

01 / Text 2 Video

Start with an idea. Tell H3 what happens.

No image needed: your words build the subject, setting and action. Think of a small scene with a beginning, a change and a clear ending.

A simple prompt recipe

WHO + WHERE + ACTION + CAMERA + SOUND

Describe the subject and setting. Give them one main action and a reaction. Choose what the camera does. Finish with the sounds you want.

Your starting command

```
/workflow /run:omni-eros-h3 /size:768x896 /length:145
```

/size sets width x height in pixels. **/length** sets frames, not seconds. At the default 24 fps, 145 frames gives roughly six seconds. Put your scene description after the command.

Copy and try

```
/workflow /run:omni-eros-h3 /size:768x896 /length:145
```

One continuous medium shot inside a battered spaceship cockpit. A reptilian pilot in a faded orange flight suit pulls a landing lever. The cockpit shudders once. His shoulders relax and he says in a low, gravelly voice, "Still in one piece." The camera stays fixed. Amber instrument lights illuminate his face. Sound: low engine rumble, one heavy landing thump and the spoken line. No music. End on his relieved smile.

Make your directions visible

Instead of "he is nervous," try "he tightens his grip and glances at the warning light." Instead of "epic camera," try "the camera slowly moves closer to his face."

MBW TIP

Six seconds is a moment, not a whole movie. Start with one action, one camera choice and one short line. Give the reaction time to land.

Text 2 Video / Make it stronger

Direct the action. Give the model something to perform.

1. Replace mood labels with behavior

"She is relieved" tells H3 the emotion. "The latch opens; her shoulders drop and she lets out a breath" gives it a cause and a visible response. Choose two or three linked behaviors instead of directing every muscle.

2. Show cause and effect

Make movement physical: feet contact the floor, knees bend, weight shifts, then the body settles. For a landing, describe the struts compressing after touchdown. This gives the action a readable order.

3. Give the camera one clear job

Specify the starting view, movement and destination: "Slow push from a waist-up view to her face." Keep important objects in frame. A close-up cannot also show the whole room; choose what matters most.

4. Describe the light that creates the look

Replace a pile of quality words with visible choices: "Warm light from the desk lamp on her face, cool daylight through the window behind her." Pick a coherent style rather than several competing treatments.

5. Leave room for sound and the ending

Read dialogue aloud with the intended pauses. For roughly six seconds, start with one short line. Describe voice texture and delivery, then ambience and music separately. Let the main action finish before the clip ends.

Prompt upgrade

Vague: A cinematic mechanic is surprised by a machine.

Stronger: Medium shot of a mechanic at a workbench. A brass device suddenly chirps. She freezes with the screwdriver raised, looks at the device, then breaks into a relieved smile. The camera stays fixed, keeping her hands and the device visible. Warm bench light. One chirp over quiet ventilation; no speech or music. Hold on her smile.

MBW TIP

If a beat disappears, remove a competing action before adding more instructions. Change one thing in the next render so you can tell what helped.

02 / Image 2 Video

Your image sets the scene. Your words bring it to life.

Upload an image, then call it with /image1: followed by its name. Briefly describe the visible starting state and direct what happens next. Keep the action compatible with the image.

A simple prompt recipe

STARTING IMAGE + MOVEMENT + REACTION + CAMERA + SOUND

Keep the existing identity, clothing and setting. Describe how the subject moves, what responds to that movement and where the shot ends.

Copy and try

Use an image of an adult sitting at a table. Replace **namehere** with your uploaded image name.

```
/workflow /run:omni-eros-h3 /size:768x896 /length:145 /image1:namehere
```

Use image 1 as the opening scene. Keep the seated adult, clothing, table and background consistent. The subject looks up toward the camera, pauses in recognition, then gives a warm smile. Their shoulders relax as they say softly, "There you are." Keep the camera fixed at eye level. End with the smile settling naturally. Sound: quiet room ambience and that line only. No music.

Choose motion the picture can support

A close portrait suits a glance, smile or short line. A full-body image gives walking or dancing more room. For an object interaction, start with the relevant hands and object clearly visible.

Keep the prompt focused

Avoid asking for a new face, outfit, room and camera angle while also preserving the starting picture. If you want the same person in an entirely new scene, use the Ref 2 Video section.

MBW TIP

Use a clear image and a small first movement. Once that works, add one camera move or a second beat. Changing everything at once makes a disappointing result harder to fix.

Image 2 Video / Better motion

A useful starting image makes the next action easier to direct.

1. Pick an image that already works

Choose a clear face, readable hands and an uncluttered view of important objects. Fix visible problems in the still before animating it. Check that the composition suits the output dimensions; allow space in the direction of movement.

2. Start from what is actually there

Name the opening state briefly: "She sits with both hands around the mug." Then describe the next action. Avoid inventing a different starting pose or an object that the subject must already be holding.

3. Add movement in layers

Start with one primary action, such as turning toward the camera. Add a small response caused by it: hair follows the turn, a sleeve folds as the arm bends. Background movement should support the scene without distracting from the subject.

4. Match the framing to the task

A face close-up suits eye movement, expression and speech. Walking needs enough space to see the body move. A handoff needs both hands and the object. If the image hides essential anatomy, choose a wider image or a simpler action.

5. Finish with a living reaction

Try "She settles into the smile, breathing naturally" instead of ending immediately after the movement. A short reaction gives the shot a usable ending without asking for a frozen frame.

Prompt upgrade

Vague: Make her move naturally and look happy.

Stronger: Keep the seated subject and the existing room. She looks up from the mug, meets the camera with a brief pause, then smiles. Her shoulders relax while both hands stay around the mug. The camera remains fixed. Quiet room tone; no dialogue or music. Let the smile settle through the final moment.

MBW TIP

If the face changes during a big turn, try a smaller turn with a fixed camera. If an object bends or slips, simplify the hand movement first. Keep the image and other settings unchanged for that comparison.

03 / Ref 2 Video

Give every reference a job. Then describe the scene.

Reference mode uses the same workflow. The difference is the prompt: images supply selected traits instead of automatically defining the opening scene. Use up to four images; you can also reply to an uploaded short reference video of about 5-10 seconds.

Assign clear roles

Image 1: face and hair. **Image 2:** body and outfit.

Image 3: setting. **Image 4:** a prop or another useful view.

Use only what you need. Say whether images show one person or different people. For one character, specify which image controls each feature.

Copy and try - one identity image, a new scene

Replace **namehere** with your uploaded image name.

```
/workflow /run:omni-eros-h3 /size:768x896 /length:145 /image1:namehere
```

Use image 1 only for the adult character identity: face, hair and body proportions. Create a new medium shot in a spaceship workshop. The character wears a charcoal utility jacket and presses one button on a brass device. It chirps; the character smiles with relief. Keep the camera fixed with warm bench lighting. Do not display the reference photograph or reuse its background or pose. Sound: ventilation and one electronic chirp. No speech or music.

Using a reference video

Reply to the uploaded video and define its job. For a character swap: "Replace the main person with the character from image 1. The image controls appearance; the video controls the action, timing, camera and setting." For a new scene, name only the movement or other features you want to borrow.

Audio: describe new voices, dialogue and effects in the prompt. Audio references are not supported. A replied-to video may retain its original soundtrack; listen to the result before assuming it changed.

MBW TIP

A face image should not dictate the outfit. A body image should not replace the face. Clear roles beat a long list of "make it exact" instructions.

Ref 2 Video / Better consistency

Choose useful references. Resolve conflicts before rendering.

1. Use complementary images

A clear face view and a useful body view can cover different needs. For one identity, choose images that agree on age, hairstyle and appearance. You do not need all four image slots if fewer references explain the character clearly.

2. State which source wins

When image 2 supplies an outfit but also shows a different face, say: "Image 1 controls the face and hair. Image 2 controls clothing only." Distinguish clothing from body proportions; changing an outfit need not change the body.

3. Separate identity from the original photograph

For a new scene, assign identity-only roles and describe a new opening composition, action and setting. Add "Do not display the reference photographs or copy their poses and backgrounds" when those details should not transfer.

4. Choose a precise job for the video

For an edit, preserve the source action, camera and setting while naming exactly who changes. For motion guidance in a new scene, specify which movement to borrow. Avoid asking for the original camera path and a different camera move at the same time.

5. Check the difficult moments

Watch turns, overlapping bodies, hands, clothing edges and reflections. Listen to the result too: a replied-to video may retain its soundtrack. Clear visual instructions do not automatically establish the audio behavior.

Prompt upgrade

Vague: Use these images and put her in the video.

Stronger: Images 1 and 2 define one replacement character: face and hair from image 1; body proportions and outfit from image 2. Replace the woman standing on the left in the replied-to video. The video controls her actions, expressions, timing, camera and setting. The images provide no pose or camera instructions. Keep the other people consistent with the source.

MBW TIP

Test one clear subject and one simple action first. If two appearance references conflict, try one strong reference before adding more. Judge identity, movement and audio separately; a pretty clip can still miss the task.