How to access The Meditation Room and Forum

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

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

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

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 ☺
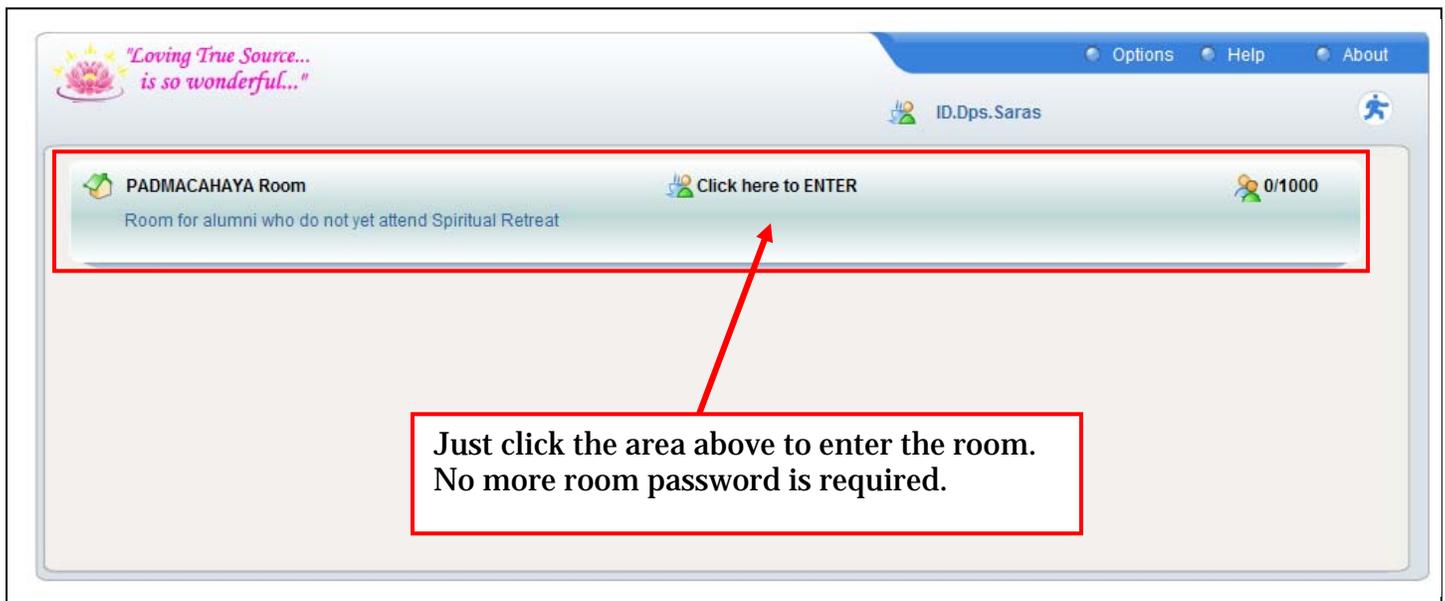
Below is the screenshot when you already enter the room.
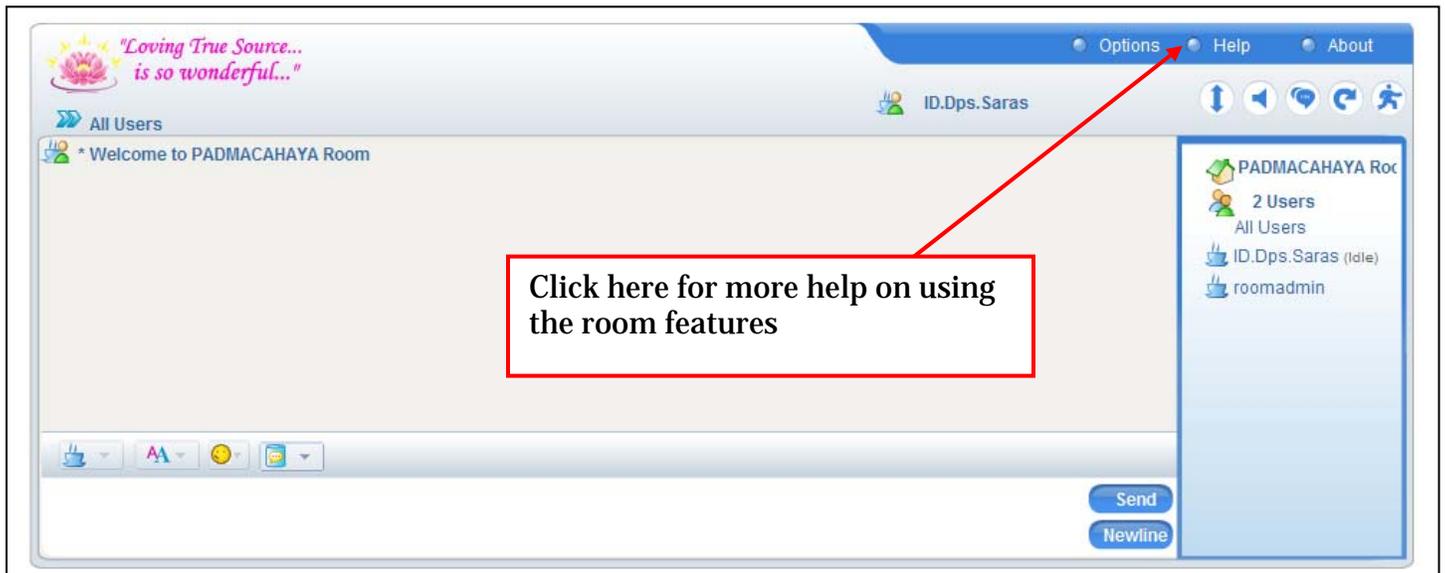
If you need more help on room features, please click the Help Button as above.

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.

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.simplemachines.org/index.php?board=5.0;sort=subject Or visit http://docs.simplemachines.org/ then select Using SMF Menu and then As a Regular User