

VRENITY

Welcome to VRenity, your gateway to immersive virtual reality experiences designed to enrich your well-being. This manual provides instructions for setting up, navigating, and engaging with the VRenity platform, including virtual hiking, the 8D Soundbath, and tranquil settings where you can converse with an AI virtual companion and life coach.

Setting Up a Steam Account

To access VRenity through Steam, you need to set up a Steam account:

1. **Visit Steam:** Go to www.steampowered.com.
2. **Account Creation:** Click "Login" in the top right corner of the homepage.
3. **Join Steam:** Click "Join Steam" after the login window appears.
4. **Registration Form:** Complete the on-screen registration form.
5. **Email Verification:** Steam will send a verification email to your address.
6. **Verify Your Email:** Click the verification link in the email.
7. **Confirmation:** Return to Steam where your email will be confirmed, allowing you to create a username and password.

System Requirements Ensure your equipment meets these specifications:

PC Requirements

Operating System: Windows 10 or higher
CPU: 3 GHz or faster with 4 or more cores
RAM: 16 GB or more
Graphics Card: NVidia 2080 RTX or equivalent

VR Hardware Requirements

VR Headset: Meta Quest 2 or 3
Link Cable: Compatible with Meta Quest for PC connectivity

Setting Up Your VR Hardware

Connect VR Headset: Connect your Meta Quest headset to your PC using the link cable.

VR Software Setup: Follow on-screen instructions to set up your headset.

Adjust Settings: Customize display and comfort settings in your headset.

Start Screen Options Upon starting VRenity, you can choose between PC and VR modes:

PC Mode: Use the space bar to interact and the mouse for navigation.

VR Mode: The platform is controller-less with hand motions; navigate and interact using hand gestures.

Platform Navigation and Usage On PC

Interacting with Guides: Press the space bar to talk to either Nerdle or Gus.

Navigating to Treehouse Locations: Align the cursor with the desired location and left click to hotspot.

Accessing Experiences: Use the menu at the bottom of the screen. Select experiences by pressing the corresponding number on the keyboard.

In VR

Talking to Guides: Simply speak to interact with Nerdle or Gus.

Hotspot Navigation: Look at the location and pinch your right thumb and pointer finger together to teleport.

Accessing Experiences: Look at your left wristwatch, press and click to select the desired experience.

What to Expect in VRenity

Virtual Hiking: Explore realistic, scenic trails that offer a serene escape into nature.

8D Soundbath: Immerse yourself in a multi-dimensional auditory experience that promotes relaxation and mental clarity.

Tranquil Settings: Engage with AI companions in peaceful environments that are perfect for reflection and personal growth. These AI life coaches can discuss a variety of topics, provide guided meditation sessions, and more.

Engaging with VRenity

No Time Limits: Enjoy unlimited access to all experiences.

Personalized Interaction: The more you interact with our guides, the more personalized your conversations become. They may use conversational icebreakers to make you comfortable and can recommend hikes or retreats globally or locally.

Quality of Interaction: Responses are delayed by 5 to 7 seconds, and interactions may not work properly without good Wi-Fi.

Join the VRenity Discord Community Connect with other VR enthusiasts, share your experiences, and get exclusive updates by joining the VRenity Discord community. Visit [VRenity Discord Community](#) and become part of our growing virtual family!

Tips for the Best Experience

Good Lighting: Ensure your environment is well-lit for optimal headset tracking.

Room Setup: Cozy chair is best

Regular Breaks: Take breaks every 30-60 minutes to rest and stretch.

Should you have any issues, contact us at nerds@vrenity.com for support or message us on the VRenity Discord support channel. Dive into the captivating world of VRenity and discover a new way to relax, reflect, and rejuvenate.