

```
1. require 'mail'
2.
3. # Set up SMTP settings
4. Mail.defaults do
5.   delivery_method :smtp, {
6.     :address => 'smtp.gmail.com',
7.     :port => 587,
8.     :user_name => 'example_email@gmail.com',
9.     :password => 'app_password',
10.    :authentication => :login,
11.    :enable_starttls_auto => true
12.  }
13. end
14.
15. # Define email message
16. message = Mail.new do
17.   from      'sender@gmail.com'
18.   to        'receiver@example.com'
19.   subject   'Hello from Ruby!'
20.   body      'This is a test email sent from Ruby.'
21. end
22.
23. # Send email
24. message.deliver!
25.
```