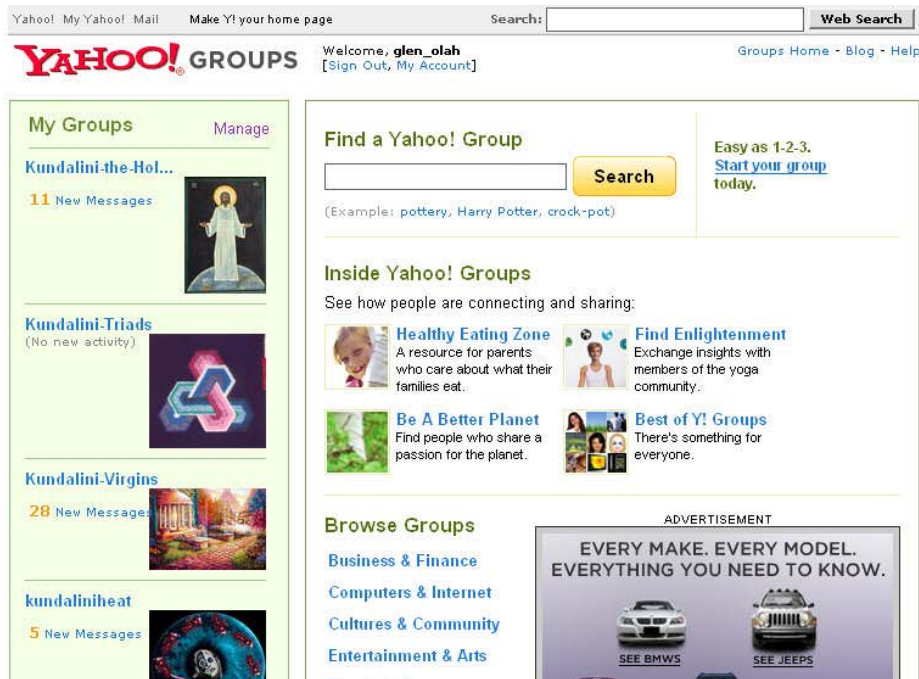
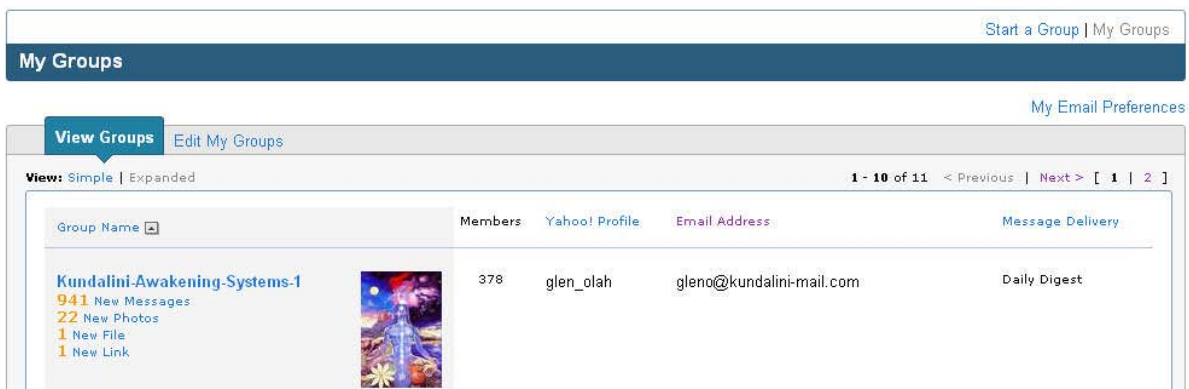


To change your email address in Yahoo to your K-Mail address

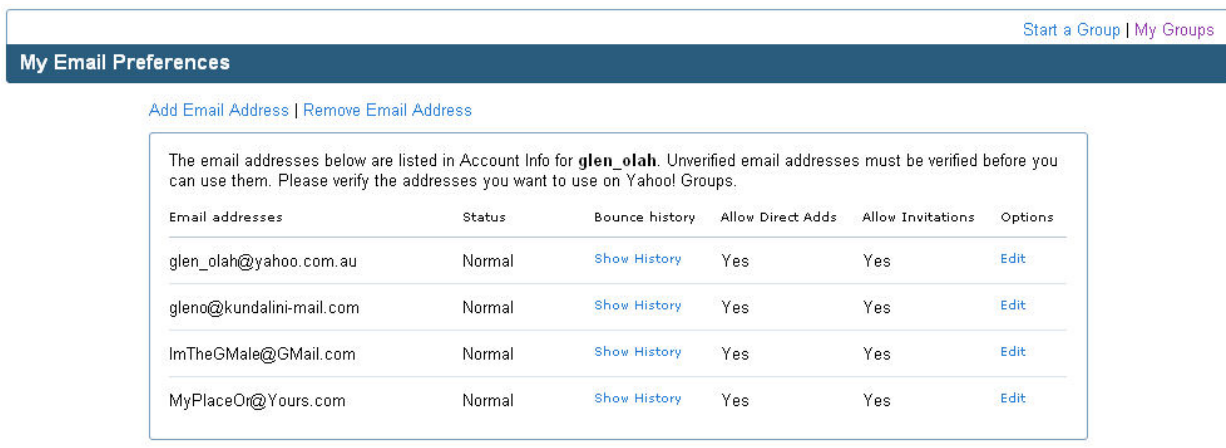
1. Go to: <http://groups.yahoo.com/>
2. Sign in if you are not already signed in
3. Select the “Manage” option from the top of the green “My Groups” box on the left.



4. This will open a list of all the groups which you are a member of.



5. If you have not registered your K-Mail (user@kundalini-mail.com) address with Yahoo then you will need to click on “My Email Preferences”. This will open the following page:



6. To add your K-Mail (user@kundalini-mail.com) address click “Add Email Address” and follow the instructions from Yahoo.

The screenshot shows the 'Add Email Address' form in the Yahoo! Groups interface. At the top right, there are links for 'Start a Group' and 'My Groups'. The main heading is 'Yahoo! Groups'. Below this, the form is titled 'Add Email Address' and contains the following text: 'Enter the email address below to add your Yahoo account. After you click on the Continue button, you will be asked to complete email verification. Verification ensures that you are the owner of the email address.' There is a text input field for 'Email address:' with an example 'Example: joe@domain.com' below it. At the bottom right of the form are two buttons: 'Continue' and 'Cancel'.

7. When your address has been verified go back to the screen from Step 4.
8. Click on the “Edit My Groups” tab.

The screenshot shows the 'Edit My Groups' page in the Yahoo! Groups interface. At the top right, there are links for 'Start a Group' and 'My Groups'. The main heading is 'My Groups'. Below this, there are two tabs: 'View Groups' and 'Edit My Groups', with the latter being selected. The page displays a table of groups with the following columns: 'Group Name', 'Yahoo! Profile', 'Email Address', 'Message Delivery', and 'Leave Group'. The table contains four rows of data. At the top right of the table area, there are buttons for 'Save Changes', 'Reset', and 'Cancel'. At the bottom right, there is a pagination control showing '1 - 10 of 11' and navigation arrows.

| Group Name | Yahoo! Profile | Email Address | Message Delivery | Leave Group |
|--------------------------------|----------------|--------------------------|------------------|--------------------------|
| Kundalini-Awakening-Systems-1 | glen_olah | gleno@kundalini-mail.com | Daily Digest | <input type="checkbox"/> |
| kundalini-awakening-systems... | glen_olah | gleno@kundalini-mail.com | Daily Digest | <input type="checkbox"/> |
| Kundalini-Healing | glen_olah | gleno@kundalini-mail.com | Daily Digest | <input type="checkbox"/> |
| Kundalini-the-Holy-Fire-of-... | glen_olah | gleno@kundalini-mail.com | Daily Digest | <input type="checkbox"/> |

9. From here you can change the address your account is linked to as your address will be listed as an option in the third column after it has been verified by Yahoo.