(1) 
$$F[M=m|C=c] = \frac{F[M=m \land C=c]}{F[C=c]}$$
 (definition of conditional probability)  
(2)  $F[M=m \land C=c] = F[M=m \land K=m \oplus c]$  ( $M=m \land C=c$  and  $M=m \land K=m \oplus c$  are equivalent)  
 $= F[M=m] \cdot F[k=m \oplus c]$  ( $K$  is independent of  $M$ , so you can multiply these two)  
 $= F[M=m] \cdot 2^{-n}$  ( $K$  is randomly chosen)  
(3)  $F[C=c] = \sum_{m} F[M=m \land C=c]$   
 $= \sum_{m} F[M=m] \cdot 2^{-n}$  (by the result obtained in 2)  
 $= 1 \cdot 2^{-n}$  ( $\sum_{m} F[M=m]=1$ )  
 $= 2^{-n}$  (that is, each  $c$  is equally likely)  
(4)  $F[M=m|C=c] = \frac{F[M=m \land C=c]}{F[C=c]}$   
 $= \frac{F[M=m] \cdot 2^{-n}}{2^{-n}}$  (by the result obtained in 2 and 3)  
 $= F[M=m]$