.
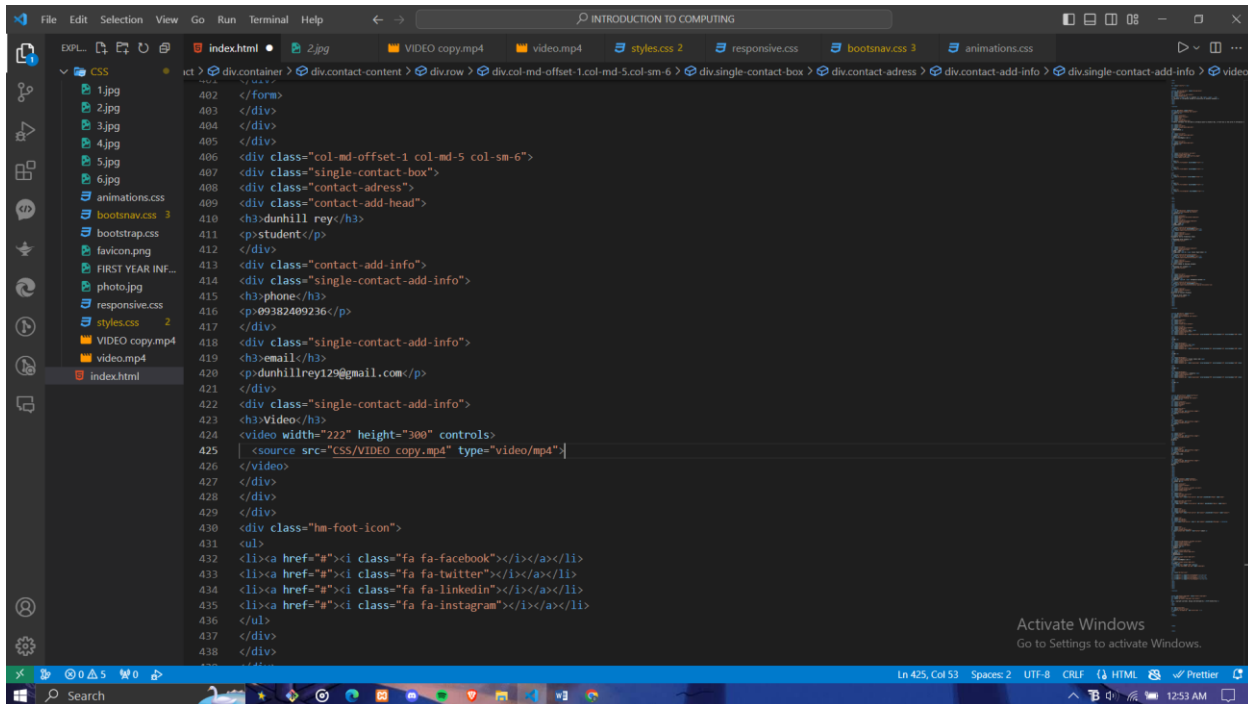
Here's the steps that I did to embed video and forms in my website:

And here is the result