

SPAM Blasting Fast & Easy



with
Consuelo Meux



SPAM Blasting Fast & Easy

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Gmail Spam Protection

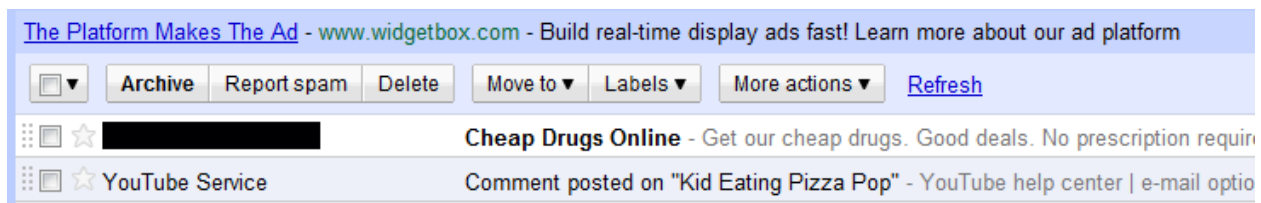
Protect Yourself from Spam & Get Email You Want with Gmail

Gmail comes with built-in spam filters and they claim to have some of the most accurate spam filtering available. Of course, no system is perfect and there are things you can do to ensure your email goes exactly where you want it to.

If you don't have a Gmail account, you can get one for free at <http://gmail.com>

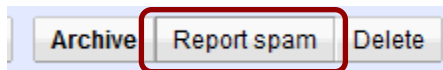
If You Get Spam in Your Inbox

If you log into Gmail and have spam in your main inbox, you can move items to spam and you can also report the spam to Gmail. Here's our sample inbox:



We've determined the first message is spam and now we have a couple of options.

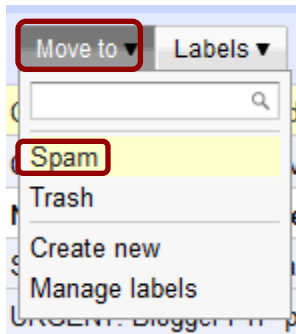
The first thing we can do is report the email as spam to Gmail by clicking "Report Spam":



Reporting an email a spam alerts Gmail and it also moves the email to your spam folder automatically.

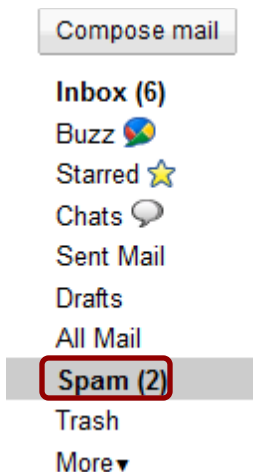
If you don't want to report the email as spam, but just want to move it to the spam folder, you can do so by choosing the "Move to" option and then clicking "Spam":

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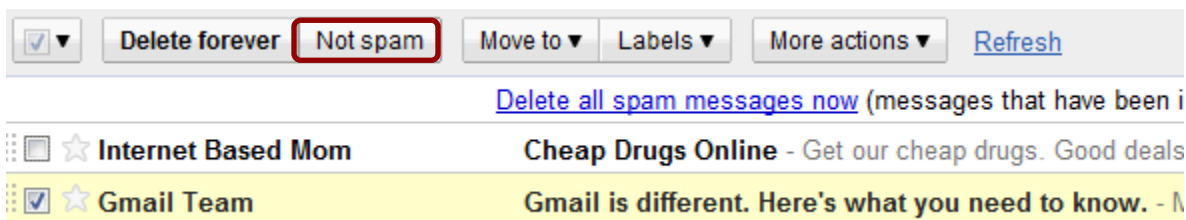


If You Find Email that is Not Spam in Your Spam Folder

If Gmail puts email in your spam folder that is not spam, you can tell Gmail it is not spam. If you're not sure where to find your spam folder, you can find the link in the far left menu:



Now that we're looking at our spam folder, we see a message that shouldn't be there, so we can select the email by clicking the check box and then clicking the "Not Spam" button.

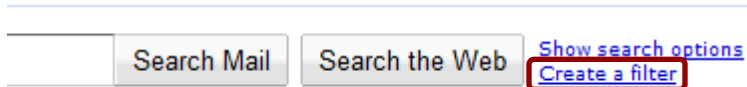


This will move the email back to your inbox.

Make a Safe Senders List

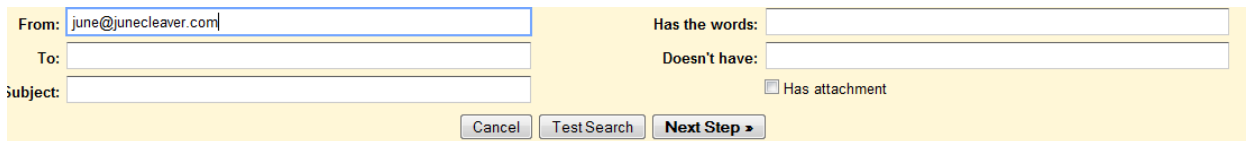
If you want to make sure email from certain individuals NEVER hit your spam folder, you can set up a filter to manage this.

Near the top of your screen, beside the search box, you can see a small link that says “Create Filter”:



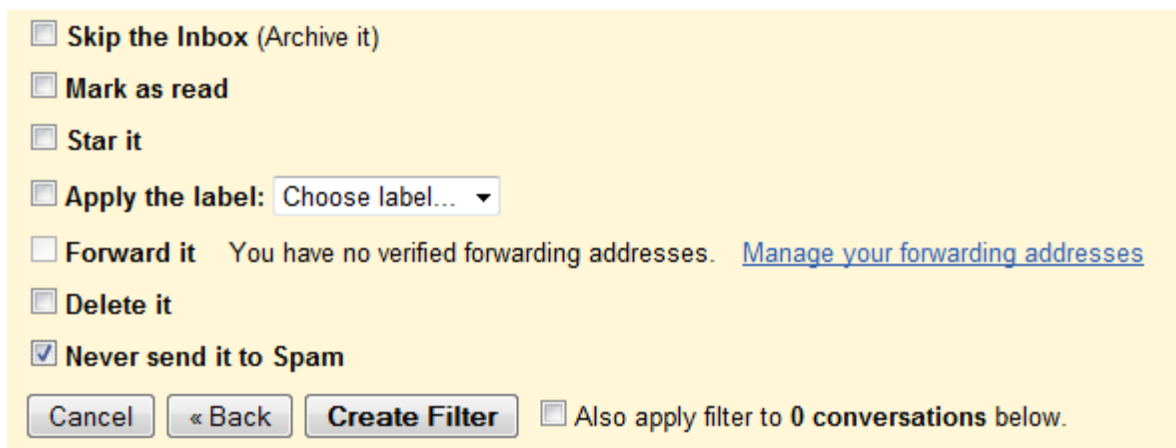
Search Mail Search the Web [Show search options](#)
[Create a filter](#)

In our example below, we are going to put an email address on our safe list, but you can also filter email by words, subject, etc.



From: Has the words:
To: Doesn't have:
Subject: ☐ Has attachment

When you've entered your address or addresses, click “Next Step”. On the next page, you can select “Never send it to Spam” and then click “Create Filter”.



☐ Skip the Inbox (Archive it)
☐ Mark as read
☐ Star it
☐ Apply the label:
☐ Forward it You have no verified forwarding addresses. [Manage your forwarding addresses](#)
☐ Delete it
☒ **Never send it to Spam**
 ☐ Also apply filter to 0 conversations below.

If there are senders you never want to see email from you can choose the “Delete it” option and then you will never see the emails enter your inbox.

Mailwasher

Protect Yourself from Spam & Get Email You Want with Mailwasher












Mailwasher is a software program that you use on your on your desktop. It allows you to quickly sort and filter your email, ensuring that you never miss an email that you want to receive.

It works in conjunction with a variety of email programs including a variety of Window email programs, Hotmail, Yahoo, Gmail and more.

Mailwasher is free for up to 1 email address and is reasonably priced if you want to add more addresses. You can download it at <http://mailwasher.net>.

Viewing Your Email

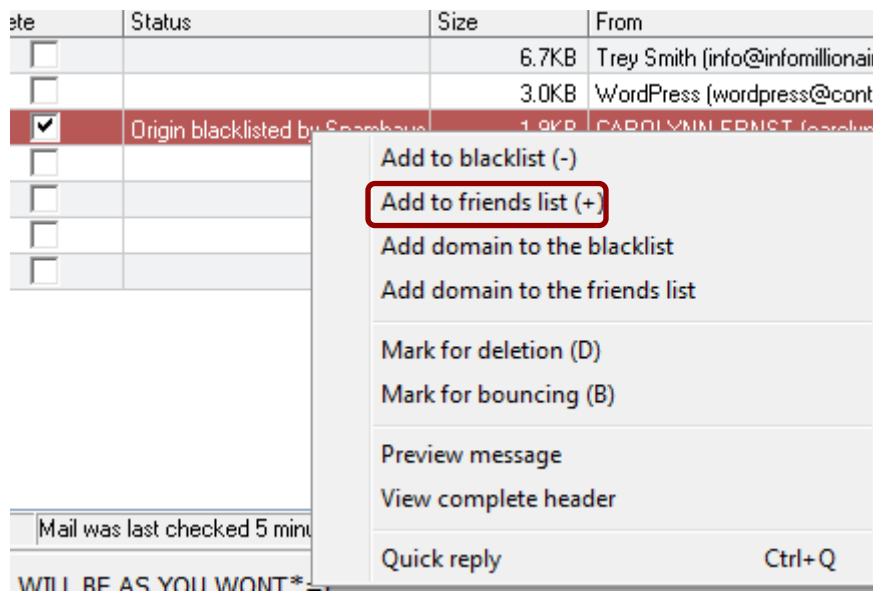
Mailwasher quickly downloads all the email into the software, so you can view senders and subject lines. Here's an example of an inbox:

Action	Delete	Status	Size	From	Subject
 	<input type="checkbox"/>		3.0KB		██████████ Please moderate: "...
SPAM	<input checked="" type="checkbox"/>	Origin blacklisted by Spamhaus	1.9KB		?=*ALL WILL BE AS YOU WONT*=?
 	<input type="checkbox"/>		2.5KB		** Affiliate Sale
 	<input type="checkbox"/>		1.2KB		Support Question Answer
 	<input type="checkbox"/>		1.2KB		Support Question Answer
 	<input type="checkbox"/>		3.2KB		(personal message from Jack)

As you can see above, Mailwasher automatically marks some email as spam and will set to delete a message when they are blacklisted in Spamhaus or other blacklisting services. You'll find these statuses are usually accurate, but you should always scan the email to ensure you don't miss anything.

If you find email is set to automatically be deleted, you can change that senders "Status" to keep it from happening again. If this is a sender you want to receive email from, right click the message and a box will pop-up that looks like this:

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If you click “Add to friends list”, the status will now be changed to “Friend” and the email won’t be marked for deletion.

Delete	Status
<input type="checkbox"/>	
<input type="checkbox"/>	
<input checked="" type="checkbox"/>	Friend
<input type="checkbox"/>	
<input type="checkbox"/>	

Manage Your Friends

You can add your friends to your “Friends” list right away or you can train Mailwasher to recognize your friends as emails come in.

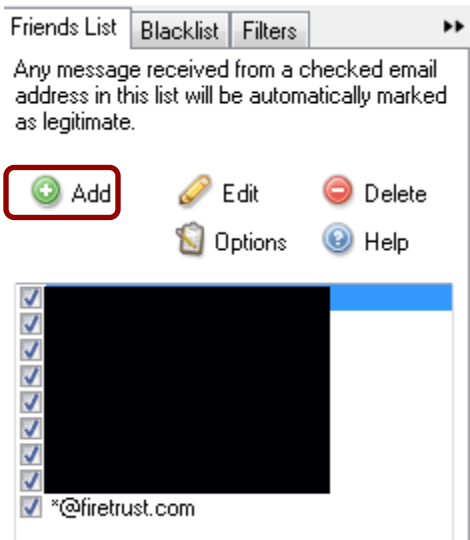
Method #1: As shown above, you can right click any message and choose “Add to friends list” and that will add that sender to your friends list.

Method #2: You can add the email address manually. On the far right side, click the green friends icon:

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A list of your current friends will pop up:



Click “Add” to a new friend:
You can add an email address:

You can add an exact email address, or specify an address using wildcards that can match many email addresses.

☒ Exact email address

Enter the email address that you would like added to the friends list below.
For example: name@domain.com

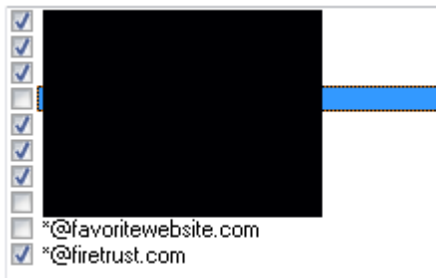
Or you can use the wildcard option to whitelist emails from a particular domain, for example.

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In the above example, all emails from the domain favoritewebsite.com will be marked as coming from a friend.

You can remove users from your friend list anytime by unchecking the box beside the email address:

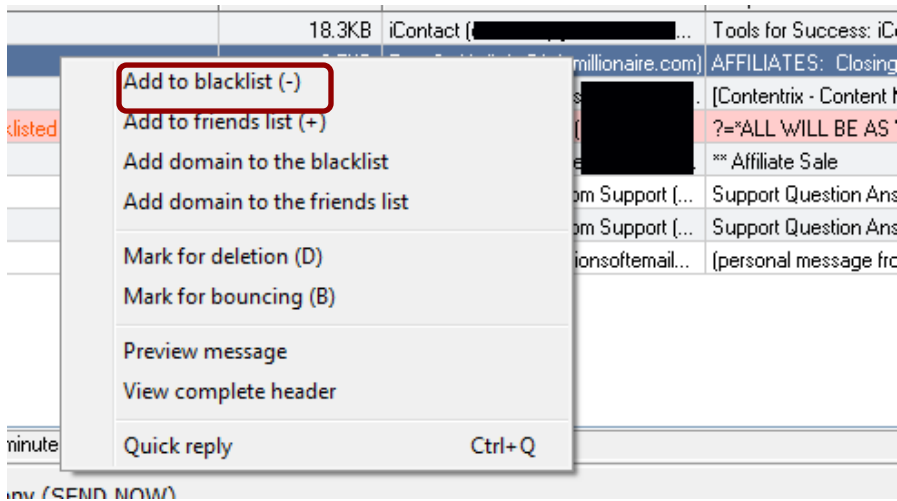


Manage Your Blacklist

You can also add people to your blacklist in a similar way. When you blacklist someone, the email will come into your Mailwasher inbox (in case you change your mind later), but will be marked as “Blacklisted” and will be set to automatically delete when you process your mail.

Method #1: You can blacklist senders as email comes in from them. Just right click on the message from the sender you want to blacklist.

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Click “Add to Blacklist” and then Status will change to “Blacklisted” and will set to delete when you process your email.

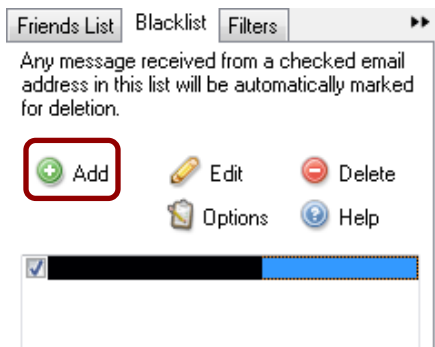
<input type="checkbox"/>		18.3KB	[redacted]
<input checked="" type="checkbox"/>	Blacklisted	6.7KB	[redacted]
<input type="checkbox"/>		3.0KB	[redacted]
<input type="checkbox"/>	Origin blacklisted by Spamhaus	1.9KB	[redacted]
<input type="checkbox"/>		2.5KB	[redacted]

Method #2: You can add email addresses or wildcards to be blacklisted as well. On the far right side, click the black blacklisted icon:



That will bring up a screen that includes senders on our blacklist.

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Click “Add” and you can add an email address:

You can add an exact email address, or specify an address using wildcards that can match many email addresses.

☒ Exact email address

Enter the email address that you would like added to the blacklist below.
For example: name@domain.com

Or you can use the wildcard option to blacklist emails from a particular domain, for example.

☒ Wildcard expression

Enter the email address that you would like added to the blacklist below. You may include the following wildcards:
? will match any one character
* will match zero or more unknown characters
+ will match one or more unknown characters

For example: *money*@*.com

Test your wildcard expression

Email address to test against

In the above example, all emails from the domain spamwebsite.com will be marked as blacklisted and will be set to delete when you process your email.

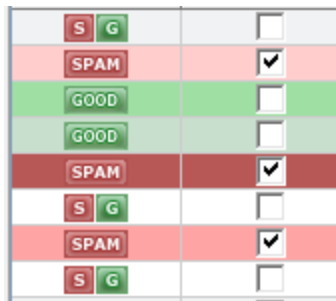
You can remove users from your blacklist anytime by unchecking the box beside the email address:

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Report Email as “Spam” or “Good”

If you want to report email as spam, you can use the far left column in your email preview that is called “Action”. Messages are reported to “First Alert”, which is the software maker’s own community spam filter.



“S” is for “Spam” and “G” is for “Good”. You can simply go through the list and click the icon. If you want to report these emails, click “Spam”.

Process Your Mail

Once you are finished with marking emails in your blacklist and friend list and you’re sure all the emails you have set for deletion are correct, you can process your email. Just click “Process” at the top and all the emails you set to be deleted, will be removed completely from your server.



Now you’ll only be left with emails that you want to receive and you can open your usual email program to download the emails.

Each time you use the software, the process gets faster and faster. Your friends will be marked as friends and a large part of the spam will already be marked as spam. It’s a handy way to ensure you don’t miss ANY email you want.

Spam Arrest

Protect Yourself from Spam with Spam Arrest

Spam Arrest is a program that ensures you receive email only from verified senders. If you don't verify an email address, the email will not be sent to your inbox.

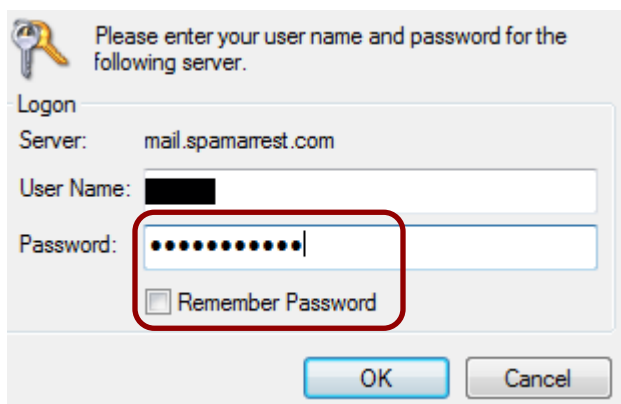
The program works with a variety of Windows email programs, Eudora, Netscape and other programs with pop3 control.

Spam Arrest is a subscription-based service, but has a 30-day trial available. You can sign up at <http://spamarrest.com>

Update to Spam Arrests Incoming Mail Servers

When you download the software, Spam Arrest will ask you to add an email address. Note, that you will need to use Spam Arrests incoming mail servers in your usual mail program as the email is now coming from Spam Arrest.

We are using Windows Live Mail and this is a screen that will pop-up when viewing your email:

A screenshot of a Windows Live Mail login dialog box. The title bar says "Please enter your user name and password for the following server." Below this, the "Server:" field is set to "mail.spamarrest.com". The "User Name:" field is blacked out. The "Password:" field contains ten dots, and a red rectangle highlights this field and the "Remember Password" checkbox below it. The "Remember Password" checkbox is currently unchecked. At the bottom are "OK" and "Cancel" buttons.

Your Spam Arrest user name will automatically appear (blacked out in the picture above for privacy reasons). Just enter your Spam Arrest account password and click "Remember Password" if you don't want to enter the information again.

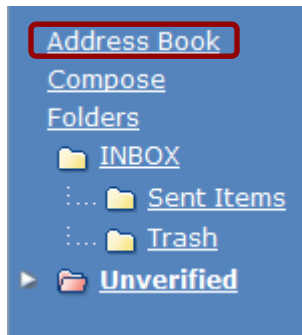
Add People to Your Address Book

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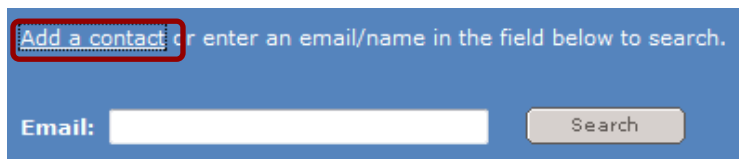
Normally, when someone emails you and you use Spam Arrest, that person will be asked to confirm they are a real sender. If you have people you regularly exchange email with, you can add them to your Spam Arrest address book, so they do not have to go through the verification process.

In the Spam Arrest Members area:

Click on “Address Book” in the far left menu.



Then click the “Add Contact” link to add a new contact:

A screenshot of a blue form area. At the top, the text 'Add a contact' is highlighted with a red rectangular box, followed by the text 'or enter an email/name in the field below to search.' Below this is a label 'Email:' followed by a white text input field. To the right of the input field is a grey button with the text 'Search'.

Enter the information and click “Save Entry”. This person will now be able to email you without verifying.

Add entry to Address Book

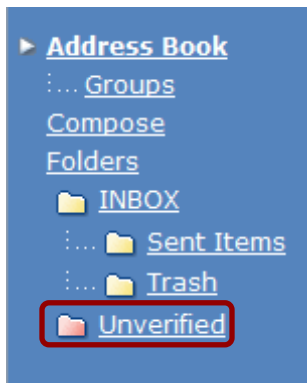
Name	<input type="text" value="My Friend"/>
Title	<input type="text"/>
Company	<input type="text"/>
Email	<input type="text" value="jane@myfriend.com"/>
<hr/>	
Home Phone	<input type="text"/>
Work Phone	<input type="text"/>
Mobile Phone	<input type="text"/>
Fax Number	<input type="text"/>
<hr/>	
Notes	<input type="text"/>
<input type="button" value="Save Entry"/>	

Check Your Unverified Senders

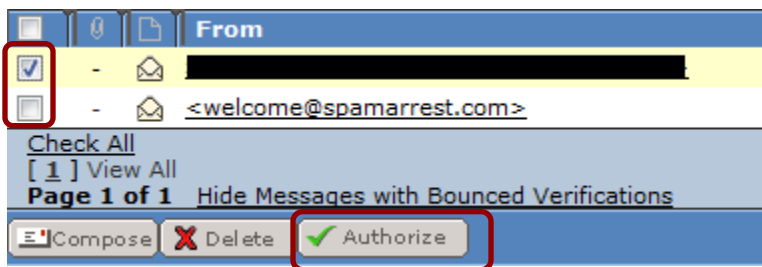
You may find that you receive email from newsletters or other people who do not receive the verification email or simply don't complete the verification process. For that reason, you may want to check your Unverified Senders to see if there is email you want.

On the left menu, choose "Unverified":

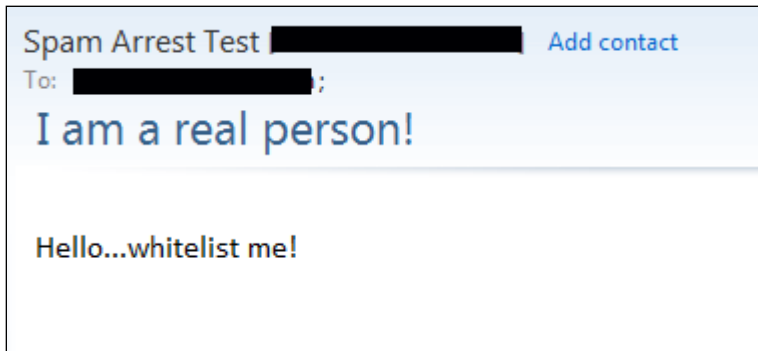
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You will see a list of your unverified senders and you can approve them. Simply check the ones you want to authorize and click the “Authorize” button:



Now the email will be sent to your regular inbox. You can open your regular mail program to view it:



What the Sender Sees

If someone sends you email and they are not in your address book and you haven't verified them, they will get an email that looks like this:

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I'm protecting myself from receiving junk mail.

Please click the link below to complete the verification process.
You have to do this only once.

[http://www.spamarrest.com/a2?
AQVjZwtlZQb6LJkcL2ImDTSfnJAyp2IvLF5wo206DJkcL2Hj](http://www.spamarrest.com/a2?AQVjZwtlZQb6LJkcL2ImDTSfnJAyp2IvLF5wo206DJkcL2Hj)

You are receiving this message in response to your email to [REDACTED], a Spam Arrest customer.

Spam Arrest requests that senders verify themselves before their email is delivered.

When you click the above link, you will be taken to a page with a graphic on it. Simply read the word in the graphic, type it into the form, and you're verified.

You have to do this only once per Spam Arrest customer.

When the user clicks the verification email, they are taken to a page where they have to enter a code:

**Please type the verification code into the box below
and click the "verify" button to approve the delivery
of your email. You will not need to do this again.**

Thank you, [REDACTED]

Verification Code:

(type these letters into the box
below)



If you cannot see the word,
[Click here to listen to it.](#)

Enter Verification Code:

Send me an email confirming my verification ☒

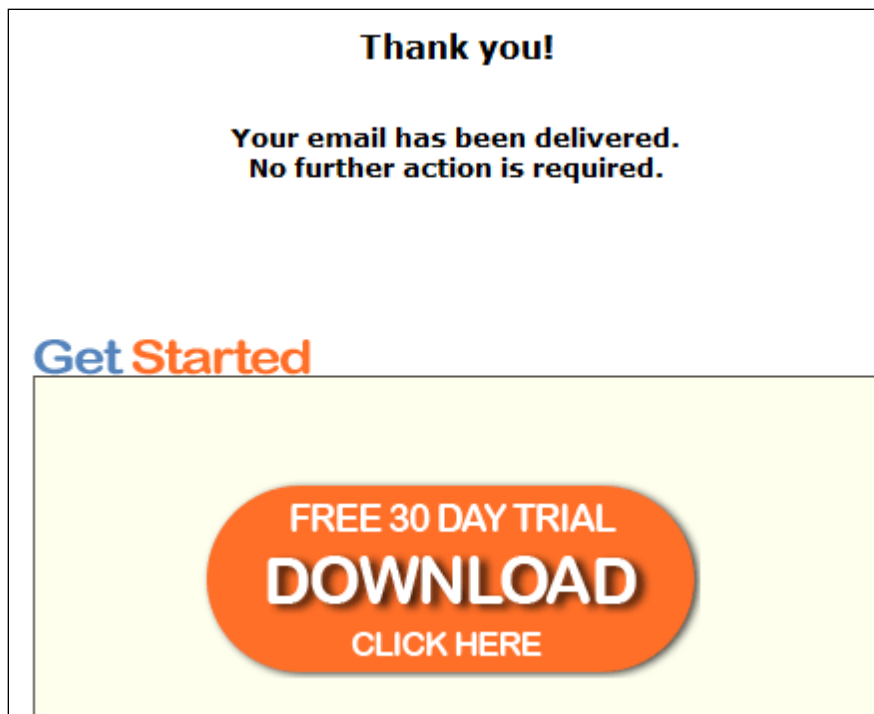
SENDER AGREEMENT - By clicking the "VERIFY" button above, and in consideration for Spam Arrest, LLC forwarding your e-mail (and any e-mails you may send in the future) to the intended recipient (the "Recipient"), you agree to be bound by the following Sender Agreement:

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And agree to a “Sender Agreement”:

You represent and warrant to Spam Arrest and the Recipient that any e-mail you desire to send to the Recipient is not "unsolicited commercial e-mail" i.e., the e-mail does not primarily contain an advertisement or promotion of a commercial product, service or Web site; unless the Recipient expressly consented to receive the message, either in response to a clear and conspicuous request for such consent or at the Recipient's own initiative. Further, you represent and warrant that your transmission of any e-mail does not violate any local, state or federal law governing the transmission of unsolicited commercial e-mail, including, but not limited to, RCW § 19.190.020 or the CAN-SPAM Act of 2003. You understand and acknowledge that it is fair and reasonable that you agree to abide by the restrictions set forth in this agreement. You acknowledge and agree that this agreement is central to Spam Arrest's decision to forward your e-mails to the Recipient. Accordingly, if you violate this agreement, Spam Arrest and the Recipient shall be entitled to (1) temporary and/or permanent injunctive relief to restrain any further breaches or violations of this agreement; and (2) damages in the amount of two thousand dollars (\$2,000.00) for each violation of this agreement. You acknowledge that such remedies are appropriate and reasonable in light of the costs and expenses Spam Arrest incurs as a result of eradicating and filtering unsolicited commercial e-mail. You acknowledge that the \$2000.00 remedy is a reasonable estimate of Spam Arrest's and the Recipient's actual damages. This agreement is governed by the laws of the State of Washington and the exclusive venue for any action related to this agreement shall be held in the state and federal courts located in Washington. You hereby waive any right to object to venue or jurisdiction based on inconvenient forum, lack of personal jurisdiction or for any other reason.

Once they click “Verify”, the email will be delivered to you and this sender has been verified for future emails. The sender is then sent to a screen that verifies that their email was sent and is offered a free trial for Spam Arrest:



Note, you can sign of the Spam Arrest affiliate program and link your affiliate and personal account. Then you will earn a commission on any sales made through this process.

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Consuelo Meux, Ph.D. started her first freelance job in the eighth grade, turning it into an entrepreneurial venture by the time she reached high school. Over the years she has worked in both domestic and international settings to assist entrepreneurs and leaders to build successful businesses and organizations.

As the owner of **Sterling Training and Consulting**, Consuelo works with mid-life professionals, leaders and executives who are going through the process of change and transition in their personal and professional life. She has earned as an MA in Organizational Behavior, MS in Organization Development and Ph.D. in Human and Organization Systems and multiple certifications including those in Executive Mastermind Coaching, Creativity Coaching, Life and Green Living

Coaching. She is completing courses in Holistic Health Counseling. Her professional research has focused on women's leadership styles.

As an expert in systems concepts, Consuelo easily sees patterns and processes in complex ideas. Her support, programs and processes work best to assist unique individuals with a lot of expertise, talents, or ideas who don't fit into pre-packaged, cookie-cutter solutions.

You will be empowered to find your passions, get focused, create intentions, and design structured steps to move forward in your specific, individualized path to success. For more information visit Consuelo's website at Sterling Training and Consulting