

Chakra – AI-Powered Wellness & Mental Health Platform

Overview

Chakra is a comprehensive wellness application that combines AI-powered chat, guided meditation, journaling, analytics, and therapeutic tools to support mental health and personal growth.

Current Status

Stable & Functional – Ready for production use

Core Features

- **AI Chat Interface:** Multi-model AI (GPT-4, Grok-4), voice input with speech-to-text, text-to-speech with natural voices, message history persistence.
- **Guided Meditation:** Six meditation types, natural voice synthesis, flexible durations (10–25 minutes), progress tracking, volume controls, and silent mode.
- **Enhanced Journal:** Rich text journaling with mood tracking, prompts, entry tagging, analytics, and progress charts.
- **Analytics Dashboard:** Insights into mental health trends, journal entry analysis, and mood pattern recognition.
- **User Management:** Anonymous sessions, HIPAA-compliant data handling, privacy controls, and secure sessions.

Key Components

- **Navigation & Layout:** Modern, responsive design with user dashboards.
- **Wellness Tools:** Guided meditation, mood tracking, self-assessment, and goal-setting.
- **Admin & Business Tools:** Therapist dashboard, admin portal, subscription management, and reporting.

Security & Compliance

- **HIPAA compliance:** encrypted transmission, secure sessions, audit logs, consent management, and anonymization.
- **Authentication:** session-based with protections against unauthorized access.
- **Data Privacy:** minimal data collection, user control over retention, secure deletion, and privacy-first design.

API & Integrations

- OpenAI GPT-4: Conversational AI, speech-to-text, content moderation.
- ElevenLabs TTS: High-quality voice synthesis with multiple voices.
- Stripe (ready): Subscription billing, payments, and usage tracking.

Performance

Optimized client performance with efficient loading, and server performance tuned for secure sessions and real-time audio.

Known Issues & Planned Improvements

- Minor issues: some debug logs, error handling improvements, audio cleanup.
- Planned: Offline support, push notifications, mobile app, advanced analytics, therapist matching.

Roadmap

- Short Term (1–3 months): Expanded meditation library, mobile improvements, advanced analytics, therapist portal enhancements.
- Medium Term (3–6 months): Mobile app, AI therapy analysis, group meditations, personalization.
- Long Term (6+ months): VR therapy, biometric data, clinical trial capabilities, global wellness community.

Version & Status

Version: 1.0.0 – Last Updated: September 2025 – Stable & Production Ready