Permanently deleting a message

First go to **gmail.com** and log in with your email address and password (if you're already signed in with another account you may need to sign out of that before you can sign in with this account).

Then
1. Select Settings from the Cog Wheel
2. Select Forwarding and POP/IMAP
3. Select Enable IMAP
4. Tick Auto-Expunge Off
5. Tick Move the Message to the trash
6. Click Save Changes

7. Go back to Settings and Select Forwarding and POP/IMAP
8. Click Disable iMap
9. Click Save Changes