

One Mountain, Many Paths

[Sing Amor with Us!](#)



Tips for Making a Recording of Amor!

*Every Sunday we gather at **One Mountain** from all over the globe to articulate a new story for a new humanity, deeply guided by Dr. Marc Gafni. We hold hands and we sing together: Amor, its insides are lined with love. It's a verse from the Song of Solomon: 'Tocho ratzuf ahava'. Its insides are lined with love.*

The Setup

- Recording is easy with your laptop computer or your phone In front of you.
- Sing in a quiet place without background noise.
- Beware of your background. Try to have a neutral, plain-looking wall behind you.
- Use lots of light. You want to have plenty of light shining on you from the sides and from behind the camera, but not from behind you.

Recording

- Practice a few times listening to the recording on the OM YouTube channel: [Krista](#)
- Look into the camera
- Sit or stand naturally.
- Best practice to wear clothing comfortable that is not distracting.
- Record your voice and any instruments into your device.
- Find out where your device saves the video file

Send Your Recording

- Find your video File

- Send to Jamie Long , email: support@onemountainmanypaths.org
- You can follow the easy instructions via [Wetransfer.com](https://www.wetransfer.com)

We look forward to your Amor!

Jamie Long

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