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# NO BS AI

CLASS TRANSCRIPT

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## Week 4: Lab Week

*Open Workshop Session — Cleaned Transcript*

Pilot Class // April 2026

Instructor: RJ // Platform: Rippily

*The Goblin Mining Cave*

***"Ideas come from anywhere.  
Ask Claude if you can build it."***

*-- RJ, Week 4 Lab Week*

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DEEPER INTO THE MINE WE GO

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## Opening: How Did Homework Go?

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**RJ:** Welcome, welcome. Lab week! I love lab week. We get to dig into specific problems, specific questions that you might have. And I get to show you a few tricks — because I got them. I got them all.

So how are you doing? How did you do on your homework? Homework was just to get in and get dirty with your widgets. Break some things. How did you do on that?

*Students share updates — things working, things broken, progress made.*

**RJ:** That's the magic. And yes, it's a token burner. But how much is your time worth? Because in my mind, when I am just a bottleneck — explaining one computer to another, or explaining one piece of software to another — it's time to let that go. It's time to remove myself and say: this is what I want done, I know you two know each other already, have a good time, I'm done. I got other things.

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## MCPs vs. Claude in Chrome

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**RJ:** So we learned this week about MCPs. What you've been talking about — Claude in Chrome — is different. MCPs won't eat as much credit. They'll pop in and do things for you, and you don't have to be managing every single node of every single thing.

But sometimes it's cool to just go through MCP. And sometimes when the project is pretty visual, it's nice to have Claude in Chrome. Does everybody know where to set that up?

*Shares screen to demonstrate settings.*

**RJ:** So if you pop down to your settings here — you've got to allow the extension, basically. And then what I typically do is bring up whatever I need done... and it'll pop up a little tab in your Chrome, name it after the task, group everything you need into that tab, and start working with it all.

One thing I want to mention: if you want to do this but keep yourself a little safer — blocked sites. Your bank website goes right here. You know what I mean? It should be totally safe, but if there are some sites you'd rather not touch, put them there for peace of mind.

The thing it does — and this is what I want to get across — is it will actually name a tab after your task and group everything it needs. And then it starts working. Sometimes it needs you to intervene, but that's kind of what it looks like. It does eat tokens by the bucket, though.

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## Token Management: One Thread. One Job.

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**RJ:** My monthly bill is \$200. That's because I use this thing all day and night. Completely justified in my mind. But you can buy extra usage if you want. If you're ever at the end of a session and it's saying "wait five hours" and you're like — I don't HAVE five hours — you can make a one-time payment and it'll treat that like a bank for credits. I don't advise auto-reload, but if you need it for one month, pay the extra, then downgrade next month.

There are definitely ways to keep your credits down — stuff we talked about before. Making sure you bring the right tool to the right job. But here's something people don't realize:

Every time anything processes — any exchange between you and the AI — it grabs all the context again and eats it all again. Every time. Even if it's a simple question. So you can't help that. But what you CAN manage is your threads.

One thread. One job.

**RJ:** And then there are times when it'll get tunnel vision. That's one of the reasons a lot of my goblins have goggles — they'll go "I want to solve this for her SO BAD" and then bam, they're in a mode where they can only see the end result and they're not keeping anything else in mind.

That's a warning spot, especially if you're on a lower plan. So start a fresh session when that happens.

**RJ:** And any time anything's running and you're like — no, no — there's an interrupt button right here. Right in this area. You don't have to wait for anything to stop if you think it's eating your credits. That's your emergency brake.

Hey, I just asked you what the price of cheese is. Please do not do an entire history on the Velveeta company. I don't need that.

*Laughter.*

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## The Glamour Engine: Build It, Don't Buy It

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**RJ:** Alright, what else? Questions, problems, philosophical discussions?

Let me tell you a story. Morning glories. I get emails with brand new AI products every day. Occasionally I'll peruse and see something I like. In this particular case, it was something that would take a product image — headphones, let's say — and develop eight product shots of it. Then it would take your writing style and apply it to the product description. And it was aimed at marketing agencies. Not at entrepreneurs. Not at anyone like us.

But I really could see where it was trying to go.

I also remembered that somebody in class said they wanted to use this class to build an image-to-video pipeline. And so these two things collided in my brain.

So I said to Claude: could you take a look at this agency software and tell me if I could make something similar for First Draft Ninja — for emails instead of products, with images in the mix?

Two days later — because I'm a nerd — I built it.

*Shares screen to demo the Glamour Engine.*

**RJ:** Here's what my email workflow looked like before. First Draft Ninja writes a first draft. I edit it, I tweak the writing, I pick where images need to go. Then I ask Claude to develop a detailed image prompt. I take that prompt to Gemini, generate the image, bring it back to Claude for tweaks, take the image to Canva to boost contrast, vibrancy, and sharpness for mobile... and THEN put it in the email. Then do the same thing for the

second image. Then assemble everything in GHJ manually.

That took longer than writing the actual email. Every time.

Now with the Glamour Engine: I paste the finished email in. I pick or edit a subject line — Claude analyzed my past emails to understand what works for me. I get image one generating in the background, via Gemini through Replicate — costs me about three or four cents. I pick captions. I pick a sign-off line — I like humorous sign-off lines. Coffee recipe is selected automatically. Hit approve and continue to preview. I get a draft in GHJ ready to look at, adjust, and send.

This beats the two, three-hour conversation I have with Claude every day. Took about fourteen workflows. Took time. But for me, this is going to save hours and let me write more.

*Applause from students.*

**RJ:** Number one lesson: **please don't buy any more software.** When you finish this class, you will have the stack you need — whatever LLM you're paying for, Airtable, N8N if you're doing fancy stuff. That's all you need to build anything. Web page? Let's get it up. Chatbot in your characters' voices? You can build it. Anything you need.

Number two: **ideas come from anywhere.** Any time you can pop a website into Claude and say "I'd like something like this, but for me" — you're off to the races.

Build it for yourself first. Use the hell out of it. Standardize it. Then externalize it and offer it to people based on what you hear them saying they need.

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## Jamie's Lore World: World Anvil is the Answer

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*Jamie shares a challenge: her writing partner has a massive lore world stored across Google Drive — characters, events, locations, backstory — and wants Claude to be able to retrieve specific things from it.*

**RJ:** Okay, so there are actually two ways to go about what you want to do. One is to create a pipeline between Claude and your files, which could be done using N8N. The other option — and this is where I want to go — is to think about HOW computers retrieve information.

Here's the issue I run into: computers don't look for things the same way humans do. Humans can read a chunk of something and go, "okay, yeah, I'm getting what I need." Computers would rather read a spreadsheet every time.

So I asked Claude, live right now: *a friend of mine is a writer and has a massive lore world. Could you step-by-step me through connecting Claude to a single folder on Google Drive that contains his entire world — so Claude can retrieve certain things at will, get a sense of certain characters, certain events that are really important in this world?*

*Claude responds: easiest approach is the Google Drive integration — connect your account, point it at the master folder, Claude can search and retrieve on demand. But retrieval is keyword/filename based, so folder naming matters. Characters folder, events folder — the cleaner the structure, the faster the retrieval.*

**RJ:** For my own world — what I've done is I've taken all the lore, because it was scattered all over the place, and put it all into Airtable. You don't HAVE to do that. But if it's Google Drive, you could create spreadsheets within it for better retrieval.

But honestly — Jamie, you're working in World Anvil, right? Let me look at that.

*Deleyna finds the World Anvil MCP in real-time.*

**RJ:** Oh my gosh. There's an MCP for World Anvil. You're working hard back there, that's fabulous.

*Jamie shares her World Anvil screen — a beautifully structured lore world with custom templates, individual character pages, location entries, event logs.*

**RJ:** Oh. Oh oh oh. Okay. THAT is the answer. Not Google Drive. World Anvil.

Here's the backstage secret: you're doing a lot of work ordering information when you use documents and folders. What happens when you change the format halfway through? What do you do with all the back documents?

World Anvil already handles all of that. Everything is already ordered. It translates your information into pieces of data — actual structured data, not just files. And THAT is what computers love to retrieve from.

Connect Claude to World Anvil via the MCP, and it doesn't have to dig through a folder of documents. It knows where everything lives. You can say: look up Hoban, tell me about his backstory. And it just goes there.

And cross-linking! If an event involved a particular character, you look up that character and the event is already connected. You don't have to wire that up manually — World Anvil already did it.

**RJ:** Jamie, I think this is THE solution for your partner's situation. World Anvil is the shortcut. Let's go there.

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## DaVinci Resolve and Hailuo: MCPs for Video

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*A student working in video production asks about automating their DaVinci Resolve workflow and generating short video clips.*

**RJ:** Okay! Let's see if I can find you something. Search "[software name] MCP" — that's always my first move. And look for the trophy icon and high star counts when you browse what comes up.

*Searches for DaVinci Resolve MCP.*

**RJ:** Okay. There is one. Community-built — DaVinci hasn't made an official one, but the community went ahead and built it anyway. This is the one they're recommending — look at this thing. Full scripting API, cloud desktop support, 342 granular actions, 26 compound actions. Requires DaVinci Resolve Studio, the paid version — do you have that?

*Student confirms yes.*

**RJ:** Fantastic. This looks great. "Most complete, polished, and maintained." I don't even think we need to look further.

*Searches for Hailuo AI MCP for video generation.*

**RJ:** And for your six-second clip generation — official MCP, maintained by the people who make the software. Full suite: text-to-video, image-to-video, text-to-speech, voice cloning, image generation, music generation. Still on Claude 2.0 model support, but they're updating it. I like this for you.

Put those two together and you've got a production line. Give Claude both links and say: take a big old look, here's what I want to automate. And it'll tell you exactly how to wire it up.

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## N8N: Your Pipeline Tool

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*A student asks about connecting Payhip — their storefront — to their printing company for automated order fulfillment.*

**RJ:** There are two things that both need to be true: **Payhip needs to have an API, and your printing company needs to have an API.** If both of them have an API — you are good to go. N8N can connect them.

Here's the difference between N8N and something like Zapier: Zapier requires apps to be on their supported list. If a company hasn't built a connector for Zapier, you can't use them. N8N is different. All you need is an API. Any API. You don't need to be on anyone's list.

Zapier has more companies in their directory, but — they gouge people. Make.com doesn't gouge you, but it's horrific to build in, and there's no MCP that does what needs to be done with it. N8N is \$20 a month, and Claude builds the workflows for me. I describe what I want. It builds it. I don't even have to have an N8N tab open.

*Student mentions the printing company might not have a public API.*

**RJ:** Write them. Tell them you'd like to connect your systems. Ask if they have a private API. I'd say about a 20% chance it works — they might say you have to be at a certain tier — but it's worth the email. If not, that's when you consider moving to a printing company that does have one.

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## Trainer Mike: You're the Creator Now

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**RJ:** Let me show you something. This is my trainer, Mike. His name is literally Mike.

I had a meeting with him. About an hour and a half. Got basic things — colors, fonts, some images, visual preferences. That's it. Then I said to Claude: take this meeting, get the information, build me a website.

If you hit F12 on this page — all of that HTML? I didn't write a single line of it. I don't WANT to write HTML. My time is precious.

Three pages, fully built, working website. He had a couple of tiny tweaks and we were done. Do you know how long it used to take me to build websites? Two and a half weeks. This took me two and a half hours.

I hear people talk about their WordPress sites giving them problems — plugins, versions, browser compatibility, oh my. You don't have to do that anymore. You don't have to fit yourself to what the programmer thought made sense. Now you ask: what do you want your people to FEEL when they look at this? And you build THAT.

Any code works. This thing has written me PHP, Python — which is apparently a snake — HTML, JavaScript. It doesn't matter because our domain is telling the story. Our domain is not knowing all the tiny technical holes to plug anymore.

You describe it. Claude builds it. You're the creator, not the manager.

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## The Devil's Advocate Prompt

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**RJ:** One more thing I want to mention before we close out. Sometimes Claude can be positive to a fault. It'll say yes, this is going to work, great plan, no problems detected — and you're not sure you believe it.

The fix: flip the question.

Instead of "will this work?" ask: *"Give me all the reasons this WON'T work."*

Or: *"Shoot holes in this theory, please."*

Going the opposite direction reveals holes the happy path hides. Assumptions are where projects fall apart. Claude's confidence can become your assumption if you're not careful. So ask for the doubt. Let it find the holes BEFORE you build the thing.

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## Closing

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**RJ:** If you had to leave at noon, that time has passed — and I don't want to keep anybody here. But the recording is still rolling.

To everybody here: if you're running into stuff, write me. Direct message me. Smoke signals. I'm here to support through all the bumps. Come back during the week if you need to — I'm around.

This is what we're doing here. We're connecting the things you use every day to Claude. That little glowing thing on your screen? It can talk to almost anything. And once it can — you're off to the races.

I'll see you all next week. Deeper into the mine we go.

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