

PRACTICAL **PROMPTING** GUIDE

— FOR — META MUSE

The Complete Operating Manual for AI Agents,
Prompts, Workflows, Connectors, Automation
and Efficient Human-AI Collaboration



PROMPTS



WORKFLOWS



CONNECTORS



AUTOMATION



SECURITY



HUMAN-AI
COLLABORATION

MARK HSIEH

Practical Prompting Guide for Meta Muse

The Complete Operating Manual for AI Agents, Prompts, Workflows, Connectors, Automation and Efficient Human-AI Collaboration

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The Complete Operating Manual for AI Agents, Prompts, Workflows, Connectors, Automation and Efficient Human–AI Collaboration

About this book

Meta Muse is not another chatbot. It is an agentic AI system that pursues goals, uses tools, books travel, sends emails, fills forms, manages your calendar, shops online and continues working after you close the app. This book treats Muse exactly as it is: an autonomous agent that requires a fundamentally different way of thinking about instructions than anything you have used before. You will learn to write prompts that produce reliable results, design workflows that safely automate complex tasks, understand the security model and how to work within it, recognize failure modes before they cause problems and build a reusable prompting architecture you can apply to almost any real-world task. Whether you are a beginner exploring Muse for the first time or a professional building agentic workflows for your organization, this book gives you the knowledge to get substantially better results.

Introduction: The Agent Is Watching You Type

It was September 8, 2026 and Meta Platforms had just launched its most ambitious product in a decade. Muse was not another conversational AI, another model that answered questions or wrote drafts or summarized meetings. Meta was introducing a personal AI agent that actually did work. You could ask Muse to negotiate your cable bill and it would go do it. You could ask Muse to plan a trip to Japan and it would book flights and train tickets and restaurants, then drop everything into your calendar. You could tell Muse to manage your inbox and it would triage messages, flag the important ones and draft responses. And when you closed the app and walked away, Muse would keep running, only tapping your phone when it needed approval to spend money or send something on your behalf.

Within five days, the app had 730,000 downloads. Two weeks later, Muse had overtaken ChatGPT as the top free app on the U.S. App Store, reaching 2.5 million downloads and briefly crowning Meta king of consumer AI once again [1]. The financial markets reacted immediately. Wells Fargo raised its Meta price target to \$796 per share, betting that Muse represented a fundamentally new revenue stream: a personal agent that could take a fee from every transaction it completed on your behalf [2].

But here is what most people got wrong from the start. They treated Muse like a very capable chatbot, asking it questions and expecting answers. That is not what Muse is for. Muse is not designed to answer questions. It is designed to accomplish things. And the gap between those two purposes is enormous. A chatbot responds to your input. An agent acts on your behalf. That difference changes everything about how you give instructions, how you set up workflows, how you manage risk and how you think about the relationship between you and the machine.

This book is about closing that gap. It is not a collection of magic prompts you can copy-paste and forget. It is an operating manual for a new kind of collaboration between human and machine, written for the reality of how Muse actually works in practice, with all of its capabilities and all of its limitations.

What you will learn

The book is organized in seven parts that build on each other from foundation to mastery:

Part I establishes the foundation. You will learn exactly what Meta Muse is, how it differs from other AI systems you may have used, how it works under the hood, what it can and cannot do and how the security and trust model operates. This is not background noise. It is the prerequisite knowledge for using Muse effectively, because the architecture of the system directly determines how you should prompt it.

Part II covers the core methodology of Muse prompting. We will deconstruct what makes a Muse instruction effective, establish the principles that produce reliable results and introduce the Muse Prompt Architecture: a reusable framework you can apply to almost any task. You will learn when simple natural-language instructions are sufficient and when more structured prompts, explicit constraints, or staged workflows are necessary.

Part III is dedicated to agentic prompting, the most important conceptual shift in this book. You will learn how your role changes from asking for answers to assigning outcomes, defining authority, setting boundaries, establishing acceptance criteria and monitoring work without micromanaging. You will also learn task decomposition, workflow design, iterative prompting, planning, verification and self-correction patterns.

Part IV explores how Muse interacts with the outside world through connectors, tools, APIs and browser automation. You will learn how to work with Gmail, calendar apps, financial services, social platforms and thousands of additional services through Zapier and custom integrations. We will examine how to structure prompts that use connectors safely, how to manage permissions, how to handle services without dedicated connectors and what makes a service “agent-ready.”

Part V shows Muse in action across real-world domains: research, writing, administration, coding, business operations and personal productivity. You will find detailed strategies and annotated prompt examples for every major use case, with commentary explaining exactly why each prompt works and what behavior it produces.

Part VI is the honest accounting. We will examine Muse’s strengths and weaknesses systematically, covering reliability, hallucination risks, failure modes, security vulnerabilities and limitations that you need to know about

before you hand sensitive tasks to an autonomous agent. For every major limitation, we provide practical mitigation strategies rather than merely identifying the problem. We will also dive deep into prompt injection, scope creep and agent security, explaining how to write prompts that establish trust boundaries and prevent unintended actions.

Part VII brings everything together with chapters on prompt debugging, recovery patterns, economics and efficiency and a balanced comparison of Muse with other major AI assistants. The conclusion synthesizes the book's lessons into a concise, actionable guide you can carry forward.

How to use this book

If you are new to Muse, read from the beginning. The early chapters establish the mental model you need to understand the rest. If you are already using Muse and want to improve your results, you can jump to Part II for the prompting framework and then browse Part V for domain-specific strategies. If you are building workflows for an organization, pay close attention to Parts IV and VI, which cover connectors, security and risk management in detail.

Every chapter includes realistic prompt examples with commentary. I have made these examples explanatory demonstrations rather than exercises, so you can read and understand the patterns without needing to complete any assignments. The goal is transferable principles, not a checklist of prompts you might forget tomorrow.

What this book is not

This book does not treat Muse as an infallible oracle or a magical solution to every problem. Muse is powerful and genuinely useful, but it also hallucinates, fails silently, encounters roadblocks you did not anticipate and occasionally does things you would rather it had not done. I have documented real incidents from Meta's first weeks with the agent: a zero-day vulnerability that allowed local malware to hijack the system, a security researcher who extracted internal prompts through the chat interface, reports that human call-center workers were handling "AI calls" without full user disclosure and an incident where Muse shared a Facebook Marketplace seller's home address with a stranger after the seller had selected permissive auto-approval settings [3-6].

I have not invented any of these incidents or manufactured them to create drama. They are documented facts that demonstrate a fundamental truth about agents: the same capabilities that make them powerful also make them

dangerous and the only safe way to use them is with a clear understanding of their limitations.

About the evidence and sources

Every significant factual claim in this book is sourced. Where possible, I have used primary sources: Meta's official documentation, blog posts and technical specifications. Where primary sources were not available, I have used reputable journalism, independent analysis and carefully attributed user reports. I have explicitly distinguished between what Meta has documented as official capability, what users and practitioners have reported from experience and what analysts have speculated about future features. I have also flagged where sources disagree or where information is uncertain or rapidly changing.

The Muse platform is evolving quickly. Features documented as available in this book in October 2026 may be enhanced, modified, or deprecated by the time you read it. The principles and frameworks in this book are designed to be robust to those changes, but you should verify specific capabilities, connector lists and pricing details against Meta's current documentation before making critical decisions.

A note on tone and style

I have written this book for people who need to get things done. It is practical rather than theoretical, specific rather than vague and skeptical rather than promotional. I have avoided hype and marketing language wherever possible and I have not pretended that Muse can do things it cannot do. At the same time, I have not been so cautious that the advice becomes useless. There are many excellent, safe and reliable things you can accomplish with Muse and this book shows you how to accomplish them.

Now let us begin with the foundation: understanding what Meta Muse actually is and why that understanding changes everything about how you should use it.

Chapter 1: What Meta Muse Is and Why It Changes Everything

The Agentic Distinction: Goal Pursuit vs Conversation

There is a fundamental difference between asking a chatbot for information and asking an agent to accomplish something. That difference is not marginal. It is not a matter of the agent being “smarter” or having “more features.” It is a difference in the nature of the interaction and it requires a different mental model from everyone who uses the system.

When you use a chatbot, you ask a question and receive an answer. The conversation is turn-based and contained. You are always in control. The model responds to your input and then stops, waiting for the next question. Even when the model generates a lengthy response, it is still fundamentally reactive. It answers what you ask and nothing more.

When you use an agent, you assign a goal and it pursues that goal. The agent may take many actions over an extended period. It may use multiple tools, interact with external services, make decisions along the way, request your input when something is unclear and continue working while you do other things. You are not having a conversation. You are delegating work.

Consider a concrete example. You need to plan a business trip to Chicago. With a chatbot, you might ask for flight options or hotel recommendations and then spend time comparing results, copying links, booking things yourself and adding everything to your calendar. The chatbot has given you information, but you are doing all the actual work of turning that information into a booked trip.

With Muse, you give it a goal: “Book me a round-trip flight to Chicago for next Tuesday through Thursday, economy class, under \$600 total, prefer morning departure. Also book a hotel near the downtown convention center for three nights, under \$250 per night.” Muse then goes to work. It searches for flights, evaluates options against your criteria, books the best match, searches for hotels, books one and adds everything to your calendar. When it is done, it

shows you what it did. You did not need to copy links or open booking sites or manually add events. You stated a goal and the agent achieved it.

That is the agentic distinction. A chatbot provides information that enables you to act. An agent acts on your behalf.

This distinction matters because it changes everything about how you give instructions. With a chatbot, a well-formed question is enough: “What are the best flights from New York to Chicago next Tuesday?” With an agent, a question is often the wrong input entirely. You do not want Muse to answer the question “What are the best flights?” You want it to accomplish the task of booking a flight. The prompt needs to specify the outcome you want, the constraints within which to work, the authority the agent has and what you need to approve. If you phrase your instruction as a question instead of as a goal, the agent may give you options when you actually wanted it to make a decision for you. It may provide a list when you actually wanted a booking.

The agentic model also means that failure looks different. When a chatbot gives a bad answer, you see it immediately and can ask for a better one. When an agent fails, the failure may be subtle or delayed. It might book the wrong hotel because it misread the dates. It might negotiate a phone bill down to a plan that sounds good but has a data cap you will exceed. It might send an email to the wrong person because it confused two similar contacts. You might not notice until the damage is done.

Understanding the agentic distinction is the first step toward using Muse effectively. It requires you to think about instructions differently, to build in safeguards and to accept that you are handing authority to a machine that is capable but fallible.

What Makes Muse Different from Chatbots and Copilots

Meta Muse shares DNA with products you may already know. It uses the same family of large language models that power Meta AI, the conversational assistant built into Facebook, Instagram and WhatsApp. The Muse Spark models are also available to developers through Meta Model API and power Muse Code, Meta’s terminal-based coding agent. But Muse itself is something distinct from all of these and confusing it with any of them will lead to poor results.

Muse versus Meta AI

Meta AI is a chatbot. You open a conversation in WhatsApp, type a question and it answers. It can search the web, explain concepts and help you brainstorm. But it does not take actions on your behalf, it does not have access to your email or calendar or bank account and it does not continue working after you close the conversation. It is designed for questions, not tasks.

Muse is designed specifically to do things. When you connect your Gmail to Muse, it can read your inbox and send emails. When you connect your calendar, it can schedule meetings. When you connect Stripe Link, it can make purchases. It runs inside a dedicated virtual machine that Meta calls the Muse Secure VM, which gives it its own browser, its own isolated computing environment and the ability to continue working even after you close the app [7]. Meta AI cannot do any of this.

Muse versus Muse Code

Muse Code is a separate product. It is a terminal-based coding agent designed for software developers, powered by the Muse Spark model family. It runs in your local environment, works with your code repositories and can plan changes, write code and validate results over extended sessions [8]. While it uses the same underlying model technology as Muse, it is not the same product. It has a different interface, different capabilities, different pricing and a completely different use case. When people talk about “Muse” as a personal AI agent, they mean the consumer product launched on Muse.ai, not the developer tool.

Muse versus chatbots with tools

Many modern chatbots can do things that used to seem magical. Chat-GPT can write code, analyze uploaded documents, generate images and use “Computer Use” to control a desktop in real time. Claude can analyze long documents, plan complex tasks and use tools through its MCP (Model Context Protocol) ecosystem. Gemini can browse the web, interact with your Google Workspace and make phone calls. Grok can search in real time and integrate with X.

What makes Muse different is not any single capability but the combination and the design intent. Muse was built from the ground up as a personal agent, not as a chatbot that acquired tool use later. It has a dedicated execution environment (the Secure VM), a built-in browser for web interaction, a security layer (Sentinel) that governs what actions it can take and a subscription model built around token usage for ongoing work rather than per-conversation

pricing. Most importantly, Muse is designed to continue pursuing goals in the background while you are not looking at it, pinging you only when it needs approval or input. This “always-on agent” model is what separates it from tools that require you to keep a conversation open and actively manage each step.

The difference is philosophical as much as technical. A chatbot with tools is fundamentally a better conversation partner. An agent is fundamentally a worker. You talk to a chatbot. You assign work to an agent.

How to Think About an AI Agent (Outcomes Over Answers)

If an agent is a worker, then the right mental model for interacting with it is not conversation. It is task assignment. When you delegate work to a human, you do not say “Hey, what do you think about my to-do list?” You say “Here is what I need done, here are the constraints, here is what I will approve and here is when I need it.” You define an outcome rather than asking a question.

The same principle applies to Muse and it is the most important conceptual shift in this book.

Define the outcome, not the steps

When you give Muse an instruction, start by stating what you want accomplished. Be specific about the result, not about the process. If you want a trip booked, say “Book me a round-trip flight to Boston for June 10-14.” Do not say “Help me find flights to Boston.” The first instruction asks for an outcome. The second asks for help, which invites Muse to provide information rather than take action.

That is not always a bad thing. Sometimes you genuinely want options and recommendations before committing to a decision. But you need to know which mode you are in. If you want Muse to research and present choices, ask for research and choices. If you want Muse to complete the task, ask for completion. Mixing the two modes in one instruction creates ambiguity and ambiguity leads to unreliable results.

Set constraints that matter

Constraints are the guardrails that keep an agent from making decisions you would not approve. They are not restrictions that slow the agent down. They

are specifications that define the space within which the agent can operate safely and effectively.

Every meaningful instruction should include at least some of the following constraints:

- Budget limits: “Under \$300,” “no more than \$15 per month,” “maximum \$5,000 total spend”
- Time limits: “by end of day Thursday,” “for this coming Saturday,” “within the next two weeks”
- Quality standards: “A-rated hotel only,” “direct flights preferred,” “no layovers longer than two hours”
- Scope boundaries: “use only Gmail, do not check other email accounts,” “focus on the last six months of statements,” “do not change settings in any other app”
- Approval rules: “show me before sending any email,” “get my approval before any purchase over \$50,” “draft but do not send”
- Exclusions: “do not use Amazon,” “avoid Marriott hotels,” “do not contact anyone outside our company”

Constraints do three things. First, they prevent the agent from making decisions that exceed your comfort zone. Second, they reduce the number of times the agent needs to ask you for clarification, because it can evaluate options against your criteria independently. Third, they make the agent’s work more efficient by narrowing the search space from the beginning.

Specify authority and approval

An agent without clear authority is either paralyzed or dangerous. If Muse does not know what it is allowed to do independently, it will either ask you for permission on every small action or, worse, assume it has permission to do things you would not approve.

The solution is to define a permission tier system in your instructions. Not every action needs the same level of oversight. Some actions are low-risk and do not require your approval. Others are high-risk and must be confirmed. A good rule of thumb: any action that spends money, sends a message on your behalf, modifies something that affects other people, or deletes or permanently changes data should require your explicit approval.

You can encode this in your prompt. For example: “You can search for options and present them without asking me. But do not book anything, send any emails, or make any purchases without my explicit approval first.”

This pattern gives Muse the autonomy it needs to do useful work while keeping consequential decisions in your control.

Define what “done” looks like

One of the most common failure modes with agents is vague definitions of completion. You tell Muse to “organize my photos,” and it moves a few thousand images into folders that do not match your mental model, then reports the task is finished. You tell it to “research competitors,” and it produces three bullet points about companies you already know about. The agent thought it was done. You thought it was not.

Avoid this by specifying completion criteria. “Done” means: you have moved all photos from the last six months into folders organized by date, you have created three summary folders for family, travel and work and you have shown me the folder structure before deleting any originals. Or: “Done” means: you have researched the top five competitors by market share, summarized their pricing, features and differentiators and presented findings in a comparison table with source links.

When “done” is clearly defined, the agent has a finish line. Without it, the agent has to guess and agents are not good at guessing what humans consider sufficient.

The week-one lesson: give it a job, not a chat

The first week after Muse launched, many users discovered this distinction the hard way. Early adopters tried to use Muse as a supercharged chatbot, asking it questions and expecting better answers than they got from other AI assistants. Some of them did get good answers, because the underlying model is powerful. But they were not getting the full value of the product.

The users who got the best results were the ones who treated Muse as a worker. They gave it specific jobs: cancel unused subscriptions, plan a vacation, audit bank statements for duplicate charges, organize email into labeled folders, negotiate service bills. They got results that chatbots simply cannot deliver: things actually got done [9].

The lesson was simple: Muse is most valuable when you use it for things you would normally delegate to a person. If you would ask an assistant to

book a trip, that is a task for Muse. If you would ask a friend for restaurant recommendations, that is a question for a chatbot. Knowing the difference between those two use cases is the foundation of effective Muse use.

The Launch Story and the Week-One Surprise

Understanding Muse’s launch context helps explain both its design philosophy and its real-world performance. Meta did not treat Muse as a chatbot release. It treated it as an infrastructure play, an attempt to position a personal agent at the center of how people interact with the digital world.

The announcement came on September 8, 2026. Mark Zuckerberg introduced Muse as “the world’s first personal AI agent built for everyone,” emphasizing that it was designed for billions of users, not just developers or early adopters. The product was powered by Muse Spark 1.3, Meta’s latest model, running inside a dedicated Muse Secure VM that each user received as their own isolated computing environment. Meta highlighted security and privacy: Sentinel as a separate permission layer, no access to passwords, no data sharing with Meta’s ad systems and user control over which apps and services Muse connected to [10].

The pricing was designed to lower the barrier to entry while capturing revenue from heavy users. A free tier offered 100 million tokens per week, which Meta claimed would be sufficient for most users. A Power plan at \$20 per month raised the limit to 500 million tokens. A Maximum plan at \$100 per month offered 3 billion tokens for users who wanted to push Muse to its limits. All plans had identical features. Paid tiers bought you more usage, not extra capabilities. Meta also required a payment card at signup, not because it would charge you on the free tier but because Stripe Link integration required a card on file for future purchases [11].

The early results were dramatic. Sensor Tower reported 730,000 downloads in the first five days and by September 21, Muse had surpassed 2.5 million downloads and briefly dethroned ChatGPT as the top free iOS app in the United States. Meta’s stock jumped 11 percent. Shopify announced support for “agentic checkout,” enabling Muse to complete purchases on merchant sites. Zapier integrated directly into Muse on September 29, giving the agent access to 9,000+ additional apps [12, 13].

But the first weeks also revealed problems that would shape how everyone thinks about agents going forward.

On September 20, Amazon blocked Muse from its retail site, citing unauthorized AI agent access that violated Amazon's Conditions of Use. It was the first time a major retailer had treated a consumer-facing AI agent as an unauthorized third party, signaling the beginning of a new kind of friction between platforms and agents [12].

On September 21, security researcher Patrick Wardle disclosed a zero-day vulnerability in the Muse Mac application that allowed local malware to hijack the agent's audio dictation and authentication tokens. Wardle called it "the ultimate backdoor" because Muse had privileged access to user accounts and actions. Meta hotfixed the issue within approximately twelve hours, but the incident demonstrated that agents with real authority are targets in a way chatbots never are [3].

On September 22, 404 Media reported that Meta had been testing a "human agent layer" for Muse's phone-calling feature, routing some outbound calls to trained call-center contractors without full disclosure to beta users. Internal messages revealed employee concerns about privacy risks and negative PR. Meta defended the practice but promised proper disclosures before public release [5].

On September 30, Proton reported an incident in which a Facebook Marketplace seller had set Muse to "Allow Always," and the agent subsequently shared the seller's home address with a buyer and auto-accepted a lowball offer without further confirmation. Meta's VP of AI claimed no privacy controls had been breached, but the incident highlighted how permissive settings could lead to unintended consequences when the agent acted autonomously [6].

And throughout that first week, WIRED documented how Muse created detailed, hourly profiles of users' friends and family, tracking personal facts, relationship history and significant dates. Independent researcher Karan Joshi had extracted these internal instructions through the chat interface, revealing an architecture designed to know users "like a friend" at a scale that made privacy experts uneasy [4].

These incidents were not failures of the underlying technology. They were demonstrations of what happens when an agent has real access and real authority in the real world. Chatbots hallucinate facts. Agents hallucinate facts and then act on them. Chatbots give wrong answers. Agents perform wrong actions. The stakes are different and the week-one experience made that clear to everyone.

Why Most People Underuse Agents Like Muse

Given how powerful Muse is at its best, most users underuse it. The reasons are understandable but fixable.

Reason one: they treat it like a chatbot

This is the most common mistake. Users open Muse and start asking questions, expecting it to be a better version of the AI assistant they already use. Muse can answer questions, but that is not its primary purpose. The real value comes from asking it to accomplish tasks that would normally require human effort.

If you are using Muse only to answer questions or write drafts, you are using roughly 20 percent of its capability. The other 80 percent lies in its ability to execute multi-step tasks, interact with services and continue working in the background.

Reason two: they do not connect enough services

Muse is only as useful as the services it can access. A Muse instance with no connectors is just a chatbot with a virtual machine. To unlock its capabilities, you need to connect email, calendar and whatever other services are relevant to your tasks. Many users set up Muse and never connect anything beyond the defaults, which severely limits what the agent can do.

Reason three: they give vague instructions

Because Muse is sophisticated, users assume it can handle vague instructions well. “Clean up my email,” “save me money,” “research investments” are common requests. They sound like reasonable goals, but they are not executable tasks. Muse has no way to know what “clean up” means to you, what “save money” should prioritize, or what “research investments” should focus on. The result is either disappointment or unexpected actions.

Reason four: they do not set boundaries

Users who are excited about Muse’s capabilities sometimes give it broad authority without setting guardrails. That is dangerous. An agent that can send emails and make purchases and access sensitive data needs explicit boundaries about what it can and cannot do. Without those boundaries, the agent will interpret broad instructions broadly, which can lead to actions you did not intend.

Reason five: they do not verify results

Because Muse reports when it has completed a task, users sometimes assume completion means correctness. But completion only means the agent reached a stopping point. It does not guarantee the outcome is what you wanted. The habit of verifying results becomes essential when working with agents. A quick review of what Muse actually did, compared to what you asked it to do, prevents small errors from becoming big problems.

Fixing these five issues does not require genius or technical expertise. It requires a shift in how you think about the agent and a few habits of instruction design. The rest of this book shows you exactly how to make that shift and build those habits.

Chapter 2: Meta Muse Architecture and Interaction Model

The Meta Muse Platform: Apps, Web and Desktop Access

Before you can understand how to prompt Muse effectively, you need to understand the system itself: how it is structured, where it runs and how you interact with it. Architecture matters because the way a system works determines how it responds to your instructions, what it can accomplish and where its failure points lie.

Meta Muse is available across multiple access points and each one serves a slightly different role in your interaction with the agent.

The Muse app (iOS and Android)

The primary interface for most users is the Muse mobile app, available on iOS 18 and later for iPhone and on Android. This is where you set up your account, connect services, view your tasks, approve actions and communicate with the agent through a chat interface. The app is designed as a command center: you give Muse instructions here, review what it is doing here and approve or reject actions here. You can also view a feed of suggestions, track goals over time and browse a library of saved interactions and results.

Meta designed the app experience with two principles in mind. First, it should require no technical expertise. Anyone who has used a smartphone can use Muse without learning special syntax or commands. Second, it should be minimal. The app is not trying to replace every other app on your phone. It is trying to coordinate across them and its interface reflects that purpose.

The web interface (muse.ai)

Muse is also accessible through a web browser at muse.ai. This interface provides the same core functionality as the mobile app: chat with the agent, view tasks, approve actions and manage connectors. The web interface is

useful if you are working from a computer and want to give Muse longer, more detailed instructions than a phone keyboard comfortably allows. It is also where you can watch Muse work in real time when it is browsing the web or filling out forms.

WhatsApp integration

Muse can be reached through WhatsApp, which integrates it into a messaging platform that billions of people already use daily. Through WhatsApp, you can chat with Muse, give it instructions and receive updates. The WhatsApp interface is lighter than the app or web interface. It works best for quick tasks and ongoing conversations rather than complex multi-step workflows that require careful management of approvals and connectors.

Desktop and future platforms

As of late 2026, Muse has desktop capabilities through the web interface and is preparing native desktop experiences. Meta announced at Connect 2026 that Muse would be integrated into its smart glasses, giving the agent a voice-based interface for hands-free interaction. These future access points do not change the underlying architecture but do change how you might interact with the agent in different contexts: typing detailed instructions on a computer versus speaking casually through glasses while driving.

Important: Muse runs in the cloud, not on your device

Every interaction with Muse takes place in Meta's cloud infrastructure. The agent does not run locally on your phone or computer. Your instructions are sent to the cloud, processed by the Muse Spark model running in the Muse Secure VM and results are sent back to your device. This means your ability to use Muse depends on having an internet connection and it means all of your conversations and data processed by Muse live on Meta's servers subject to their privacy and security policies.

Understanding where Muse runs is important for two reasons. First, you should not assume that sensitive data stays on your device when you interact with Muse. If you upload a document or share information through the agent, that information is sent to the cloud. Second, the cloud-based architecture is what enables background work. Because Muse runs on Meta's infrastructure, not your device, it can continue executing tasks while your phone is locked or your browser is closed.

The Sandbox Environment: How Muse Interacts with Computers

The most distinctive architectural feature of Muse is the Muse Secure VM: a dedicated, isolated virtual machine that Meta provisions for each user. This is not just a server running the model. It is a complete computing environment where the agent can actually do things: open a browser, navigate websites, fill out forms, manage files and run code.

What the Secure VM provides

Each Muse Secure VM includes:

- A dedicated browser instance where Muse can navigate websites, click buttons, fill forms and interact with web interfaces the way a human would
- An isolated filesystem where Muse can store and organize files, documents, images and other data
- Network access that allows Muse to communicate with external services and APIs
- Tooling that enables Muse to run scripts and execute programs in a controlled environment
- Persistent storage so that work done in previous sessions remains available

This setup means Muse does not need a native connector for every service it wants to use. If a service has a web interface, Muse can potentially interact with it through its browser, provided the website does not actively block automated access. This is both a strength and a vulnerability. The strength is flexibility: Muse can work with virtually any web-based service. The vulnerability is fragility: website changes, CAPTCHA challenges, anti-bot protections and layout variations can all break browser-based interactions [20].

Why isolation matters

The isolation of the Secure VM is the core of Meta's security design. Because Muse runs in a sandboxed environment, it cannot directly access your local device's files, applications, or hardware. It cannot read your phone's contacts unless you explicitly share them through a connector. It cannot install software on your computer. It cannot view your passwords because passwords are not

passed to the agent. Instead, connectors use OAuth or similar authentication flows that grant the agent specific, revocable permissions without exposing credentials.

The Secure VM also protects other users and the cloud infrastructure from a compromised or errant agent. If one user's Muse instance behaves badly, the damage is contained within that instance's virtual machine and does not spread to other users or Meta's broader systems.

The “own computer” metaphor

A useful way to think about the Secure VM is as your own personal computer in the cloud. You do not log into it directly. You talk to the person using it (Muse) and that person goes and does things on your behalf. This computer has its own browser with its own login sessions for connected services. It has its own storage where files accumulate. It has its own history of actions and decisions. Over time, this computer becomes familiar with your patterns and preferences, just as a dedicated human assistant would.

This metaphor is important for understanding how Muse retains context and state. When you connect your Gmail, the connector authenticates through the Secure VM and maintains that session. When Muse books a flight, the confirmation details are stored in the VM's environment. When you start a new conversation about travel, Muse can reference what it already knows because that knowledge lives in the persistent environment of your Secure VM.

Tool Use and the Agent Loop: Think, Act, Verify, Repeat

Muse does not work the way a chatbot works. A chatbot generates a response to your message and stops. Muse follows what AI researchers call an agent loop: it observes its environment, reasons about what to do next, takes an action, observes the result and repeats the cycle until the goal is achieved or a stopping condition is met.

The agent loop in practice

When you ask Muse to book a dinner reservation for six people this Saturday, here is roughly what happens inside the loop:

1. **Observe:** Muse receives your instruction and reviews available tools and context (your calendar, your location, your preferences if known)

2. **Reason:** Muse decides it needs to search for restaurants, check availability and make a reservation
3. **Act:** Muse opens its browser, navigates to a reservation service like OpenTable or a restaurant website, searches for options near you
4. **Observe:** Muse sees the search results and reads the available restaurants, times and policies
5. **Reason:** Muse evaluates options against your criteria (six people, Saturday, your likely location)
6. **Act:** Muse selects a promising option and attempts to make a reservation, or asks you to choose between two options if neither clearly fits
7. **Observe:** Muse confirms whether the reservation succeeded or failed
8. **Reason:** If successful, Muse decides the task is complete. If failed, Muse decides to try another restaurant or another service
9. **Act:** Muse either reports completion and adds the reservation to your calendar, or continues trying alternatives

This loop can run dozens or even hundreds of times for a complex task. Each iteration consumes compute resources and tokens, which is why long-running tasks consume your usage allowance more quickly than simple conversations.

How this affects prompting

Understanding the agent loop changes how you write instructions. Because Muse iterates autonomously, your prompt does not need to specify every step of the process. You do not need to say “first search for restaurants, then evaluate options, then make a reservation.” You can simply say “book a reservation for six people this Saturday” and trust the agent to figure out the steps.

But you do need to specify the constraints and the stopping conditions. If you want reservations only at Italian restaurants within two miles of downtown with a price range under \$50 per person, you need to state that up front. If you want Muse to ask you before making any reservation, you need to say so explicitly. Without those constraints, the agent will use its own judgment, which may not match your preferences.

The role of tools

Tools are the mechanisms through which the agent acts. In Muse’s case, tools include:

- The built-in browser for web navigation and interaction

- Connectors for Gmail, Outlook, Google Calendar and other services
- APIs for financial services like Plaid
- Payment processing through Stripe Link
- File management within the Secure VM
- Custom connectors built by users or third parties

Each tool extends what the agent can do. An agent with only a chat interface can answer questions. An agent with a browser can browse the web. An agent with email and calendar connectors can manage communication and scheduling. An agent with payment processing can complete purchases. The combination of tools determines the scope of tasks the agent can accomplish.

The agent loop decides which tool to use at each step. This is not predetermined. Muse does not follow a fixed workflow script. It dynamically chooses tools based on the task, the context and the results of previous actions. That flexibility is powerful, but it also means you cannot always predict exactly which tools the agent will use or in what order.

Context Windows, Memory and Session Behavior

Muse Spark 1.3 supports a context window of 1,048,576 tokens, which is one million tokens. To put that in perspective: one million tokens is roughly 750,000 words or approximately 1,500 pages of text. That is enough to hold an entire novel, a large codebase, or months of conversation history in a single context window [21].

But context window size is not the same as memory or persistence and confusing them leads to frustration.

Context window: what the model can see right now

The context window is the amount of information the model has access to when generating a response. It includes your current prompt, the conversation history, any uploaded documents and any retrieved information from tools or connectors. When the model generates output, it can only attend to information within this window.

A large context window like one million tokens means Muse can handle very long conversations, analyze large documents and work with extensive codebases without running out of context space. It also means you can provide

a lot of background information in a single prompt without worrying about truncation.

Memory: what the agent retains across sessions

Memory is different from context. The context window is what the model sees in the current session. Memory is information that persists across sessions and conversations.

Muse retains certain types of information between interactions:

- Connected services and their configurations persist (your Gmail connection does not need to be re-established every time you open the app)
- Files stored in the Secure VM persist (documents you upload or the agent creates remain available)
- User preferences and patterns that the agent has learned are stored and can influence future behavior
- Long-term goals and projects you have defined are tracked over time
- The agent creates profiles of your contacts and relationships based on conversations and email interactions

Meta states that users can view and delete stored memories, giving some control over what information persists. However, the exact scope of what is retained, how long it is retained and how it is used is not fully documented and privacy-conscious users should treat the system as if it retains more information than it discloses [7].

Session behavior: how conversations work

Muse conversations are structured as sessions. Each conversation thread maintains its own context, including all previous messages and actions within that thread. If you start a new conversation, it begins with a fresh context window, though the agent may still access persistent memories and files from the Secure VM.

This matters for long tasks. If you are working on a complex project with Muse, keeping it in a single conversation thread preserves the context and reduces the need to repeat information. If you start multiple threads about the same topic, you will need to provide context in each one, which wastes tokens and creates potential for inconsistency.

Context management strategies

Given the distinction between context window, memory and session behavior, here are practical strategies for managing context when working with Muse:

- Keep related work in one conversation thread. Do not scatter a single project across multiple threads.
- Provide critical information early in the conversation so it is deep in the context window where it has the most influence on the model's behavior.
- When a conversation becomes very long, summarize the key points and start a new thread with that summary as context rather than carrying all the history forward.
- Use file uploads for large documents rather than pasting content into the chat. Files are loaded as needed and do not consume the same type of conversational context.
- Remember that the agent may retain information about you even when you think a conversation has ended. If you share sensitive information, assume it may be accessible in future interactions.

How Muse Decides What to Do Next (and When to Ask You)

One of the most important questions for users is: how does Muse decide between acting autonomously and asking for input?

The answer lies in three overlapping mechanisms: the agent's confidence in its understanding, the risk level of the proposed action and the rules and constraints you have established in your instructions.

Confidence and ambiguity

When Muse is confident that it understands your goal and has clear information to work with, it acts autonomously. If you ask it to check your calendar for availability next week, there is little ambiguity: the goal is clear, the tool is straightforward and there is no significant risk in the action. Muse will simply do it.

When Muse encounters ambiguity, it may ask clarifying questions. If you say "book me a flight to Europe," Muse has many unanswered questions: which city? which dates? what budget? what airline preferences? In this case, it is

likely to ask before proceeding, because acting without answers would almost certainly produce a result you do not want.

However, agents do not always ask when they should. Sometimes they make assumptions that are reasonable from their perspective but wrong for you. This is why specifying constraints upfront is critical. If you provide your preferred airports, typical budget range and travel style preferences in advance, Muse can make better assumptions.

Risk assessment and Sentinel

Meta built a separate security system called Sentinel to govern Muse's access to external services and networks. Sentinel is not part of the Muse AI model itself. It is a distinct system that sits between the agent and the internet, reviewing and approving actions before they leave the Secure VM [22].

Sentinel evaluates actions based on risk:

- Low-risk actions (reading emails, checking calendars, browsing websites, searching for information) typically proceed without requiring your direct approval, though they must comply with connector permissions
- Medium-risk actions (sending emails on your behalf, scheduling meetings that affect other people) require your explicit approval through an “approval card” that appears in the app
- High-risk actions (making purchases, accessing financial data, sharing personal information) require your explicit approval and are subject to additional verification

Sentinel also enforces connector-level permissions. If you have connected Gmail with read-only access, Sentinel will block any attempt by Muse to send email through that connection. If you have granted read and write access, Muse can send emails but must still get your approval to do so.

Your instructions set the bar

Beyond the built-in risk model, your own instructions can raise or lower the bar for autonomous action. If you say “ask me before doing anything,” Muse will request approval for nearly every action. If you say “you have full authority to manage my calendar within these constraints,” Muse will schedule and reschedule meetings without asking, as long as it stays within your specified boundaries.

The challenge is finding the right balance. Too much approval-seeking turns Muse into a glorified suggestion engine that cannot actually get things done. Too little creates an agent that acts in ways you would not approve. Effective Muse use requires calibrating this balance based on the task and your comfort level.

When Muse gives up

Muse does not run forever. It has practical limits on how long a single task can execute, how many iterations it will attempt before concluding further effort is unlikely to help and how much compute it will consume. These limits are not fully documented by Meta, but user reports suggest that very complex tasks (such as organizing 40,000 photos or searching thousands of websites) can cause Muse to hit resource limits and stop prematurely [9].

When Muse stops, it may report partial completion or simply declare the task finished even though it has not fully achieved the goal. This is why verification is essential: never assume that “task complete” means “goal achieved.” Always check what actually happened.

Understanding Muse’s architecture and decision-making model is the foundation for effective prompting. In the next chapter, we will examine exactly what Muse can and cannot do, providing the capability map you need to design realistic tasks and expectations.

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