BEHIND *THE AI*

THE PODCAST PRODUCTION PLAYBOOK

From my personalized MidJourney image to a two-host podcast created with VideoExpress.ai.

REAL IMAGES.
REAL WORKFLOW.
ORIGINAL CREATIVITY.

Featuring actual frames from my published podcast clip.



ACTUAL PODCAST STILL / 00:04

REALISM THE RAH WAY™

PRERECORDED COURSE / COMING SOON

GO.THERAHEMPIRE.COM

01 / THE STARTING IMAGE

Design the podcast hosts.

Create both hosts in one continuous frame with MidJourney.com. The examples below are newly written templates inspired by the actual clip, not the original prompts or transcript.



ACTUAL PODCAST STILL / 00:07

MIDJOURNEY / SAMPLE IMAGE PROMPT

Eye-level medium two-shot, vertical 9:16. Two adult women seated together on an ivory tufted sofa in a luxurious podcast studio, both in the same continuous frame. Left host: sculpted black pixie, burgundy velvet halter dress. Right host: long dark side-parted waves, champagne satin one-shoulder dress. Two gold crystal microphones, warm studio lighting, red roses, elegant city-view backdrop. Visible pores, natural skin oils, subtle hyperpigmentation, tiny freckles, peach fuzz, fine texture, under eye creases, realistic uneven skin tone. --ar 9:16

SAMPLE TWO-HOST DIALOGUE

Host 1 (left): Welcome to our creative world!
Host 2 (right): Let us show you what imagination can do.
Host 1: Get ready for something different.

A SPECIAL NOTE FROM RAH

My podcast image was created using MidJourney.com and my special personalization codes. Want to learn how? Stay tuned for REALISM THE RAH WAY™, my prerecorded course coming soon.

02 / BRING THE HOSTS TO LIFE

From still image to podcast.

The podcast video was made using VideoExpress.ai. Start with both hosts in the same image, then create a natural exchange with clear speaker turns.





ACTUAL VIDEO FRAMES / 00:10 & 00:16

VIDEOEXPRESS / SAMPLE MOTION

Keep both hosts seated in the same frame. Preserve their faces, hair, outfits, microphones and studio. Left host speaks first with a small hand gesture; right host listens and reacts. Right host speaks next; left host smiles and nods. Use natural blinks, lip-sync only the active speaker, and realistic conversational pacing. Keep the camera steady. No new people, props or text.

01 / ADD YOUR DIALOGUE

Import the MidJourney image into VideoExpress. Assign each line to the correct host. Animate in manageable sections and review lip-sync, expressions and continuity before exporting.

02 / REVIEW AND SHARE

Export your finished MP4. Check that both speakers are clear and the visuals stay consistent. Share your finished podcast on your preferred platforms.

REALISM THE RAH WAY™ / COMING SOON

Explore my creative world: go.therahempire.com