Casting your device to another screen & do various screenrecordings

An experience in a headset is mostly individual. Here's how to share your experience real time with others:

To start casting:

1. From your Meta Quest headset, press / on your controller to open the universal menu.
2. Select Camera then select Cast.
3. Select Computer or Meta Quest mobile app to begin casting.

Casting (realtime)

https://www.youtube.com/embed/GPZP56VunvY

Stream and Record on Oculus Quest 2

using OBS

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