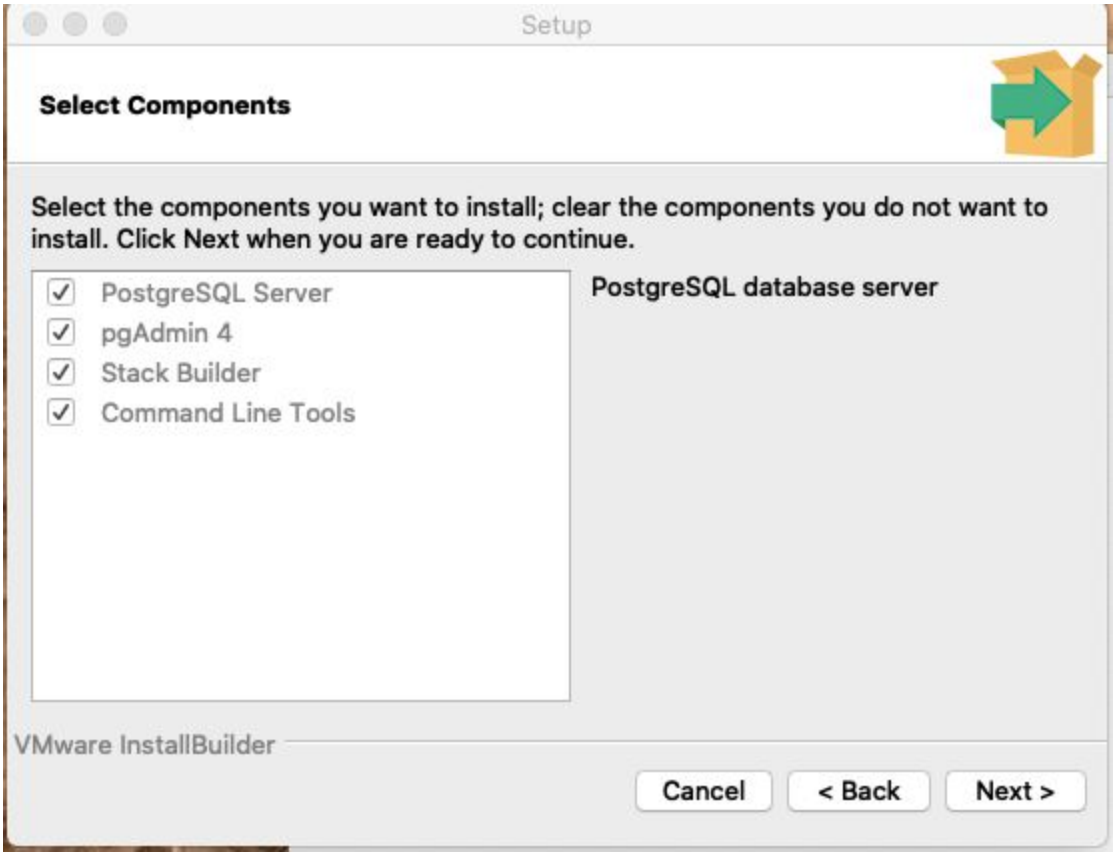
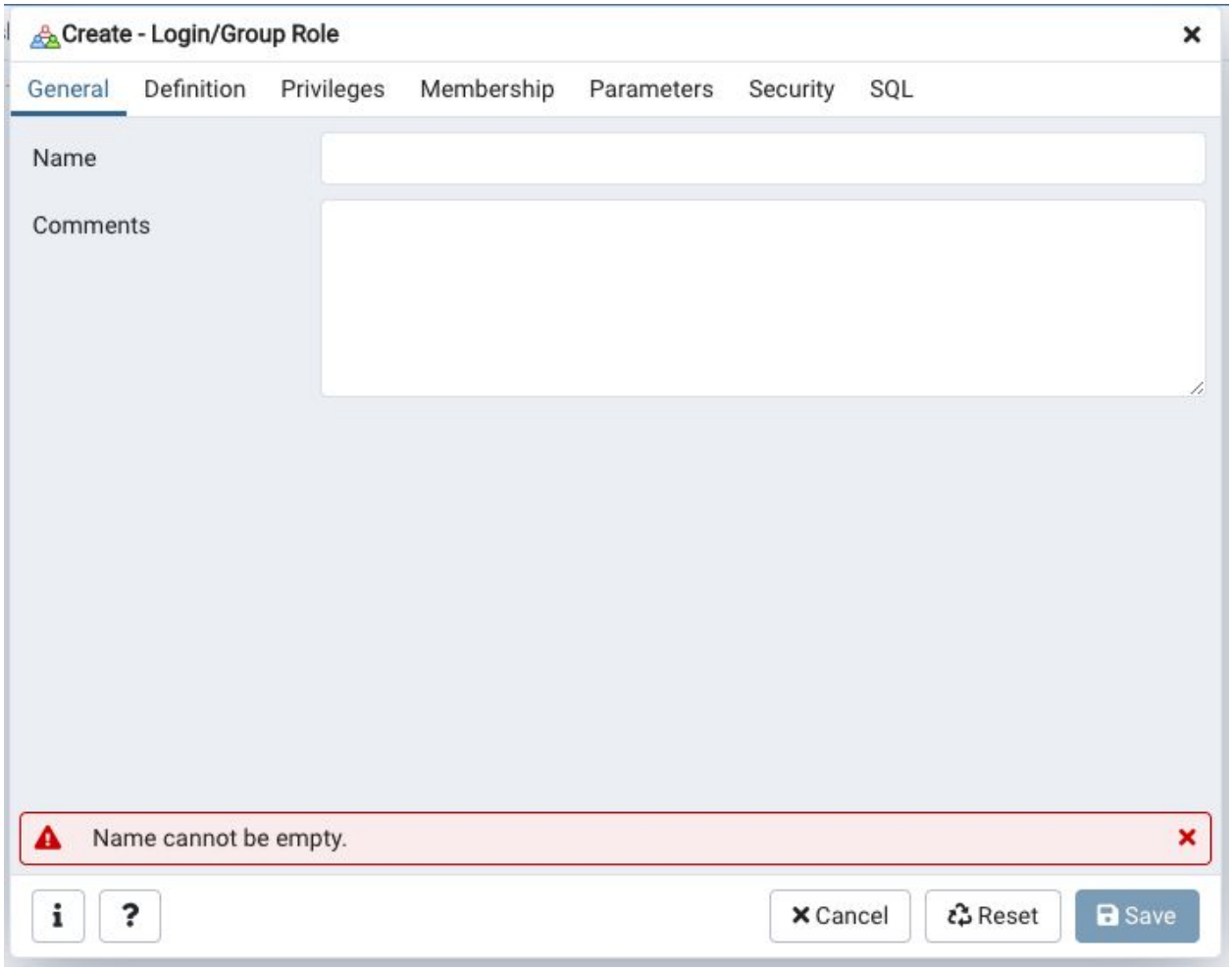
All the steps for getting chaind are technically on this page: https://github.com/wealdtech/chaind, but understanding them was a little bit complex. I hope that by reading this, you can save the time that I spent.

1. Download PostgreSQL & PGAdmin on your computer.
    a. Go to https://www.enterprisedb.com/downloads/postgres-postgresql-downloads and choose the latest version of PostgreSQL for your operating system.
    b. Include all of the components when given the option and install the components.



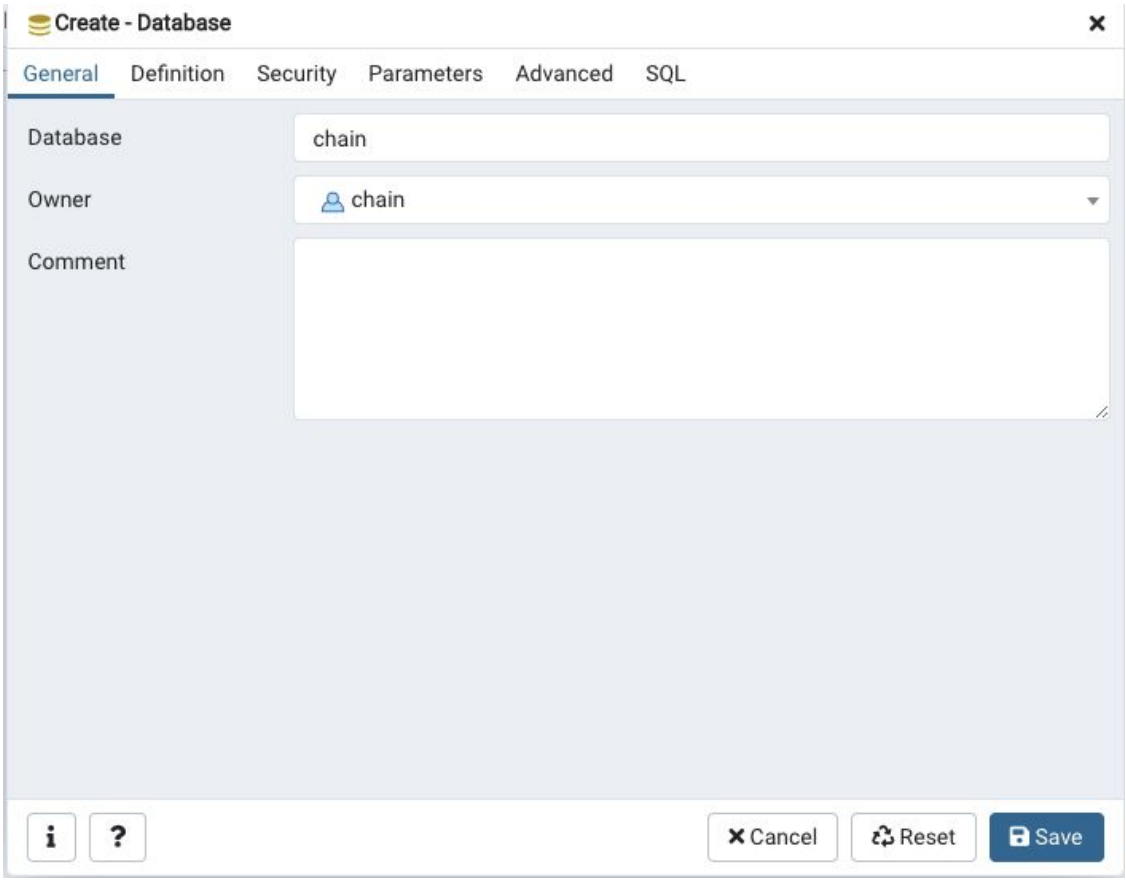
2. Create a user called “chain” with a password (anything you want, just remember it) after going into your chaind application by:
    a. Right-clicking on the “PostgreSQL 12” Server
    b. Hover over “Create” and click on the “Group/Login Role” that pops up
    c. You should see something like this:



    d. Type “chain” in the “Name” box, then go to “Definition” and type in your password. Finally, go to “Privileges” and click “yes” for “Can login” and “Superuser”, which will automatically select the first 6 choices.

       You may be able to get away with just the “login” option, but I chose “Superuser” as well to be safe. Click save to finish creating the user.

e. Now, right-click on “Databases” under the server of your recently created user (the server was “PostgreSQL 12” for me) and hover over “Create” and click “Database”. Create a database called “chain” with owner “chain” and click save once you are done



3. If you are on a Mac OS like me, the binary files in the Github page won't work for you. At this point, you should
    a. Download the Go compiler, if you don't already have it on your computer: https://golang.org/doc/install
    b. Use the command ```GO111MODULE=on go get github.com/wealdtech/chaind``` to install chaind on your computer.
    c. Now, we need to find out where exactly the Go compiler installed it: run ```find go/*/chaind``` to see where your chaind file is
    d. For me it was in "go/bin/chaind" - remember this when you want to connect your node to your SQL database.

4. Set up your Teku node (instructions: https://docs.teku.consensys.net/en/latest/HowTo/Get-Started/Run-Teku/)
    a. Install Homebrew: https://brew.sh/ using the command on the first page. For me, the command only worked on Terminal and not iTerm, so you might have to experiment a bit.
    b. Run "brew tap ConsenSys/teku" and then "brew install teku" to install Teku. Confirm it has been installed by doing "teku --version."
    c. Start up Teku by typing "teku --rest-api-enabled --data-storage-mode=archive --data-path ~/Library/teku/mainnet --initial-state ~/Downloads/finalized-state.ssz"

i. If you don't want to wait around 5 hours for your Mainnet beacon chain to dump all its data:
    1. Download the latest finalized state from: "https://github.com/ajsutton/eth2-states/raw/master/mainnet/2021-02-16/finalized-state.ssz"
    2. After your ``--initial-state`` tag, type the absolute path to the location of the downloaded file (i.e. "--initial-state ~/[PATH TO DIRECTORY]/finalized-state.ssz)
    3. WARNING: Do not include an "=" sign before the '~' sign, the '~' sign apparently needs space before it to do its thing. Therefore, be careful when typing in the tags for ``--data-path`` and ``--initial-state``.

ii. If you already have a directory called "Library/teku/beacon" where you have stored the test database, "prymont", specify another --data-path (you don't need to create it beforehand). E.g., --data-path ~Library/teku/mainnet