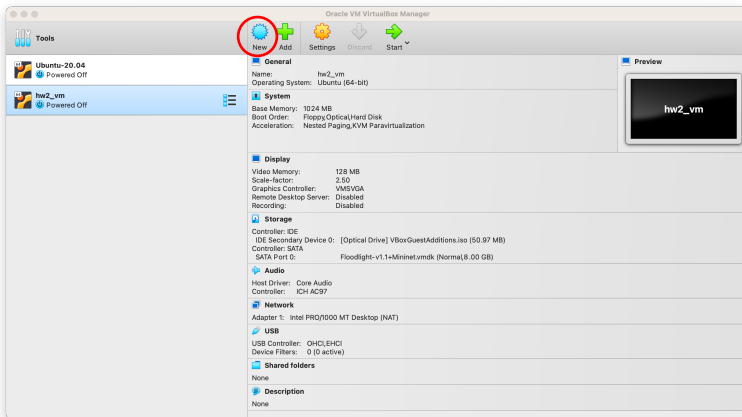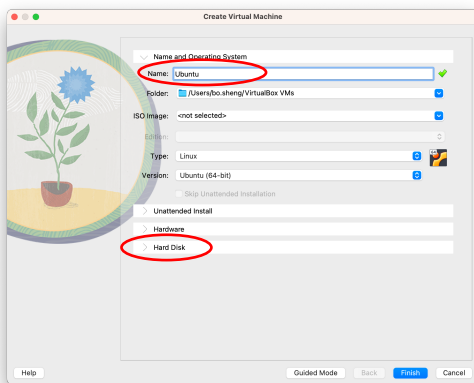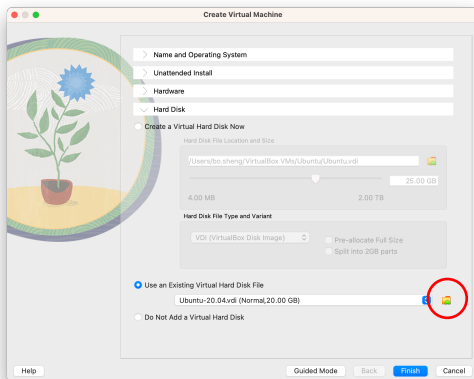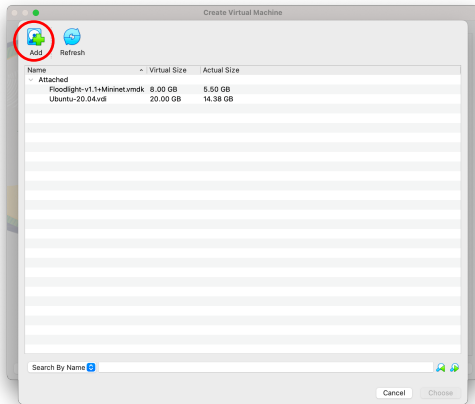1. Click "New"

2. Type in a name for the VM and expand "Hard Disk"

3. Choose "Use an Existing Virtual Hard Disk File", and click on the folder icon

4. Click "Add" and choose the unzipped .vmdk file.

5. Select the file and click "Choose" button