

How to access guided meditation VR (<https://guidedmeditationvr.com/>):

If you are using the Samsung Gear VR:

1. Set-up a comfortable cushion or chair for the meditation
2. Launch the Oculus Gear VR app on your Samsung phone
3. Type "Guided Meditation VR" in the search bar, select the correct app and download the app.
4. Open the app once it's finished downloading.
5. Slot your phone into your Samsung Gear VR headset
6. Put on the headset, adjust the straps for comfort and tightness
7. Select which location you'd like to meditate in
8. Select the length of time, type of meditation and background music you'd like
9. Enjoy the meditation

If you are using the Oculus Rift VR headset:

1. Set-up a comfortable cushion or chair for the meditation
2. Launch the Oculus application on your computer
3. Open the tab for Oculus Store
4. Type "Guided Meditation VR" in the search bar, select the correct app and download the app.
5. Open the app once it's finished downloading.
6. Put on the Oculus Rift headset, make any strap adjustments you might need
7. Use the controller to select which location you'd like to meditate in
8. Select the length of time, type of meditation and background music you'd like
9. Enjoy the meditation

If you are using the HTC Vive VR headset:

1. Set-up a comfortable cushion or chair for the meditation
2. Launch the SteamVR application on your computer
3. Open the tab for SteamVR
4. Type "Guided Meditation VR" in the search bar, select the correct app and download the app.
5. Open the app once it's finished downloading.
6. Put on the HTC Vive Headset, make any strap adjustments you might need
7. Use the controller to select which location you'd like to meditate in
8. Select the length of time, type of meditation and background music you'd like
9. Enjoy the meditation

If you are using the Daydream:

1. Set-up a comfortable cushion or chair for the meditation
2. Launch the Daydream VR app on your smartphone
3. Type "Guided Meditation VR" in the search bar, select the correct app and download the app.
4. Open the app once it's finished downloading.
5. Slot your phone into your Daydream VR headset
6. Put on the headset, adjust the straps for comfort and tightness
7. Select which location you'd like to meditate in
8. Select the length of time, type of meditation and background music you'd like

9. Enjoy the meditation

Find info about the price and details of the application before downloading @ <https://guidedmeditationvr.com/>