Thunderbird 2.0 - Import Email from Apple Mail

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1. If importing from Apple Mail 2.x (10.4.x), convert email to mbox files first. Download the mbox converter and then drag and drop the emlx files for conversion.
2. In Thunderbird, create a local folder with the same name as the mailbox you're importing.
3. Quit Thunderbird.
4. Find the mbox file you're trying to import, either from the conversion in Step 1 or in the folder *Home > Library > Mail > Mailboxes > mailbox-name.mbox in 10.3
5. Copy the mbox file to the desktop. Make sure it has the same name as the local folder created in Thunderbird in Step 2.
6. Browse to **Home > Library > Thunderbird > Profiles > your profile > Mail > Local Folders**.
7. Copy the mbox file (no extension) into this folder and overwrite the existing file.
8. Launch Thunderbird.
   Result: The folder should now contain the messages from Apple Mail.