

Video call: We write sound history!

Information on the video format and structure of your video

Please note the following when recording your video:

- **Video length:** 3-5 minutes
- **Common video format:** mp4, webm, ogg or mov
- **Format:** landscape or portrait format
- **Image detail:**
 - You should be clearly visible
 - preferably with a singing bowl (and/or gong) in the picture - either in the background or you hold it in your hand at the beginning; of course you can also record yourself in your sound space.
 - if you like and have a good microphone, play the singing bowl while you are talking or let it sound briefly at the beginning or end
- **Video structure:**
 1. **opening question:** It is best to ask a question at the beginning so that it is immediately clear what this video is about, e.g.
 - You want to know how singing bowls have changed my life? Then stay tuned...
 - You want to know in which professional field I use singing bowls and what they do there? Find out in this video...
 - Where did I first encounter singing bowls and what did that trigger in me?
 - ... or ask another question of your own. The point is to pick up the audience immediately and, especially at the beginning, to introduce them to the topic right away. Be aware that we also want to address people who have never had anything to do with singing bowls and are simply curious.

Please use the word "singing bowl" and/or "sound massage" in your initial question so that it is immediately clear to outsiders what we are talking about. (If it was sound yoga, sound therapy or sound education that you associate with a decisive experience, you can of course also talk about this).

2. **briefly introduce yourself**, e.g: "I'm Miriam and I've been working with the singing bowls in kindergarten every day for 5 years. I was particularly touched by the following experience...." or "I'm Hannes and I first encountered the singing bowls ... years ago during yoga. ..."
3. **describe a special experience** or how you came to sound yourself. This could be that you were able to relax particularly well, that you were finally able to sleep through the night again or that you were simply deeply touched by the sounds. The important thing is that you talk about yourself personally - authentically and with what is really important to you.
4. **closing sentence** or sound e.g:
 - "Finally, I would like to offer you a sound to listen to, breathe and pause for a moment" (strike a singing bowl)
 - or "You are also welcome to watch the sound stories of my colleagues, you can find them on the YouTube channel: @Klang-TV"
 - Or: "I wish you beautiful moments of relaxation for today."
 - There are no limits to your imagination

We look forward to your video! Let's write sound history together in 2024!

The video call "We are writing sound history" is a joint campaign of the International Association of Sound Massage Therapy, the Peter Hess® Institute and Hess Sound in 2024.