

If you want to record your own short spoken messages, and you have a microphone connected to your Macintosh, you can use the "Sound" control panel in the system folder.

Click the "Add..." button in the "Alert sounds" view to go to the sound recorder dialog box, and record your message.

After doing this, you need to drag the resulting sound resource out of the "System" file and out to the desktop. As a result you get a "snd " file.

Finally drag the "snd " file and drop it onto the DynRisk window where you want it to appear.

To play the sound inside DynRisk, just double-click its icon.