

1. Get and install firefox. (<http://www.mozilla.org/en-US/firefox/fx/>)
2. Get and install flash video downloader for firefox. (<https://addons.mozilla.org/en-US/firefox/addon/flash-video-downloader-youtube/>)  
Let firefox restart. You'll now have a button labeled "Download" below any video on youtube.
3. Download the desired video in "SD mp4" format. (e.g. 21 Accents (SD).mp4)
4. Check if you can playback it on your system by doubleclicking it. If yes, proceed to point 6.
5. Install a codec pack on your system. I suggest the free K-Lite Codec Pack (Full version). ([http://www.free-codecs.com/download/k\\_lite\\_codec\\_pack.htm](http://www.free-codecs.com/download/k_lite_codec_pack.htm))  
Please install with care. In one of the last screens of the installation wizard you have to clear some checkboxes if you don't want your system to be littered with freeware you don't need.
6. Get VirtualDub and install (or simply unpack) it. (<http://virtualdub.sourceforge.net/>)
7. Get the DirectShow Input plugin for VirtualDub. (<http://www.virtualdub.org/beta/DShowInputDriver-0.93.zip>)  
Create a directory called "plugins32" within the VirtualDub directory and unpack DShowInputDriver-0.93.zip to here. VirtualDub should now be able to import and process any video format supported by the codecs installed on your system.
8. Start VirtualDub. Select File -> Open video file. At the "Files of type" line, select "DirectShow input driver". Now browse for the mp4 video and click open.
9. Go to the Audio menu and select "Full processing mode". Then, from the same menu select "Use advanced filtering". Then click Audio -> Filters, a new window appears. Click "Add" and add 1) input, 2) lowpass, and eventually 3) output. Click "Close".  
By double-clicking the lowpass module, you can set its parameters. Finally, press "OK".  
Now you are almost ready.
10. To remove fast changes from the video, I suggest using a combination of "temporal smoother" and "box blur" filters from the Video->Filters menu.  
To intensify the effect, you can add a filter several times.
11. To play back the results, use the small playback button with the character "0" on it at the bottom of the main screen.  
Alternatively, to save video, select proper compression settings (see also notes below) and then select File -> "Save as AVI...".

Please note that:

- a) you will not be able to save in mp4 format from VirtualDub; and
- b) you will only be able to use formats for which codecs are installed.  
If you wish, for example, to save in AVI format using XVID as video and MP3 for audio, then you'll need to download and install the XVID (<http://www.xvid.org/Downloads.15.0.html>) and the LAME MP3 codecs ([http://www.free-codecs.com/download/lame\\_acm\\_codec.htm](http://www.free-codecs.com/download/lame_acm_codec.htm)). Both are free and safe software. After installation, you'll have the options "mp3" and "xvid" in the menus audio -> compression and video -> compression, respectively.