

## **Backing up the VM**

- Parallels Desktop
- Parallels Desktop for Mac Standard Edition

## **Resolution**

To backup your Virtual Machine:

1. Shut down your Virtual Machine and close Parallels Desktop for Mac application.
2. Open Macintosh HD->(Your User Name)->Library->Parallels. This folder contains all your VM files.
3. Just copy the folder contents to the safe place (like external USB/Firewire HDD, etc).
4. You can continue using your Virtual Machine now.

To restore your Virtual Machine:

1. Shut down your Virtual Machine and close Parallels Desktop for Mac application.
  2. Open Macintosh HD->(Your User Name)->Library->Parallels. This folder contains all your VM files.
  3. Copy the previously stored folder contents back into this folder overwriting the files there. **ATTENTION!** Your current Virtual Machine state and hard disk will be replaced by the previously saved state and lost!
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