you should now be able to see your download in progress (see below).

🕒 Orbit								
Elle     Edit     View     Tools     Help       New     Start     Output     Scheduler     Report Bug     W Preferences								
Crute Completed (9) Completed (9) Movie Software Music Others	File name	Size 87.56MB	Completed 8.55MB	Percent 9%	Elapsed 00:04:32	Left 00:41:52	Speed 34.00KB/S	Status Downloading
	icog Progress Properties	Name File name Size Local path File type Downloaded URL Referer Cookie User-Agent User-Agent User-Agent Vara Headers Comment Average speed Peers Create time Complete time	Value         Value           Non-bark.ftv         87.56MB           67.56MB         C:\Downloads\           ftv         9%           http://content.movies.myspace.com/0020798/93/67/207981         http://vids.myspace.com/index.cfm?fuseaction=vids.individu           Mozilla/4.0 (compatible; MSIE 6.0; Windows NT 5.0)         00:04:31         32.25KB/5         0           2008-01-05 11:52:47					
Ready								

**Step7**. Simply wait for the download to complete (the time will depend upon your connection speed, the size of the file download, your computers memory and processor speed, etc.)

**For example**: Running XP on an older DELL PC sporting an Intel Celeron processor and 384 MB of RAM and a residential DSL connection, a typical STFI video of 80-90MB is about a ½ hour or so download.

Step8. Now your ready to convert the \*.flv (Flash) file you downloaded to MPEG with Super©

🔁 SUPER © v2007.build.23 (July 4, 2007) by eRightSoft (Right-Click for Menu) – >						
[1. Select the Output Container]     [2. Select the Output Container]       [mpg (Mpeg I)	int Video Codec ] [3. Select the Output Audio Codec ]					
You may select ffmpeg OR MEncoder Offmpeg Offmpeg2theora MEncoder Oproducer	DirectShow Decode					
Circle         Video         Steele         More         Aspect         Frame/Sec         Bitrate         kbps         Options           Disable         Video         352:288         352:288         32:2         Steele         240:176         384:288         240:192         416:176         35:2         5:4         11:9         23:976         29:97         1152         Iffeedback         Iffeedback         Iffeedback         11:9         Steeleback         11:9         11:9         11:9         11:9         11:9         11:9         11:9         11:9						
Sampling Freq         Channels           Disable Audio         32000           Stream Copy         22050           24000         48000	Bitrate kbps DVD Language Select AudioStream Track # 224					
Encode to File Format: MPG Use Video Codec: MPEG-I, Size & Aspect as input, 1152 kbps, 25 fps Use Audio Codec: mp2, Stereo, 224 kbps, 44100 KHz, AudioStream [default] selected						
NOW ENCODING FILE 1 / 1 :         Input: 91.817 MB         Output: 4,132,864 B           C:\Downloads\NoahsArk.flv         C         C         C						
Ac     FileName   Streaming Link     Output Status       V     C:\Downloads\NoahsArk.flv						
Encode (Active Files)	An ERROR has occurred. Click to read more					
Play (Active Files   Streams) Player Options	Play The Last Rendered File Cancel All					

**Step9**. Go ahead and experiment, but I found the following worked for me; set first 3 boxes to:

- 1. mpg (Mpeg I)
- 2. MPEG-I
- 3. mp2

Then simply accept the remaining defaults.

**Step10**. Drag and drop the file you downloaded in the box at the bottom of the program window, make sure it is selected as shown below (green check mark), then click "Encode (Active Files)"

When finished you just use whatever method you normally do to load the new MPEG file onto your handheld device.

If you think you need help, please feel free to contact me through my MySpace profile - *Larry*