

Project 67: Meditation Script Generator

Description:

This serene tool creates guided meditation scripts based on your goal—like relaxation, focus, sleep, or self-love. Whether you want a short breathing session or a full 10-minute journey, the script helps calm the mind and center your thoughts.

meditation_script_generator.py

```
import openai
import os
import gradio as gr

# Load OpenAI API key from environment
openai.api_key = os.getenv("OPENAI_API_KEY")

# Function to generate a meditation script
def generate_meditation_script(goal, duration):
    # Set the AI to act like a calming meditation guide
    messages = [
        {
            "role": "system",
            "content": (
                f"You are a calming meditation teacher. Write a guided meditatio"
                f"focused on the goal: {goal}. The tone should be peaceful, sl"
                "Use soft imagery, pauses, breathing cues, and mindfulness gui"
            )
        },
        {
            "role": "user",
            "content": f"I want a meditation session for: {goal}"
        }
    ]

    try:
        # Request script from OpenAI
        response = openai.ChatCompletion.create(
            model="gpt-3.5-turbo", # GPT-4 optional for richer detail
```

```

        messages=messages
    )

    # Return meditation script
    return response["choices"][0]["message"]["content"].strip()

except Exception as e:
    return f"Error: {str(e)}"

# Gradio interface
iface = gr.Interface(
    fn=generate_meditation_script,
    inputs=[
        gr.Radio(["Relaxation", "Focus", "Sleep", "Self-Love", "Anxiety Relief", "Stress Management", "Mindfulness", "Transcendental", "Vipassana", "Zen"], label="Intention"),
        gr.Radio(["5 minutes", "10 minutes", "15 minutes"], label="Duration")
    ],
    outputs="text",
    title="🧘 Meditation Script Generator",
    description="Choose your intention and duration-I'll write you a gentle, guided meditation script."
)

# Launch the tool
iface.launch()

```