



Mindfulness Without Borders Discussion Forum Set Up Instructions

Registration

- You can access the MWB Forum by going to the Mindfulness Without Borders Website > Talk Online > Mindfulness Ambassador Blog.
- Or by visiting <http://mindfulnesswithoutborders.org/forum>.
- Click Apply for Membership.
- Create an account.
- Enter the information in the Apply for Membership box and then click Apply for Membership. You will receive an email in your inbox. Please follow the instructions to confirm your email address.
- When the moderator approves your application you will receive a notification email and you may begin setting up your profile.

Log In

- Visit at <http://mindfulnesswithoutborders.org/forum/>
- Enter your username and password.

Setting up your profile

- Click on your username top navigation bar.
- Click Change my picture to upload a photo from your computer.
- Click My Preferences to change your email notification preference.

Join the discussion

- Click **Discussions** on the top navigation bar.
- Begin by selecting the category **Get Acquainted**.
- Click on previous discussion threads to read what other people have said and join the dialogue by posting comments.
- Click **Start a New Discussion** to introduce yourself to the group by writing something new. When you have finished writing click **Post**.
- Repeat this process with any of the other topics listed under the **Categories** navigator bar on the right side of the screen.

