## Adding a video or audio from the podcast server to a glow blog

It is easiest to use Safari.

Go to the podcast blog and click the RSS button in the address bar:



Scroll down in the RSS view to find the video you want:



Once you have copied the link, go to your glow blog and create a new post. Click in the main body and paste:

Publish the post.

## Example Embed from th

Permalink: https://blogs.glowscotland.org.uk/ server/ Edit Get Shortlink Add media: B I ABC := ŧΞ 66 ≣ = Paragraph U T W

Chapelside+Animation.m4v