



House of Flamz Productions & X-Klusiv Soundz Music (H.O.F.)
Meditationz Media Network (MMN)

MMN Pre-Media Submission Guidelines

Welcome to Meditationz Media Network (MMN). These guidelines are designed to help you prepare your creative content for submission to our media platform. MMN specialises in showcasing wholesome, positive and engaging content across our website, social media, YouTube and Vimeo channels. By following these steps, you will ensure a smooth submission process and maximise the impact of your creative work.

1. Content Preparation

- Review your material carefully before submission. Ensure that your work aligns with MMN's values of positive, wholesome and creative expression.
- Acceptable submissions include audio (music, podcasts, spoken word), video (music videos, documentaries, performances) and multimedia projects.
- Check that your files are high-quality: MP3/WAV for audio, MP4/MOV for video and clear visuals for any graphics.

2. Submission Process

- Send your content to: submissions@houseofflamzproductions.com.
- Visit the [Entertainment Services Shop](#) on the H.O.F./MMN website.
- Purchase the appropriate **Media Submission Package 1 2 3** for your content type.
- Complete checkout and payment. Once confirmed, our Submissions Team will email you an acknowledgment of receipt.
- Your content will then be processed, scheduled and published on MMN's platforms.

3. Quality and Standards

- Ensure your content is original and free from copyright violations.
- Avoid explicit, offensive, or harmful material, as MMN promotes positive and uplifting works.
- For best results, submit high-resolution media files with proper titles, artiste credits and descriptions.



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4. Post-Submission

- After submission, you will receive an estimated timeline for publication.
- MMN reserves the right to make minor adjustments (audio mastering, video formatting, or branding overlays) to maintain professional standards.
- You will be notified once your content is live across MMN's platforms.

5. Benefits of Submitting to MMN

- Gain exposure on multiple digital platforms (website, social media, YouTube, Vimeo).
- Access a dedicated audience interested in positive, creative content.
- Leverage MMN's media marketing services to amplify your reach.
- Enhance your brand presence through professional showcasing and distribution.

By following these guidelines, you will ensure a smooth, professional and impactful submission process. MMN is committed to empowering creative voices and sharing content that inspires, uplifts and entertains.