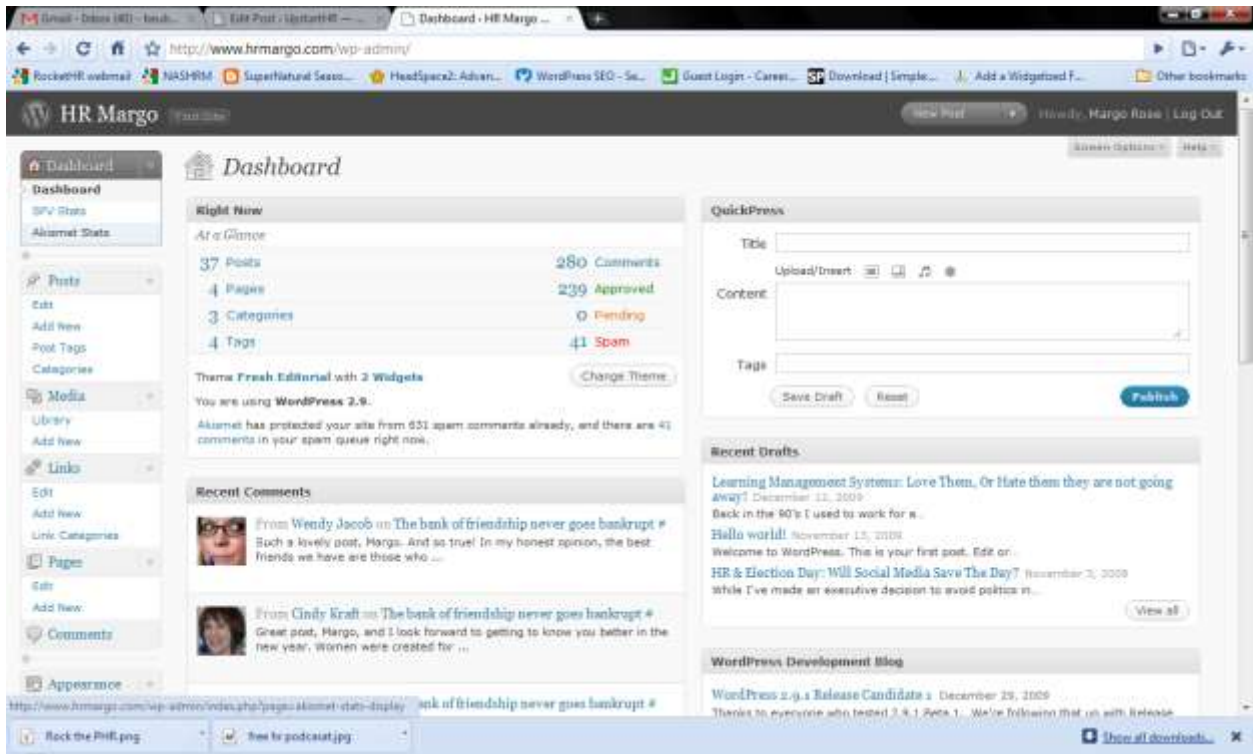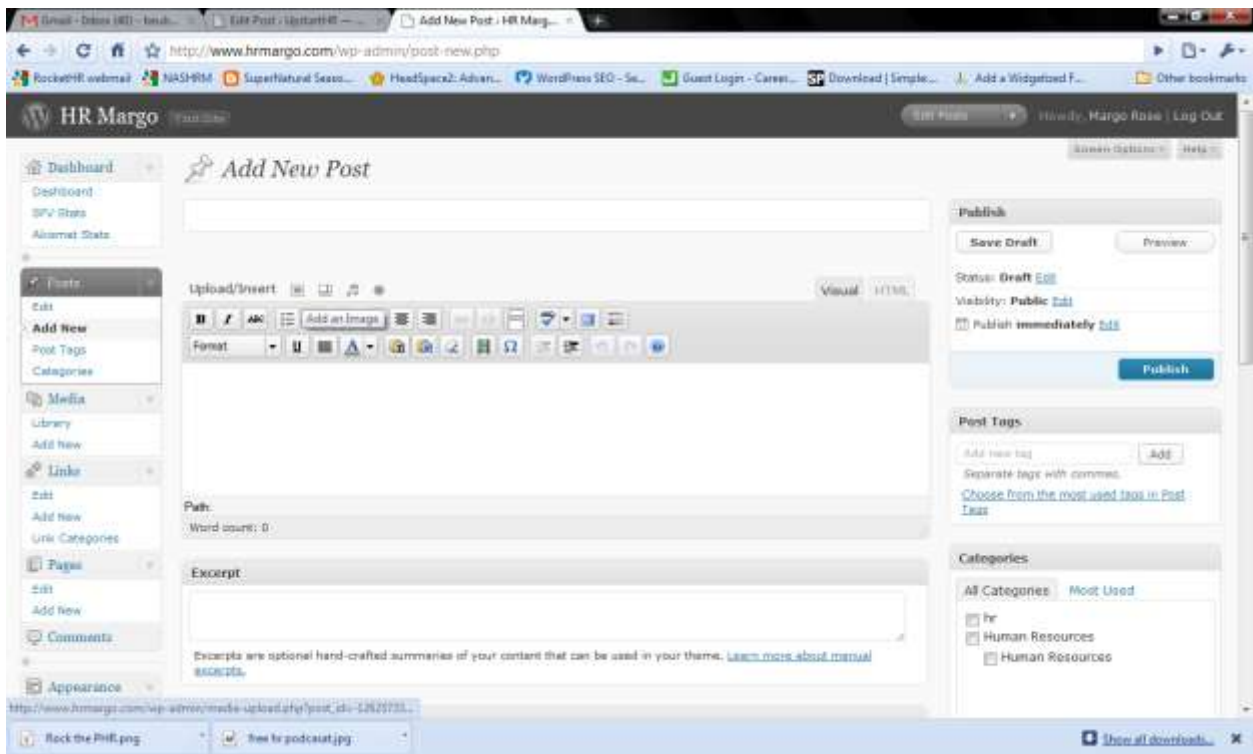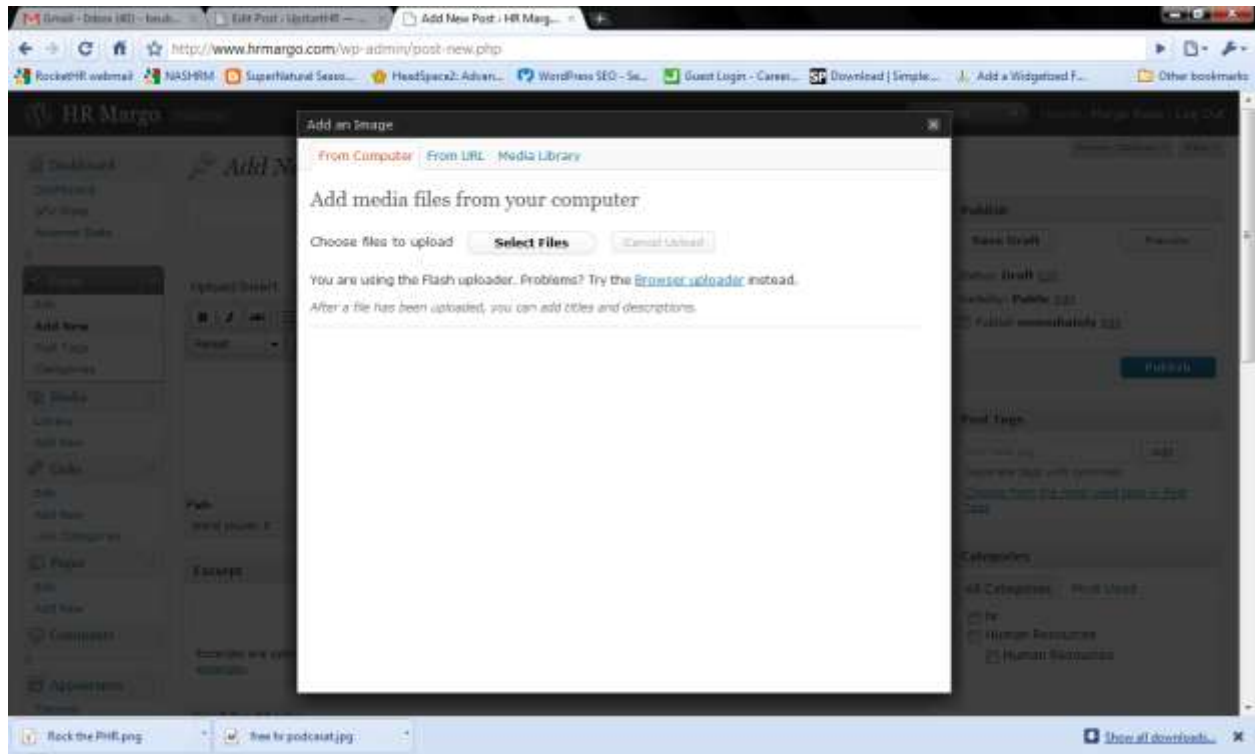Log into your dashboard
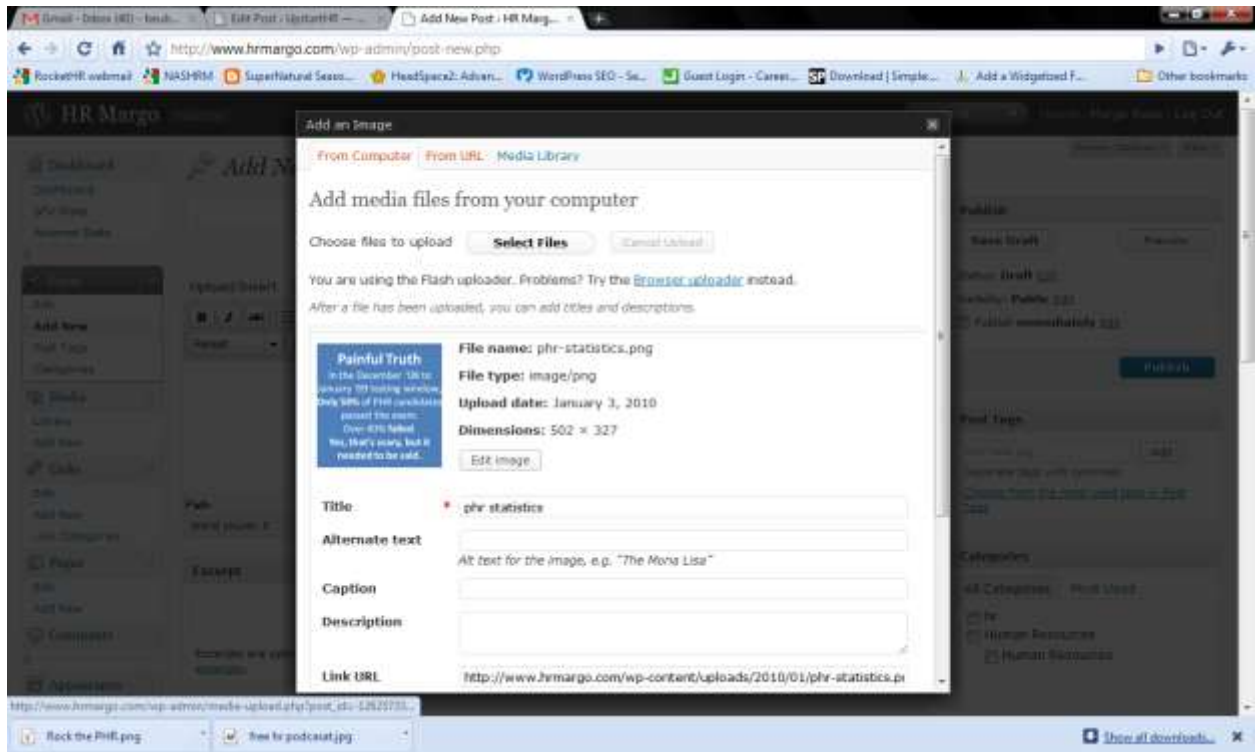

Add a new post and click the "add an image" button
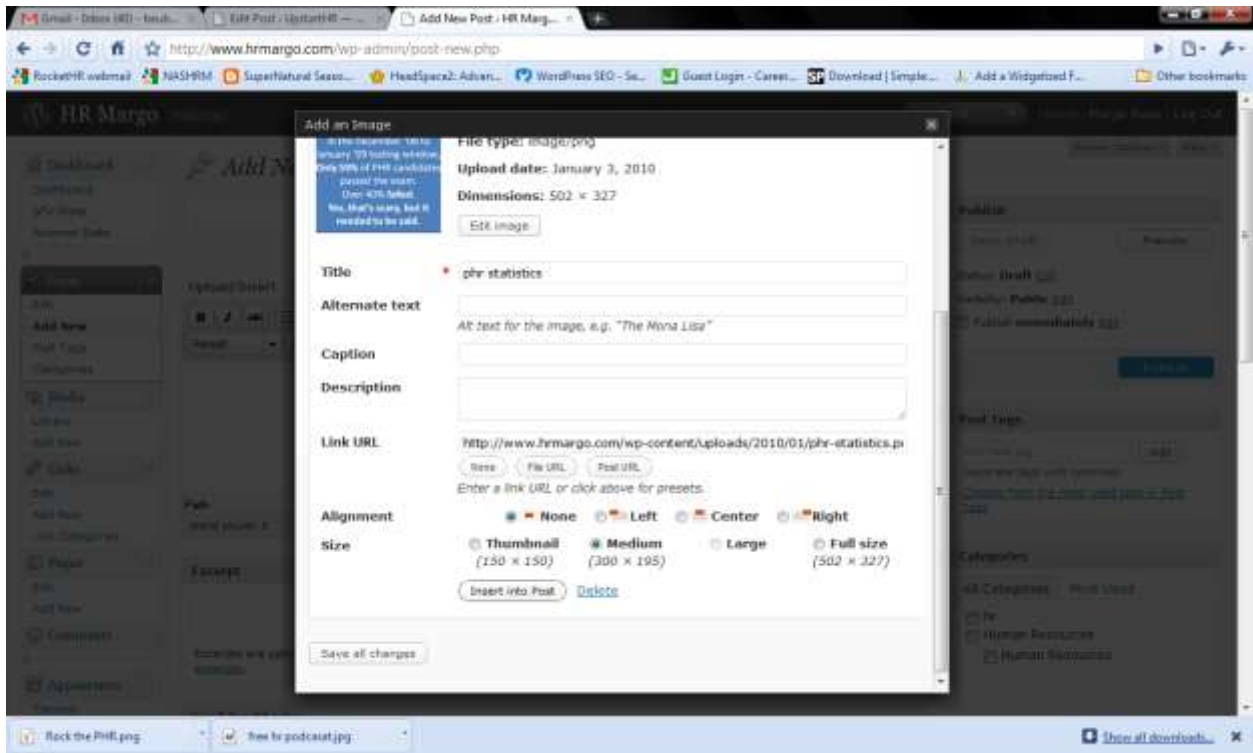
Click "select files"

Choose the image you want to upload

Scroll down and click "insert into post." Make sure Alignment is set to "left"

The image below is a preview of a post with an image in it.