

get a smtp server ( i use mx1.hotmail.com) theyre normally like  
mx1,mx2 etc..thehost.com.

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Now, go to Start>Run>cmd  
then in the cmd window, type  
telnet mx1.hotmail.com 25

then  
HELO hotmail.com  
then  
MAIL FROM : (fakeemailhere)  
then  
RCPT TO: (person)

then  
DATA  
then type your message, you can press enter for a new line, finish the message by a full stop (.) on a new  
line, press enter!

spoofed.