

# How to Post an audio file in your Wordpress for FREE.

## I) Internet Download Manager (IDM)

Since your PC has no IDM yet, you must install IDM first.

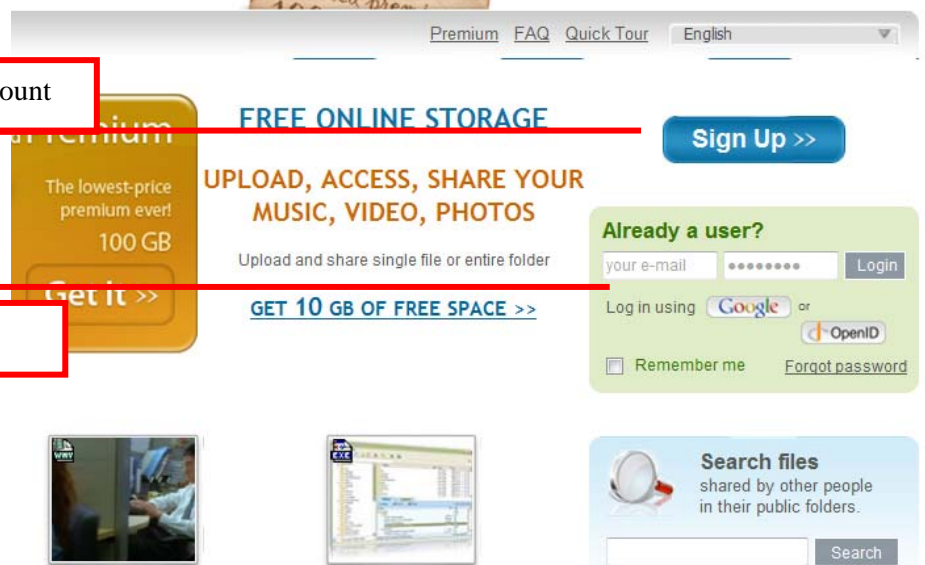
Link to download

[http://www.4shared.com/file/Bp4P1dG5/IDM\\_518\\_full\\_build\\_8.html?s=1](http://www.4shared.com/file/Bp4P1dG5/IDM_518_full_build_8.html?s=1)

## II) Free online storage (Hosting) (recommended: [www.4shared.com](http://www.4shared.com))

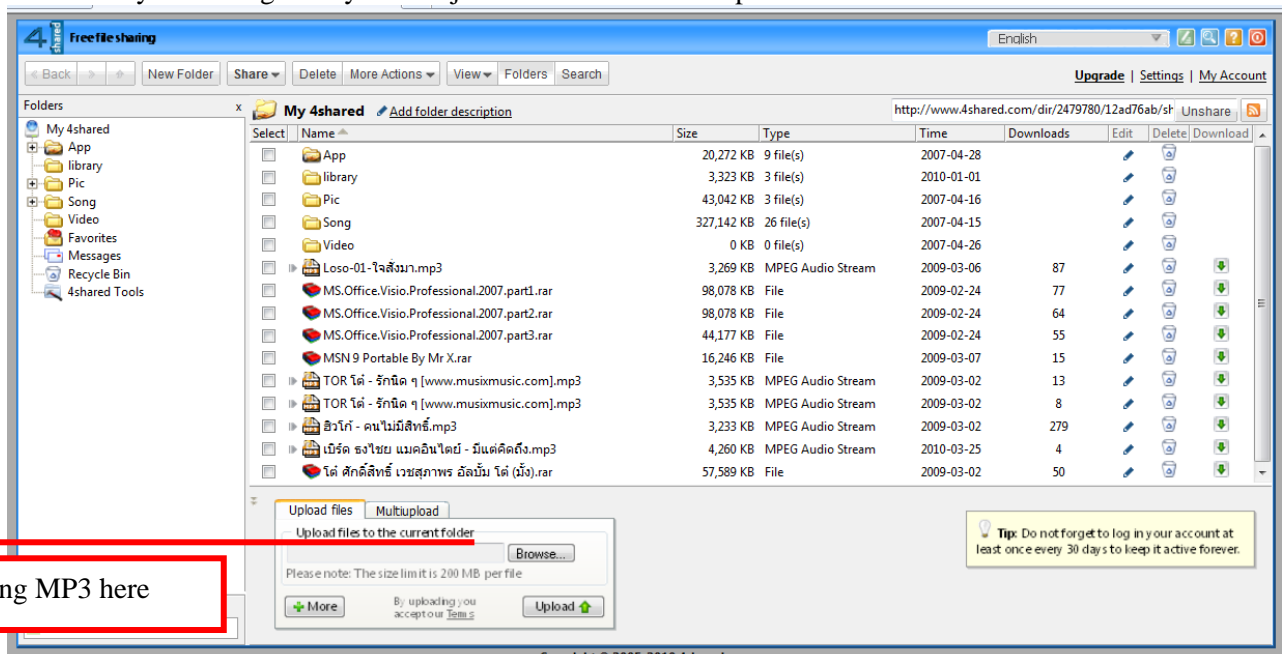
b) Sign up for a free account

a) Existing User sign in



## III) Uploading Your audio file (MP3 only)

Here you can organize your file just like in Windows Explorer



d) Uploading MP3 here

Eng1	0 KB	0 file(s)	2007-04-21			
01 Mlis Lea Chak Torng.mp3	2,834 KB	MPEG Audio Stream	2009-03-04	2		
01 Phak Ryea 2 កំរោងកំរើត.mp3	5,941 KB	MPEG Audio Stream	2009-02-28	31		
01 Sneh Chhlorng Vaha.m4a	2,963 KB	File	2008-12-30	1		
01 The Moon - ភ្នំពេញ.m4a	3,706 KB	File	2008-11-22	40		
02 Mlis-lea Chark Torng ភ្នំពេញ.mp3	3,470 KB	MPEG Audio Stream	2009-03-04	1		
04 so ra.mp3	6,445 KB	MPEG Audio Stream	2010-04-01	5		
09 Klen Pha Phum.mp3	3,550 KB	MPEG Audio Stream	2009-02-02	59		
09 Soa Per Mac.mp3	3,666 KB	MPEG Audio Stream	2009-02-13	1		

e) after your MP3 file is uploaded , Click downward arrow to get access to your file

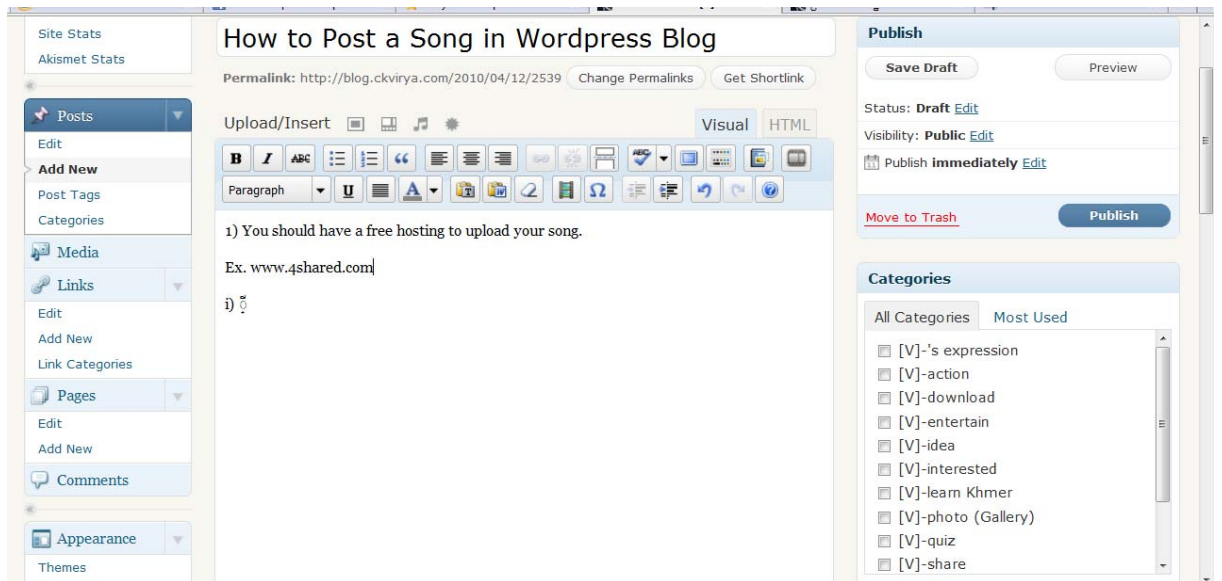
The screenshot shows a file sharing website with a search bar and navigation links. A file titled "01 Mlis Lea Chak Torng.mp3" is displayed with a play button and a "Download this audio" button. A red box highlights the play button area with the text "f) Click play button to play preview song, then". Another red box highlights the download button area with the text "g) Internet Download Manager will occur to ask if you want to download that audio file/ so, click on that button".

f) Click play button to play preview song, then

g) Internet Download Manager will occur to ask if you want to download that audio file/ so, click on that button

The screenshot shows an IDM window titled "Download File Info". The URL field contains: `40038_2F489a0772_3Ftsid_3D20100412-122446-fc7725a3/preview.mp3`. The file name is "Sinn Sisamouth - Mlis Lea Chak Torng.m" and the size is 2.76 MB. There are buttons for "Download Later", "Start Download", and "Cancel".

h) another IDM window occurs to ask about saving that audio file. What you have to do is copy link to used in your wordpress  
 >>> select all text in URL and copy (Ctrl + c)  
 (missing any single letter you will not able to play your audio file)  
 >>> Then click on cancel



Use audio tag in your posting window to put an audio player:

[audio: ]



Pasted the audio link that you've copied from IDM within the audio tag

**Enjoy!**  
**<http://ckvirya.com>**  
**(Apr-2010)**