



mindfulness without borders

a project of [betweenfoureyes](#)

HOW TO USE THE MINDFULNESS WITHOUT BORDERS BLOG

STEP 1: ACCESS THE BLOG

- To view the blog, click on 'The Blog' in the main navigation of the Between Four Eyes website www.btwn4eyes.org/mwb.php OR go directly to www.mindfulnesswithoutborders.org.

STEP 2: CHOOSE A DISCUSSION FORUM

- Click on the button that applies to you and you will link to the discussion forum of your choice.

STEP 3: REGISTER & LOGIN

- Click "Register" on the top right hand side of the screen and click "I agree to these terms".
- On the registration page, fill out the form as instructed and click "Submit".
- Click "Login" on the top right hand side of the screen and type in your username and password to begin posting.

STEP 4: CREATE OR REPLY TO A POST

- Click on one of the discussion categories listed on the board index page.
- Select the topic thread you wish to read. You may reply to this topic thread by clicking "Reply" or create a new post by clicking "New Post".
- To comment on the post that you are reading, simply fill out the form at the bottom of the page.

NEXT STEPS

- When you are ready, you may return to previous page or the Blog Index by:
 - clicking on the blue breadcrumb trail links in the top left hand corner of the screen
 - or you may select the desired page in the "Jump to" drop down menu on the right hand side of the screen under the posts

FAQs

- If at any time you have a question as to how to use a specific aspect of this forum, there is an FAQ link at the top right hand corner of the screen.

KEY WORDS

- Blog:** A website with user generated content.
- Discussion Forum:** A place, online, where participants regularly post personal commentary and communicate with others about a designated topic.
- Topic Thread:** A set of messages grouped together by topic.
- New Post:** A new personal commentary written by a blog participant.
- Blog Index:** Main page of the blog where all topic threads can be viewed.
- Breadcrumb Trail:** Located in the top left corner, the breadcrumb trail is a list of links that takes you back to every page visited until the home page.