

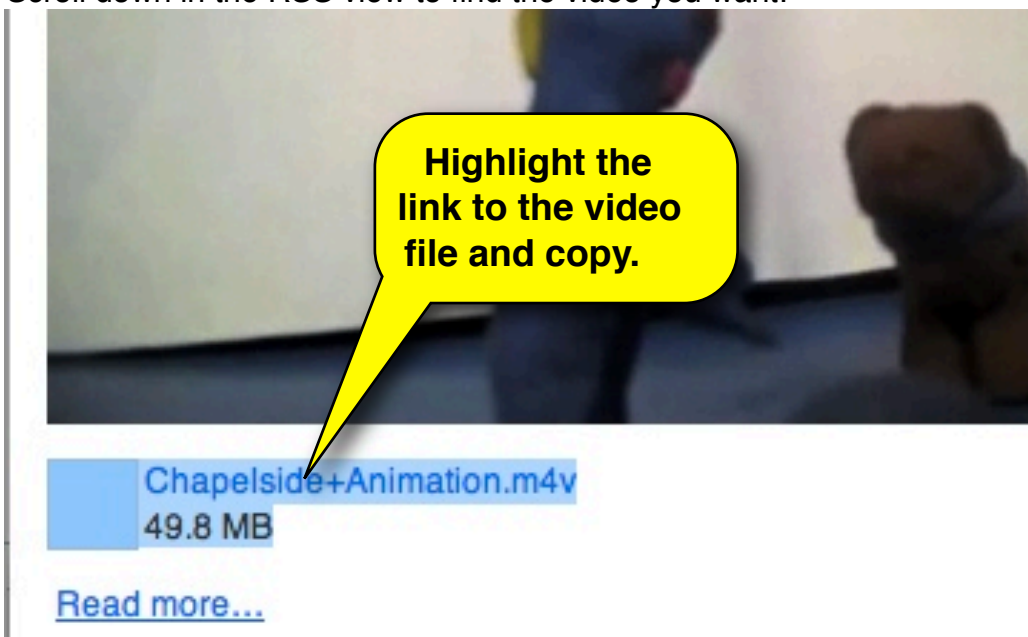
# Adding a video or audio from the podcast server to a glow blog

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.

The video should show up in a player.

