It is important to know that when reading an email header every line can be forged, so only the **Received:** lines that are created by your service or computer should be completely trusted.

* The form field displays who the message is from, however, this can be easily forged and can be the least reliable.

Return-Path

* The email address for return mail. This is the same as "Reply-To:".

Received

* The received is the most important part of the email header and is usually the most reliable. They form a list of all the servers/computers through which the message traveled in order to reach you.

The received lines are best read from bottom to top. That is, the first "Received:" line is your own system or mail server. The last "Received:" line is where the mail originated.

Finding the Original Sender

The easiest way for finding the original sender is by looking for the **X-Originating-IP** header. This header is important since it tells you the IP address of the computer that had sent the email. If you cannot find the **X-Originating-IP** header, then you will have to sift through the **Received** headers to find the sender's IP address. In the example above, the originating IP Address is 10.140.188.3.