Brailler is a Braille text editor for the Macintosh.   It supports all the standard Macintosh text editing features, and it is specifically designed to be a useful tool for sighted persons trying to learn Braille.

You may use Brailler as an actual brailler, which has only six keys, a space bar, and a linefeed.   Or, if you wish, you use the standard Roman alphabet and Brailler will automatically translate into grade 1 or 2 American Standard Braille as you type.   See the "Editing" menu in this help section for more details.

If you know no Braille at all, a good place to start would be "Introduction" under the "Lessons" menu in this help section.