

AI video editing for *absolute beginners.*

The exact prompts to go from video file to first edit.

No editing language required.

You need a talking-head video, Codex or Claude Code with local folder access, and HyperFrames to render the edit.

*Copy a prompt. Review a short
preview. Tell it what to fix.
Save what it learns.*



Install two basics. *Then HyperFrames.*

HyperFrames needs Node.js 22 or newer and FFmpeg. You only do this setup once.

MAC

1. Check for Homebrew

```
brew --version
```

If that fails, install Homebrew from **brew.sh**. Then run:

```
brew install node ffmpeg
```

WINDOWS

Open PowerShell and run:

```
winget install --id OpenJS.NodeJS.LTS -e  
winget install --id Gyan.FFmpeg -e
```

If winget is missing, install or update App Installer from Microsoft.

Check both: `node --version` and `ffmpeg -version`

The Node number must begin with v22 or higher.

NO SEPARATE HYPERFRAMES INSTALL

The npx command on the next page downloads and runs the HyperFrames project starter.

Create the project.

Test it before editing.

Open Terminal or PowerShell in the folder where you want the project, then run:

```
npx hyperframes init my-video
```

Open the new **my-video** folder in Codex or Claude Code. Put a copy of your source video inside it. Then send this setup check:

SETUP CHECK

Before editing, audit this project.

Confirm:

1. Node.js 22 or newer is available.
2. FFmpeg is available.
3. The HyperFrames CLI is available.
4. You can read **[VIDEO FILE]**.
5. You can write a small test file inside this project folder.
6. You can render a 3-second MP4 test without altering the source.

Return **PASS** or **BLOCKED** for each check. If anything is blocked, stop and give me the exact fix. Do not begin the edit or switch to planning-only mode.

Do not continue until all six checks say PASS.

Start with the voice. *Not the graphics.*

Replace the two parts in square brackets, attach or name the file, then send this:

PROMPT 1

MAKE THE FIRST CUT

I want you to edit **[VIDEO FILE]** as a vertical talking-head Reel. The point is: **[ONE-SENTENCE POINT]**.

First, edit the voice for meaning and natural flow. Remove false starts, accidental gaps, repeated thoughts, detours and filler that makes the pace sag. Keep the speaker's natural rhythm, small imperfections, expressions, reactions, comic timing and any earned pauses.

Never overwrite the original source file. Do not rearrange speech, remove a qualification or join words in a way that changes what the person meant. Flag any reordered sentence for approval.

Do not add graphics yet. Give me the proposed cut and flag any join that may sound clunky or change the meaning.

Why this works: it separates the spoken edit from the visual design.

Your only decision here: does the shortened version still sound like the person speaking?

Do not build the *whole thing yet*.

Once the voice edit feels right, ask for just the opening:

PROMPT 2

BUILD THE FIRST 15 SECONDS

Now create and render only the first 15 seconds as a 1080 by 1920 preview.

Make the first 3 to 5 seconds the busiest part, then reduce the movement. Use quiet, readable captions inside the safe area. Add a larger editorial graphic only when it sharpens the point. Do not illustrate every sentence. Do not cover the speaker's eyes, mouth or important reactions. Clear a major graphic before the next idea arrives.

Use one accent colour family. No random GIFs, constant zooming or decorative movement with no meaning.

A short preview makes a wrong direction quick to fix.

You now have something real to react to, rather than trying to imagine the final edit.

Watch it three times. *One job each time.*

Do not try to judge everything at once.

1

Listen without studying the graphics

Does the sentence make sense? Do any cuts sound abrupt or change the meaning?

2

Watch the captions and bigger visuals

Can you read them? Do they arrive with the speech? Does each larger visual earn its place?

3

Watch the person

Can you see the face, expressions and reactions when they matter? Is important text inside the safe area?

IGNORE FOR NOW

Tiny timing, colour and spacing tweaks. Fix the meaning, opening, readability and visual choices first.

Write down three things. That is enough for the next prompt.

Tell it where. *Tell it what.*

Use timestamps. Say what should change and what should stay.

PROMPT 3**TURN YOUR NOTES INTO AN EDIT**

Please revise the 15-second preview using these notes:

[TIME] Change: [WHAT SHOULD CHANGE]

Keep: [WHAT IS ALREADY WORKING]

Reason: [WHY IT MATTERS]

[TIME] Change: [WHAT SHOULD CHANGE]

Keep: [WHAT IS ALREADY WORKING]

Reason: [WHY IT MATTERS]

[TIME] Change: [WHAT SHOULD CHANGE]

Keep: [WHAT IS ALREADY WORKING]

Reason: [WHY IT MATTERS]

Render the revised 15-second preview before applying the direction to the full video.

Example: **00:06** Keep the reaction. Slow the list reveal so each point has time to register.

'Make it better' gives the AI nothing reusable.

Approve the direction. *Then finish it.*

When the revised preview feels right, use this prompt:

PROMPT 4**APPLY IT TO THE FULL VIDEO**

The revised preview is the approved direction. Apply the same editing decisions to the full video.

Keep captions quiet and readable. Use roughly 6 to 9 designed events across a 50 to 60 second Reel, adjusted for the actual length. Reveal list items when they are spoken and leave them up long enough to register. Use screenshots, interface cards, cutaways or reactions only when they prove the claim, make an example concrete, sharpen a joke, hide a difficult dialogue edit or change the visual plane.

Return to the speaker after cutaways. Keep essential text inside the safe area. Render the full draft for review.

For a 1080 by 1920 Reel: keep 90 px clear on the left, 180 px on the right, 250 px at the top and 420 px at the bottom.

Preview the export in Instagram before publishing.

Save what the AI *learned from you.*

This is the bit that stops every new edit beginning from nothing.

PROMPT 5

TURN CORRECTIONS INTO RULES

Review my approved changes from this edit. List only the decisions that could usefully apply to a future talking-head video.

Write each one as a clear editing rule. Separate:

1. rules that should apply every time;
2. preferences to try again but review;
3. choices that belonged only to this video.

Add the approved reusable rules to my saved video editing standard. Do not overwrite existing rules or turn one-off choices into permanent rules without asking me.

THE WHOLE BEGINNER LOOP

Name the file and point. Edit the voice. Render 15 seconds. Give three timestamped notes. Finish the video. Save the reusable rules.

The first draft starts the process. Your corrections teach the style.

Watch the export. *Not just the timeline.*

Run this only after the full draft has rendered.

PROMPT 6

QA THE EXPORTED MP4

Review the actual exported MP4 against the original source and approved preview.

Watch it from beginning to end with sound on. Then inspect key frames with sound off.

Check:

- spoken meaning still matches the source
- audio and picture remain in sync
- cuts sound natural
- captions arrive with the correct words
- text is readable on a phone and inside the safe area
- face, expressions and gestures stay clear
- larger graphics have useful jobs
- the file opens and plays correctly

Return PASS items, FIX items with exact timestamps, and subjective choices needing my decision. Fix objective production errors. Do not publish or share anything.

A successful render is not the same as a checked video.