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** - http://www.orbitdownloader.com/download.htm
  Orbit will help you download the streaming videos from MySpace.

- **Free SUPER© multimedia conversion software**:
  http://www.erightsoft.info/GetFile.php?SUPERsetup.exe
  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)
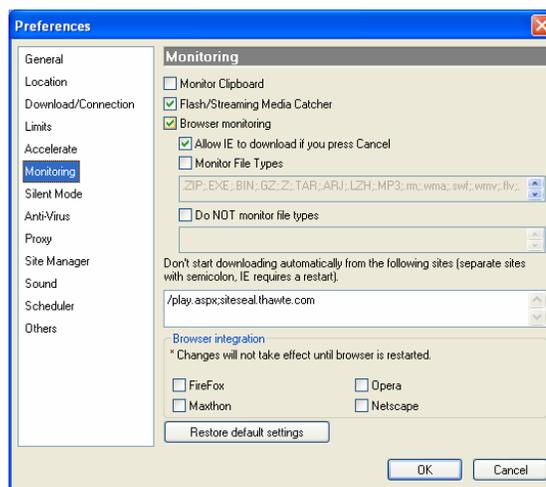
Step3. Open one of the streaming videos in a separate window as shown below…
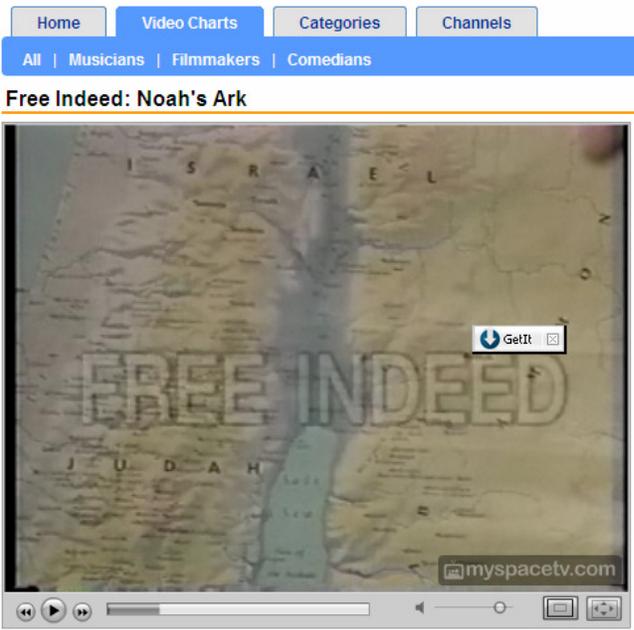
Step4. Orbit should detect the flash media stream and display a "Get it" download icon (as shown on the left).

**Step5**. Click on the "Get it" icon and the download window appears (see below)*
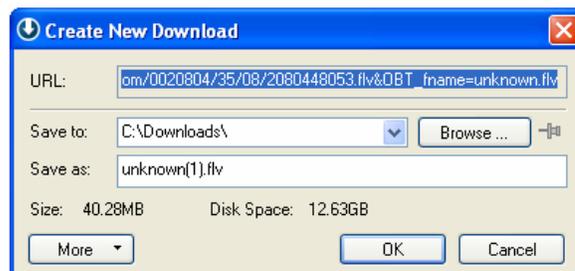
*TIP: Use the 'Browse' button if you want to choose where to save the file, e.g. on your desktop, etc.

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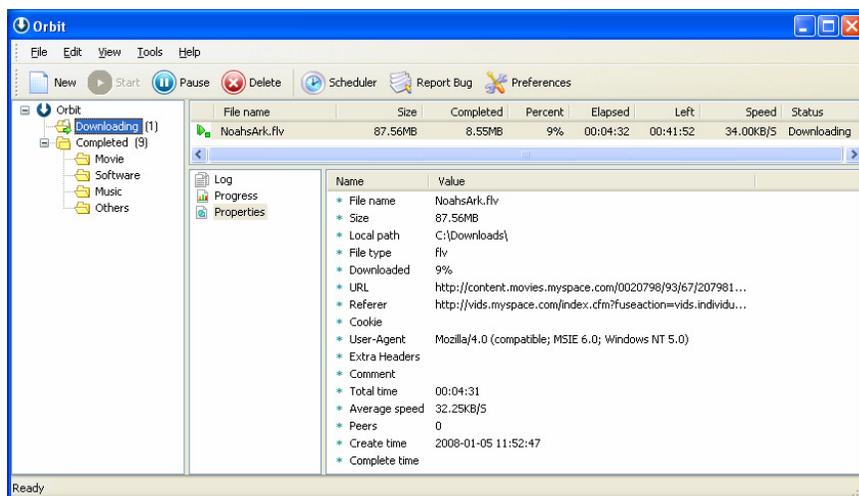
Step7. Simply wait for the download to complete (the time will depend upon your connection speed, the size of the file download, your computers memory and processor speed, etc.)

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©**
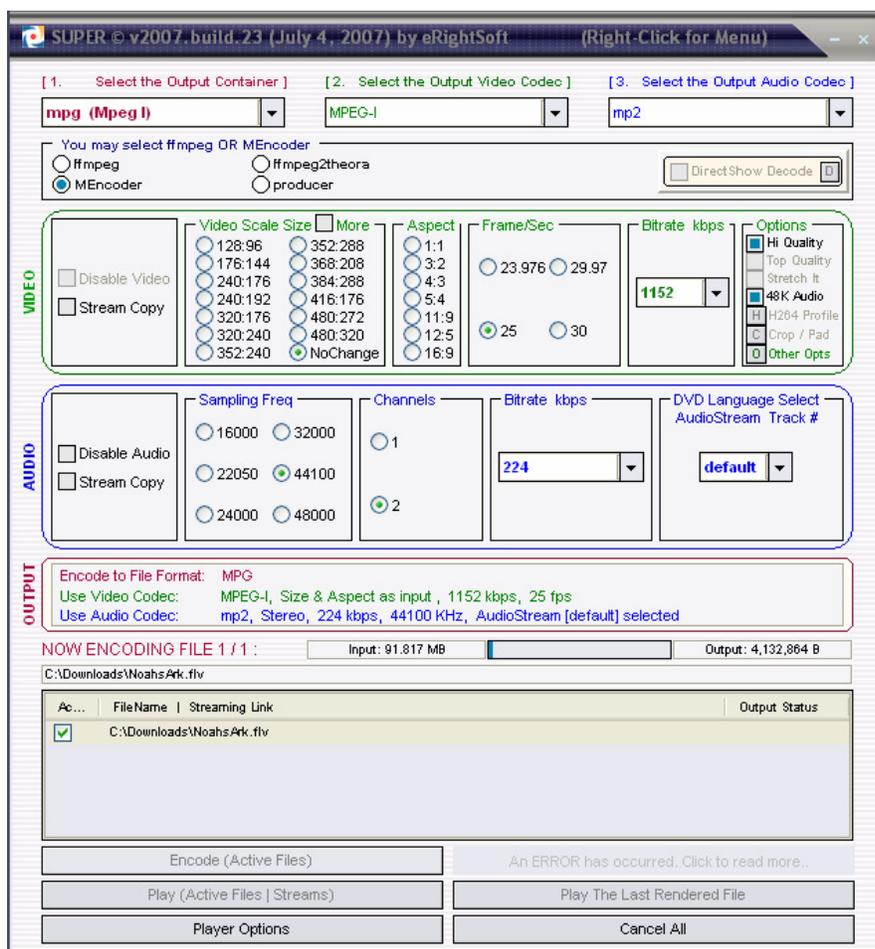
Step9. Go ahead and experiment, but I found the following worked for me; set first 3 boxes to:
1. mpg (Mpeg I)
2. MPEG-I
3. mp2

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**

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