

Gnosis — User Guide

Gnosis is your private assistant. It runs on your own computer, remembers what you tell it, and uses that memory when it answers.

1. Install (once)

Step 1 — Install Ollama (the engine that runs the AI on your computer)

1. Go to <https://ollama.com/download> and download the installer for your computer.
2. Install it and **open it once**. A small llama icon appears in the menu bar (Mac) or system tray (Windows). That means it is running.

Step 2 — Start Gnosis

Mac 1. Open the `Gnosis` folder in Finder. 2. Double-click `start.command`. If macOS says it can't be opened, **right-click** → **Open** → **Open**. 3. The first time, it prepares itself for about a minute. Then your browser opens Gnosis.

Windows 1. Open the `Gnosis` folder. 2. Double-click `start.bat`. (If Python is missing it tells you where to get it — tick *Add python.exe to PATH* when installing.) 3. The first time it takes about a minute, then your browser opens Gnosis.

Keep the black terminal window open while you use Gnosis. Close it (or press **Ctrl+C**) to quit.

Prefer a normal app? On a Mac, run `bash packaging/build_mac_app.sh --dmg` once to create **Gnosis.app** and a **.dmg** installer you can drag into Applications.

Step 3 — Install the models (one click)

If this is your first time, a banner appears above the message box:

- **"Install the chat model"** → click **Install**. (About 5 GB, downloads once, then works offline.)
- **"Install the memory model"** → click **Install**. (About 270 MB; makes recall smarter. Until then Gnosis finds memories by keywords.)

When the banner disappears you're ready.

2. Your first five minutes

1. **Set up your profile** — click your name at the bottom-left → *Profile*. Add your name, role, a few lines about you and your social links.
 2. **Teach it something** — in chat type: *"Remember that my supervisor is Professor Hughes and we meet every second Thursday."* You'll see a green **Saved to memory** tag.
 3. **Add a document** — *Memory* → *Upload files* (or drag a file onto the chat). CVs, certificates, assignments, research papers, spreadsheets, photos of documents, voice notes — all fine.
 4. **Ask** — *"When do I meet my supervisor?"* The answer shows small numbered chips — click one to open the memory it used.
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3. Chat

- **New chat** (top-left, or **Ctrl/Cmd+K**) starts a fresh conversation. Every chat is kept in the list on the left, grouped by Today / Yesterday / Previous 7 days.
- Hover a chat and click **⋮** to **rename, pin, clear messages or delete**. *Clear* keeps the chat but removes its messages; *Delete* removes it completely.
- **Hide** (next to "Chats") collapses the list; the panel icon at the top hides the whole sidebar.
- **Stop** interrupts an answer. **↺** tries again. **Copy** copies it.
- **Search chats** finds words inside past conversations.
- Past chats also feed Gnosis's recall — you can say "What did I decide about Lisbon?" and it will find it.

Saving things from chat

Say it naturally: *"Remember that..."*, *"Note that..."*, *"Save this to memory: ..."*, *"Don't forget..."*. Gnosis saves it at once and tells you. If you just *mention* something important ("I've started a new role at AMIC"), Gnosis may offer it as a **suggestion** — you'll see a purple badge on **Memory**. Review and **Save** or **Dismiss**. Nothing is saved without your say-so.

4. Memory

Everything Gnosis knows is here, and it is all yours to edit.

- **Add memory** — write a note in your own words.
- **Upload files** — any type. Gnosis reads: PDF, Word (.docx), PowerPoint (.pptx), Excel (.xlsx), text, Markdown, CSV, JSON, HTML, RTE, images (text is read with OCR), and audio/video (transcribed on your computer). *Scanned PDFs and photos* need Tesseract OCR (Mac: `brew install tesseract`; Windows: `winget install UB-Mannheim.TesseractOCR`). *Audio and video* need `pip install -r requirements-audio.txt` once.
- **Add link** — save LinkedIn, X, GitHub, your website, a paper. Tick *Read the page text now* only if you want Gnosis to download that page (public pages only).

- Click any card to **edit**, **download** or **delete** it. Files keep the original (download gives it back) plus the editable text Gnosis searches.
- **Always keep in mind** (pin) — for short, vital facts that should be in every chat.
- If a file shows **Needs attention**, open it: the message says why and often offers **Try again**.

5. Cloud answers (optional)

Gnosis works fully offline. For harder questions you can ask a stronger cloud model — **only when you choose**.

1. *Settings* → *Cloud* → switch on **Allow cloud answers**, paste your API key, **Save key**, then **Save changes**.
2. In chat, switch the toggle under the message box from **Private** to **Cloud**.
3. Type your question. A **Review before sending** window shows *exactly* what would leave your computer. Emails, phone numbers, postcodes, card/ID numbers, web addresses and your name are replaced with placeholders like `[EMAIL_1]` ; add your own words (client names, project codenames) in *Settings* → *Cloud* → *Always hide these words*.
4. Press **Send to cloud**, or **Cancel** — nothing is sent until you press it. The reply arrives with the placeholders swapped back, marked **Cloud**.

Your key is stored in the system keychain (or an encrypted file) and is never included in backups. *Settings* → *Cloud* → *Cloud activity log* lists every send (metadata only).

6. Settings

Tab	What it does
Profile	Name, role, location, about you, social accounts.
Appearance	Light, dark or follow your computer.
Models	See Ollama status, choose models, context size, install new ones.
Cloud	Key, redaction words, activity log.
Advisory style	How you want advice framed (e.g. "recommendation first, then a risk register"), tone, priorities.
Data & backup	Export/restore, data location, delete chats, erase everything.

7. Moving to a new laptop

1. Old laptop: *Settings* → *Data & backup* → *Export encrypted backup* — choose a password (**there is no recovery if you forget it**). Keep the `.gnosis` file safe.
2. New laptop: install Ollama and Gnosis (steps above).
3. *Settings* → *Data & backup* → *Restore backup* → choose the file, enter the password.

8. Troubleshooting

You see	Do this
"Ollama isn't running"	Open the Ollama app, then click Check again .
"The model ... isn't installed yet"	Click Install in the banner (or <i>Settings</i> → <i>Models</i>).
"Too long for the model's memory window"	Start a new chat, or raise <i>Settings</i> → <i>Models</i> → <i>Context window</i> .
Answers feel generic	Add more to Memory; check the numbered source chips; try a larger model in <i>Settings</i> → <i>Models</i> .
Slow answers	Close other heavy apps; a smaller model (e.g. <code>llama3.2:3b</code>) is faster.
Page says "Missing or invalid session token"	Reload the page (the token changes each time Gnosis starts).
Windows <code>pip</code> error about OneDrive paths	Use <code>start.bat</code> — it keeps its environment in <code>%LOCALAPPDATA%</code> , outside OneDrive.
Port already in use	Gnosis automatically picks the next free port — read the address in the terminal.

Logs: the terminal window (or `~/Library/Logs/Gnosis.log` for the Mac app).

9. Your privacy, plainly

- Everything is stored in one folder on your computer (see README for the path).
- The web page Gnosis shows is served only to your own computer (`127.0.0.1`) and protected against other websites.
- Nothing goes to the internet unless you (a) press **Send to cloud** after previewing, (b) install a model, or (c) ask it to read a link.
- You can export or erase everything at any time.