



There are times that the spam filters that we use on our email programs and that of our Internet Service Providers can delete mail you are actually requesting to receive, even if your spam filters are set to low. Therefore, you may never see these emails come into your inbox they're going right into your junk or spam mail files, or being held in a file on your server.

The best way to protect your subscription is to ADD the domain name [www.sedonasacredlight.com](http://www.sedonasacredlight.com) to your list of approved senders.

If you cannot add an ENTIRE domain [www.sedonasacredlight.com](http://www.sedonasacredlight.com) to your contacts list, then please add the email address [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com)

Steps on how to do that:

Instructions for Yahoo! users

Open your Yahoo! email account

Click "Mail", add select "Options"

Click "Filters"

Click "Add"

Click in the text box in the top row ("From Header") and enter [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com)

In the pull-down menu for "Move the message to," choose "Inbox"

Click "Add Filter"

Also, please add the address [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com) to your address book.

Instructions for Hotmail users

Open your Hotmail email account

Click "Contacts"

In the left-hand menu, click "Safe List"

Enter [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com) and click "Add"

Instructions for AOL users

Open your AOL email account

Click "Address Book"

Click "Add Contact"

Create a contact listing for Sedona Sacred Light Institute with the primary email address

[newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com)

Instructions for Yahoo! users

Open your Yahoo! account

Click "Mail", add select "Options"

Click "Filters"

Click "Add"

Click in the text box in the top row (“From Header”) and enter [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com) In the pull-down menu for “Move the message to,” choose “Inbox”

Click “Add Filter”

Also, please add the address [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com) to your address book.

Instructions for other email services, such as Mozilla Thunderbird, Outlook Express, Microsoft Outlook add [newsletter@sedonasacredlight.com](mailto:newsletter@sedonasacredlight.com) to your address book or list of contacts.

Love & Abundant Light

Nirup & Wanda