**How to access the forum**

Once you have joined and received your login details here are the steps.

1. Login to the site - [www.learning.insightteachings.com](http://www.learning.insightteachings.com) - and once logged in it will open up to the site and the menus on the left sidebar.
2. In that menu will be a topic entitled John’s Talks Club. Click on that link and it will open to the forum page.
3. Topic 1 – Let’s Talk about John’s Talks - is the info prior to the meeting. It is also the place to add your choice of topics. Each time you think of a talk you would like to explore, go here and add a post with the number of the talk and the title.
4. The next topic, 11.The Heart is where you will find your first video. Any comments, or discussion of comments people make, is strongly encouraged PROVIDED THERE IS NO JUDGMENT OFFERED.
5. Each month the topic will be titled by the name and number of the talk.