Unable to start the virtual machine as it is stuck in stopping state

- Parallels Desktop for Mac Standard Edition
- Parallels Desktop for Mac Business Edition
- Parallels Access

Symptoms

Unable to start the virtual machine as it is stuck in stopping state and does not go any further.

Cause

Parallels service is not working as expected.

Resolution

To force quit the virtual machine process use **Activity Monitor** application:

1. On the Mac side, open **Activity Monitor** from */Applications/Utilities/*
2. Find the following process:

    - in Parallels Desktop the process name is the virtual machine's name:

3. Select this process and quit it by clicking on '**Force Quit**' option.
4. Restart the virtual machine and check if you are able to boot it successfully.

If the issue still persists you may want to reboot your Mac

Related articles:

- Error: Unable to complete the operation.
- How to terminate a frozen virtual machine
- Boot Camp based virtual machine hangs in the stopping state

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