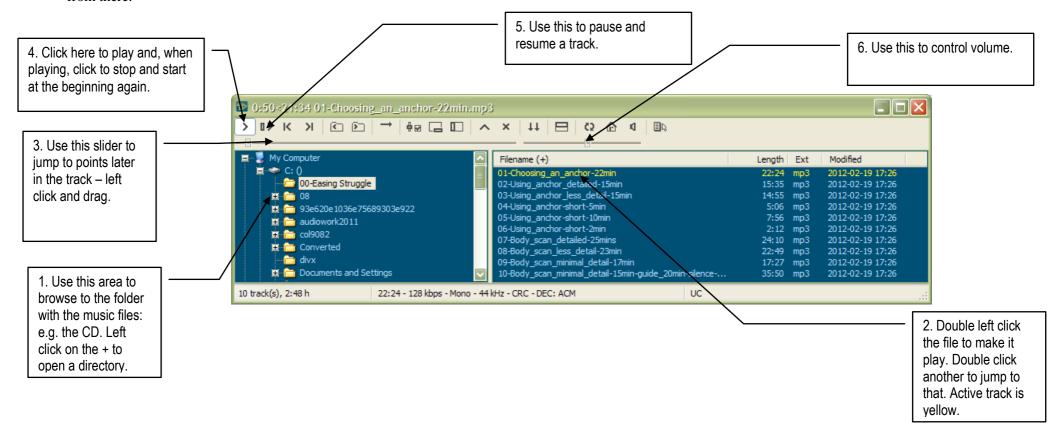# USING 1-BY-1

This program just plays mp3 files – not any other format. But it does this by playing everything in a folder, 1 by 1.

If you want to install the latest version go to: http://mpesch3.de1.cc/1by1.html

To start – double click the program file once downloaded. It opens to show what is below:

The program is portable: meaning that you can run it without installing from USB sticks. If you drag the whole folder of a copy of 1by1 onto the USB stick it will work from there.

5. Use this to pause and resume a track.

4. Click here to play and, when playing, click to stop and start at the beginning again.

6. Use this to control volume.

3. Use this slider to jump to points later in the track – left click and drag.

1. Use this area to browse to the folder with the music files: e.g. the CD. Left click on the + to open a directory.

2. Double left click the file to make it play. Double click another to jump to that. Active track is yellow.

0:50<21:34 01-Choosing_an_anchor-22min.mp3

Filename (+)	Length	Ext	Modified
01-Choosing_an_anchor-22min	22:24	mp3	2012-02-19 17:26
02-Using_anchor_detailed-15min	15:35	mp3	2012-02-19 17:26
03-Using_anchor_less_detail-15min	14:55	mp3	2012-02-19 17:26
04-Using_anchor-short-5min	5:06	mp3	2012-02-19 17:26
05-Using_anchor-short-10min	7:56	mp3	2012-02-19 17:26
06-Using_anchor-short-2min	2:12	mp3	2012-02-19 17:26
07-Body_scan_detailed-25mins	24:10	mp3	2012-02-19 17:26
08-Body_scan_less_detail-23min	22:49	mp3	2012-02-19 17:26
09-Body_scan_minimal_detail-17min	17:27	mp3	2012-02-19 17:26
10-Body_scan_minimal_detail-15min-guide_20min-silence-...	35:50	mp3	2012-02-19 17:26

My Computer
C: ()
00-Easing Struggle
08
93e620e1036e75689303e922
audiowork2011
col9082
Converted
divx
Documents and Settings

10 track(s), 2:48 h   22:24 - 128 kbps - Mono - 44 kHz - CRC - DEC: ACM   UC

A quick guide offered by Integrated Mindfulness (see www.integratedmindfulness.com)