



**Instructions for joining the EvoVR Overview Effect Session in AltspaceVR
Friday, November 20 at 12:15 PM PT/3:15 PM ET**

You're invited to join us in an open community Overview Meditation with EvoVR's Dr. Jeremy Nickel in Altspace. [EvoVR](#) is described as the world's first virtual reality sangha. Our avatars will begin on Earth's surface (video) and rise to low Earth orbit during a guided meditation. If you have a virtual reality headset,* follow the directions below before Friday; or, if you have a PC, you can join us in a 2D format.

Important note: if you are signing up for an AltspaceVR account for the first time it will take 10 minutes or more because it requires new users to complete a short program that teaches you how to use the platform, so be sure to do this long ahead of time or you will miss much of the meditation event.

1. Download the AltspaceVR app through [Steam](#) or [Windows](#) store, or on the Oculus Quest store in your VR Goggles, or computer [2Dmode](#).
2. Launch the AltspaceVR app and after it loads go through sign up and set up process. This will take 10 minutes or so.
3. Launch the AltspaceVR menu (which looks like a triangle in a circle and is floating on the screen wherever you look) and under events select "enter" on The Overview Effect session.

* Requires one of the following virtual reality headsets: HTC Vive, Oculus Rift, or Valve Index.