

1. Create an account on 8tracks.com
2. Make a playlist either by uploading your own music or choosing music from the 8tracks network. Add songs to your playlist by clicking and dragging dragging them to the box on the right side of the screen. Once you've chosen eight songs, follow the instructions to publish your mix.
3. Upon completion of your playlist, right-click on the "embed mix" button and depending on your browser either click on "copy link location" or "copy shortcut".
4. Paste your 8tracks url somewhere (such as a word document or an e-mail; you'll need to use it in just a second). After it's pasted, it'll give you a url like this: <http://8tracks.com/mixes/34695/embed>
4. Erase the "embed" in the url and replace it with "player_v2" so it looks something like http://8tracks.com/mixes/34695/player_v2
5. Log-in to reachforthewall.com and click "edit page" on the [Sound Waves](#) page
6. Click anywhere on the page and the "Extensions" link inside your tool bar will be live. Click on the "Extensions" link.
7. Scroll down the left side of the pop-up and select the "Media". Click on the "Media" link the pops up on the right side.
8. Paste your URL into the "Source" field
9. Set height to 80
10. Hit "Insert Extension" button
11. Under the code that was just inserted, type in the songs on your playlist
12. Save your page changes
13. Listen to your list, and make fun of everyone else's