

# How to access The Meditation Room and Forum

(version 1.0, June 2008 – by "Room Admin" [admin.lotuslicht@gmail.com](mailto:admin.lotuslicht@gmail.com))

1. Login to the web site with your valid username and password and fill the CAPTCHA then click Log in

**User login**

Username: \*

Password: \*

CAPTCHA

This question is for testing whether you are a human visitor and to prevent automated spam submissions.

Math Question: \*

2 + 11 =

Solve this simple math problem and enter the result. E.g. for 1+3, enter 4.

Log in

Create new account

Request new password

**Latest News**

Updated: 19 May 2008

1) Master Irman will lead the prayer in Masteryoga Room on 9 June 2008 at 8 am Jakarta Local Time.

2) New Chat Client Module Installer is available for download at [www.lotus-licht.de/download](http://www.lotus-licht.de/download)

**Welcome Every Heart**

We welcome you to our new web site (June 2008) with warm regards and a heartfelt smile. We are glad you are here to join online meditation to open your heart, to share The Love as Divine Instrument, to help others to open heart more to True Source. This new web site has more features than the old one. There is no more room password needed, only your own login password. And you can reset your password when you lost it. Also there is online forum where you can share your realization about Divine Love and discuss your experiences and exercises. As the web site uses new data base system, everyone need to register again. Please review the procedures and schedules to get the most that this site offers. We trust that your heart will be happy to share The Love to all beings, to love True Source more.

General Information

2. Upon successful login, you will see the following screen:

**Your Valid User Name**

ID.Dps.Saras

**Forum Menu**

**Forum Statistic**

**Meditation Room Menu**

**Meditation Rooms**

**Padmajaya Room's status:**  
There are 0 logon user(s)  
To join the room, click here

**Padmacahaya Room's status:**  
There are 0 logon user(s)  
To join the room, click here

**Personal messages**

Hello Anak Agung Ayu Saraswati Anchak Putri  
You've got 0 messages, 0 are new  
Show unread posts since last visit.  
Show new replies to your posts.

**New forum topics**

Recent Posts

Welcome to SMFI...  
by Simple Machines in General Discussion  
May 12, 2008, 05:44:21 PM

**New forum posts**

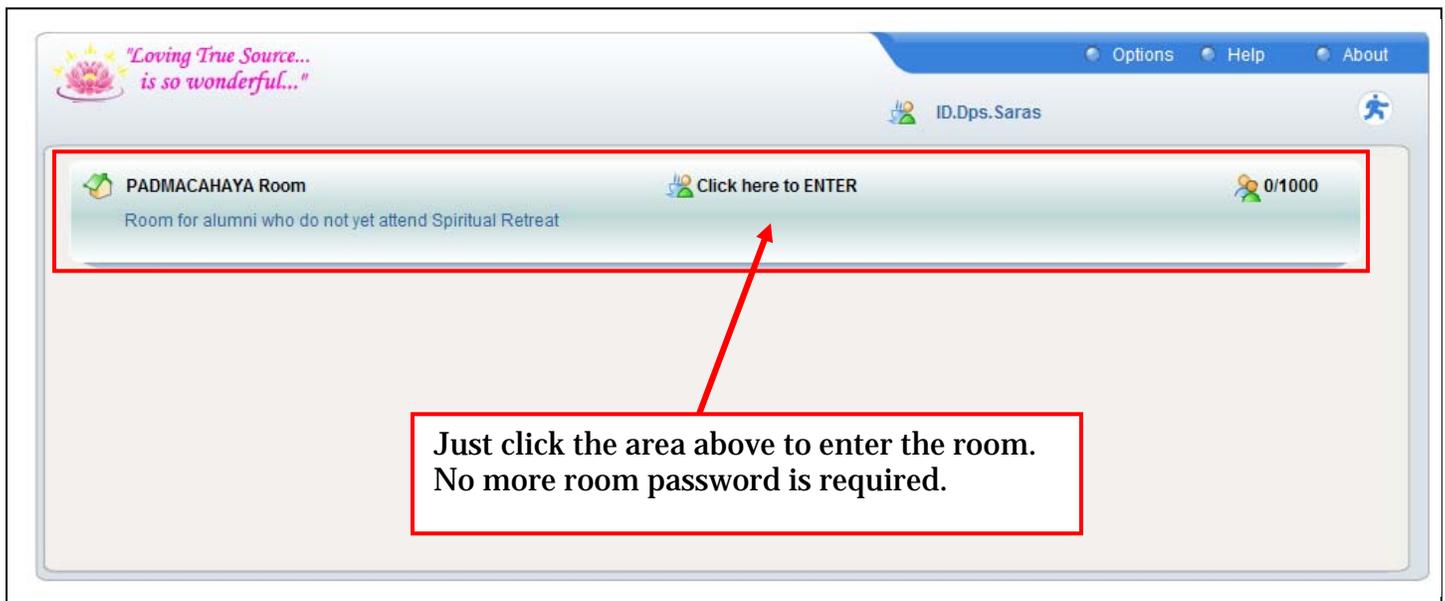
Recent Posts

Welcome to SMFI...  
by Simple Machines in

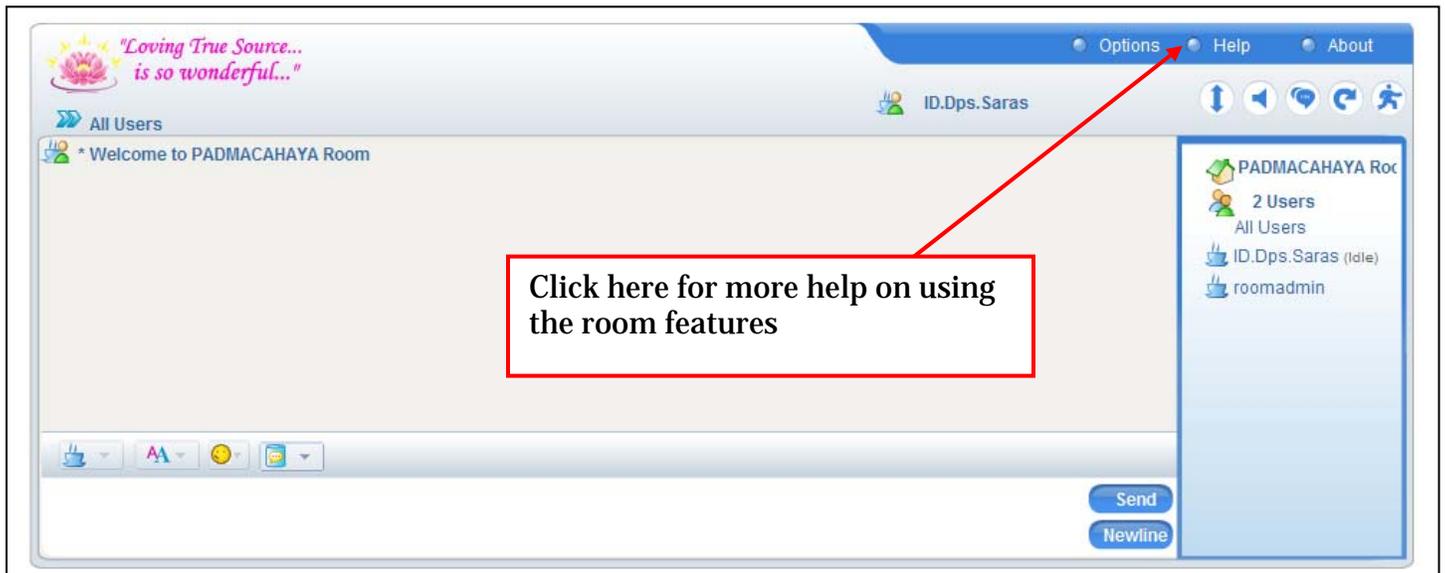
The **Meditation Room Menu** will list all meditation rooms you are entitled to join based on your workshop/retreat level. The **Forum statistic** tells you about any personal message you have in the forum as well as new forum topics and posts from the forum(s) that you belong to. Sometime when you login, the forum statistic on the right column does not appear. That means you are not connected to the forum server. In that case, just log out and log in again, otherwise you can not access the forum. When you click the **Forum Menu**, you will be directed to the forum screen. You may want to open it in

other browser window or tab by using right click of your mouse to keep your current web site window open.

3. To join a meditation room, just click the word [here](#) below the room name status. A pop up window as below will appear and you just need 1 more click to enter the room. No more room password is required in this new version of web site. The rest is about the same as in older version. The new version of flashchat has more features like new way of using private messaging between users and whispering other users. In the new version, when you send a private message to other users, it will not change the appearance of your name in the main room. You are welcome to explore by your self 😊



Below is the screenshot when you already enter the room.



If you need more help on room features, please click the Help Button as above.

4. To access the Forum, just click the Forum Menu. You may need to click it by using the right click of your mouse button in case you do not want to close the current web site window. The Open-Your-Heart Forum window will appear as below. There are 2 kinds of discussion groups you can join: [General and Role-related forums](#). Every member will automatically be part of

General group. The role-related forums are the same groups as in the meditation rooms you are entitled to join. Within each group of forum there are several boards of discussions. At the moment we only discuss about sharing your realization and exercises. In the General Forum we can discuss meditation room related topics and retreat or workshop announcement. In the future, more board of discussion may be added depend on the need of the members.

The screenshot shows the Open-Your-Heart Forum interface. At the top left is a logo of a pink lotus flower with the text "Open-Your-Heart Forum". Below the logo is a navigation bar with buttons for HOME, HELP, SEARCH, MY MESSAGES, MEMBERS, and LOGOUT. A search box is located on the right side of the navigation bar. Below the navigation bar, a greeting message reads "Hello Anak Agung Ayu Saraswati Anchak Putri" followed by the date and time "June 08, 2008, 08:20:48 am". The main content area displays a list of forum groups: "General", "Open Your Heart", "Masteryoga", and "MYI-5". Each group has a "New Posts" icon and a "No New Posts" icon. A "MARK ALL MESSAGES AS READ" button is located at the bottom right of the forum groups list. Below the forum groups list is an "Open-Your-Heart - Info Center" section. At the bottom of the page, there is a footer with logos for Simple Machines Forum (SMF) and other services, along with the text "Powered by SMF 1.1.5 | SMF © 2006-2008, Simple Machines L... | Open-Your-Heart.net".

Click here for more help to understand the Forum features

Click here to expand or contract the Forum Board

Several Forum Groups of yours: General and Role-related Forums

Click here to return to the web site

You are welcome to explore the features of the Forum. There is HELP Menu that you can learn from. For more information on how to use the Forum features, please visit the online manual at <http://docs.simplerachines.org/index.php?board=5.0;sort=subject> Or visit <http://docs.simplerachines.org/> then select Using SMF Menu and then As a Regular User