Finding Thunderbird's Local Mail Inbox on Your Computer

1. On the computer desktop, double click on the icon "My Computer."

2. Double click on the icon "(C:) Local Disk."

3. Double click on the folder "Documents and Settings."

4. Double click on the folder showing your "User Name."

5. Double click on the folder "Application Data."

6. Locate and then double click on the folder "Thunderbird."

7. Locate and then double click on the folder "Profiles."

8. Locate and then double click on the folder "thunderbird.myProfile." Some older profiles will display as <something.default>.

9. Locate and then double click on the folder "Mail."

10. Place your mouse pointer over the folder "Local Folders" to display the size of the contents. Or Right-click and choose "Properties" from the menu.

DO NOT DELETE ANY FOLDERS!