

- If you don't already have one, create a content directory which has subfolders named **Scenes**, **Objects**, and **Images**.
- **Copy** the scene named **whiteLight.lws** from the content/Scenes folder on e-work to your local Scenes folder.
- Put a copy of your object in the Objects folder (if it's not already there).
- Run **Lightwave** and set the content directory to the content directory you created (use the "o" hotkey to open the general options menu).
- Load the scene named **whiteLight.lws**.
- Switch to a single window and make sure that it is the **Camera** view (not perspective or front, top, left, etc.).
- Load your object using the + key.
- With your object selected (it should be after you load it), hit the "m" key to open the **motion options** panel.
- Set the **parent** of your object to the **RotationCenter**
- With your object still selected, hit **H** (capital h!) to choose the "Size" tool, just like in Modeler. Size your object so that it fits nicely into the viewport.
- Hit **enter** twice to set a keyframe for the size.
- Hit **F9** to test render a frame. You should see your object rendered with white lights over a gray background at 320x240 pixels in spatial resolution. It will take a few seconds.
- Before you render the entire sequence you have to set an appropriate **output file**. To do this, go to the **Rendering** pulldown menu and select **Render Options**.
- About halfway down the render options box are two tabs: **Rendering** and **Output Files**. Select Output Files.
- Click the **Save Animation** box if it's not already checked.
- Under **Type** select **Quicktime (.mov)** if it's not already selected. (IF YOU CAN'T FIND QUICKTIME UNDER THIS MENU, RELOAD ALL THE PLUGINS)
- Click **Animation File** and give your movie a name like "chris.mov".
- Close the render options box.
- Save the scene if you want (might be a good idea).
- Hit **F10** to render the entire sequence. This will render a 60 frame Quicktime movie that gets placed into your **Images** folder.
- Play your movie and make sure it looks right, then copy it to e-work.