1) Download and install Murus from http://www.murusfirewall.com
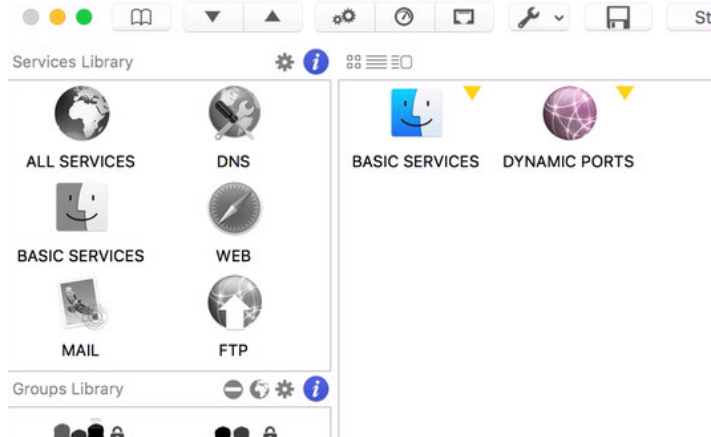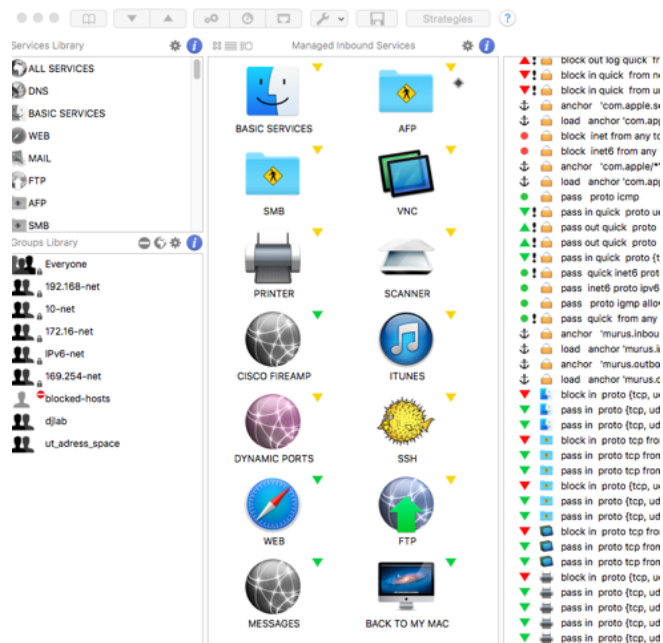
2) start it up (you'll need to enter your password)

3) Click on "Start Murus Lite"

4) Click on "Start Here"

5) Choose "Novice" and "Close this panel"

6) You'll get a default setup that looks like this: (you may need to click on the book icon to see this view)

7) Goto the top Murus menu line and select Firewall -> Import Murus Configuration and import this:

8) Your panel should now look like this:

The green triangles means that port is open to the outside, and yellow means it's filtered.
If you need other ports, you can drag them from the lefthand Services Library into the middle then set them up.

If you hover over one of the icons, and click on the looking glass, you'll see:
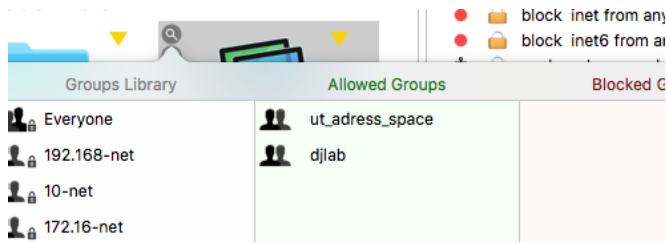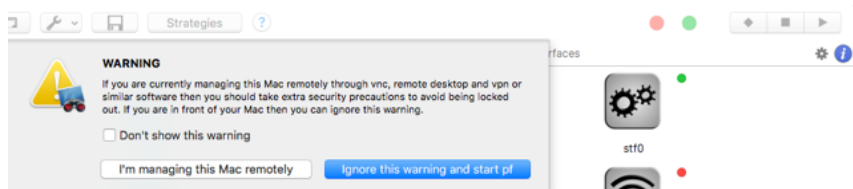
that means only people from those 2 groups are allowed to connect.

The allowed groups are configured here:
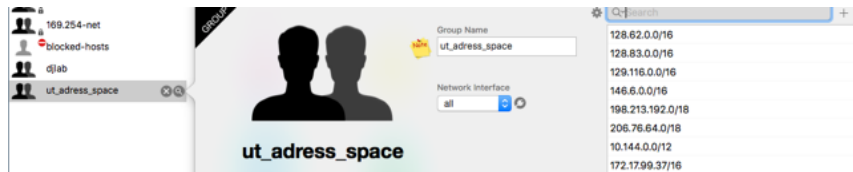
When done, click the right-pointing triangle in the top right corner. Tell it to ignore the warning and start pf if you're confident it's set up right.

You'll get a notification that it's running.

Now, click on the top Murus menubar and select "Export Murus Configuration" to save any changes you made. Save this file somewhere.

Finally, click on this:
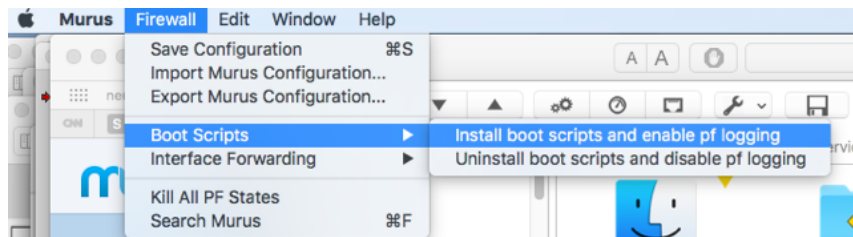
to install boot scripts. Now, whenever your computer is rebooted, it'll start Murus automatically.

You can now exit Murus. If everything works right, you'll never need to start up Murus itself again.

If you want to stop it, click on the square icon in the very top-right corner of the Murus window.