Transferring Emails through Thunderbird

To begin the transfer process, highlight all the emails you want to transfer. You can highlight them by clicking on "Edit" in the menu bar and then "Select All":

Right click on the email messages. In Thunderbird, mouse over "Copy To" and then select the inbox you want to copy the emails. Remember this will be the email account set up with InMotion Hosting:
Once you click on the folder you want the emails moved to, a transfer will begin. It will display at the bottom of the page so you know it is copying:

Finally, you can click on the new inbox to make sure the emails are transferred. Depending on your internet connection, they may not show up right away. You can try signing into the web based application to see that they have started moving.

You can also click the email(s) you want to copy or move and holding them, drag them down into your new inbox or folder you want them transferred to.

You can confirm the emails were copied by simply checking the inboxes of both accounts. The emails in each account should be identical. You can check both the old and new accounts to confirm the process was successful.