

# ShamansCave Forums User Help

The Shamanscave Forum was created as a public forum for the discussion of contemporary shamanism. A brief understanding of how the user interface works should help you get the most out of your experience with it. Forums can be created with any number of features or settings, the following applies to the Shamanscave Forums only and may not be applicable to other forums you might participate in on the web. The following links are linked directly to the ShamansCave Forums help files, you can also access them at the forum by clicking on the link "Help" at the top right of the forum page.

These basic instructions should help you enjoy your experience on the Shamanscave Forums.

## [Registration benefits](#)

How to register and the added benefits of being a registered member.

## [Cookies and cookie usage](#)

The benefits of using cookies and how to remove cookies set by this board.

## [Logging in and out](#)

How to log in and out from the board and how to remain anonymous and not be shown on the active users list.

## [Recovering lost or forgotten passwords](#)

How to reset your password if you've forgotten it.

## [Posting](#)

A guide to the features available when posting on the boards.

## [Topic Options](#)

A guide to the options available when viewing a topic.

## [Searching Topics and Posts](#)

How to use the search feature.

## [Viewing active topics and new posts](#)

How to view all the topics which have a new reply today and the new posts made since your last visit.

**[Email Notification of new messages](#)**

How to get emailed when a new reply is added to a topic.

**[Your Control Panel \(My Controls\)](#)**

Editing contact information, personal information, avatars, signatures, board settings, languages and style choices.

**[Your Personal Messenger](#)**

How to send personal messages, track them, edit your messenger folders and archive stored messages.

**[My Assistant](#)**

A comprehensive guide to use this handy little feature.

**[Calendar](#)**

More information on the boards calendar feature.

**[Member List](#)**

Explaining the different ways to sort and search through the list of members.

**[Viewing members profile information](#)**

How to view members contact information.

**[Contacting the moderating team & reporting posts](#)**

Where to find a list of the board moderators and administrators.