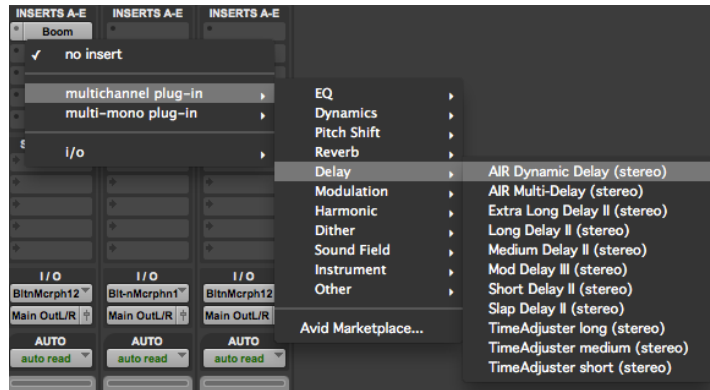# Inserting Effects

Inserted Effects (plug-ins) add real-time effects processing to your tracks.

When you use an **insert**, you are taking the audio signal of your track (whatever sound it is), sending it to and through an **effects processor** and having it return "in line."

1. Go to **Window > Mix** (or Edit if Inserts are visible)

2. Choose an instrument track, and on the **Insert** below the instrument, **insert** the mono plug-in **"Air Dynamic Delay"**

3. Click on **<factory default>** and choose some presets to hear what they do.

4. Customize with the following knobs:

 Delay: The amount of time between the delays (echoes).
 Feedback: How long the delays sustain (low % is short, high % long).
 Mix: The balance of the original sound and the affected sound. The lower the %, the less the effect.
 Feedback Mode: Changes the type of delay.

 The **other knobs** adjust *Stereo imaging, Equalization filters,* and *Envelope Modulation* (wobble). Try them.

5. Choose another track and **insert** another effect from the **Reverb**, **Delay**, or **Modulation** lists.

6. Play around and see what sounds you can make.