# Project description

Background: we need you to build an application that creates custom meditations. The interface takes 3 inputs from the user and incorporated those in the prompt that creates the meditation script (via OpenAI API), the application then breaks down the text of the meditation in 3 chapters based on tags added in the AI output. Those three chapters are converted from text to speech with the Elevenlabs API. Then the three chapters are put back together but with 1 minute of silence in between each and overlayed with a meditation music track. The end product is then made available to the user in the same application where they can listen to it.

The entire flow is detailed on the next slide.

The application can be hosted on a free hosting platform at the moment (like Onrender) with a simple password to enter (no need for user management)
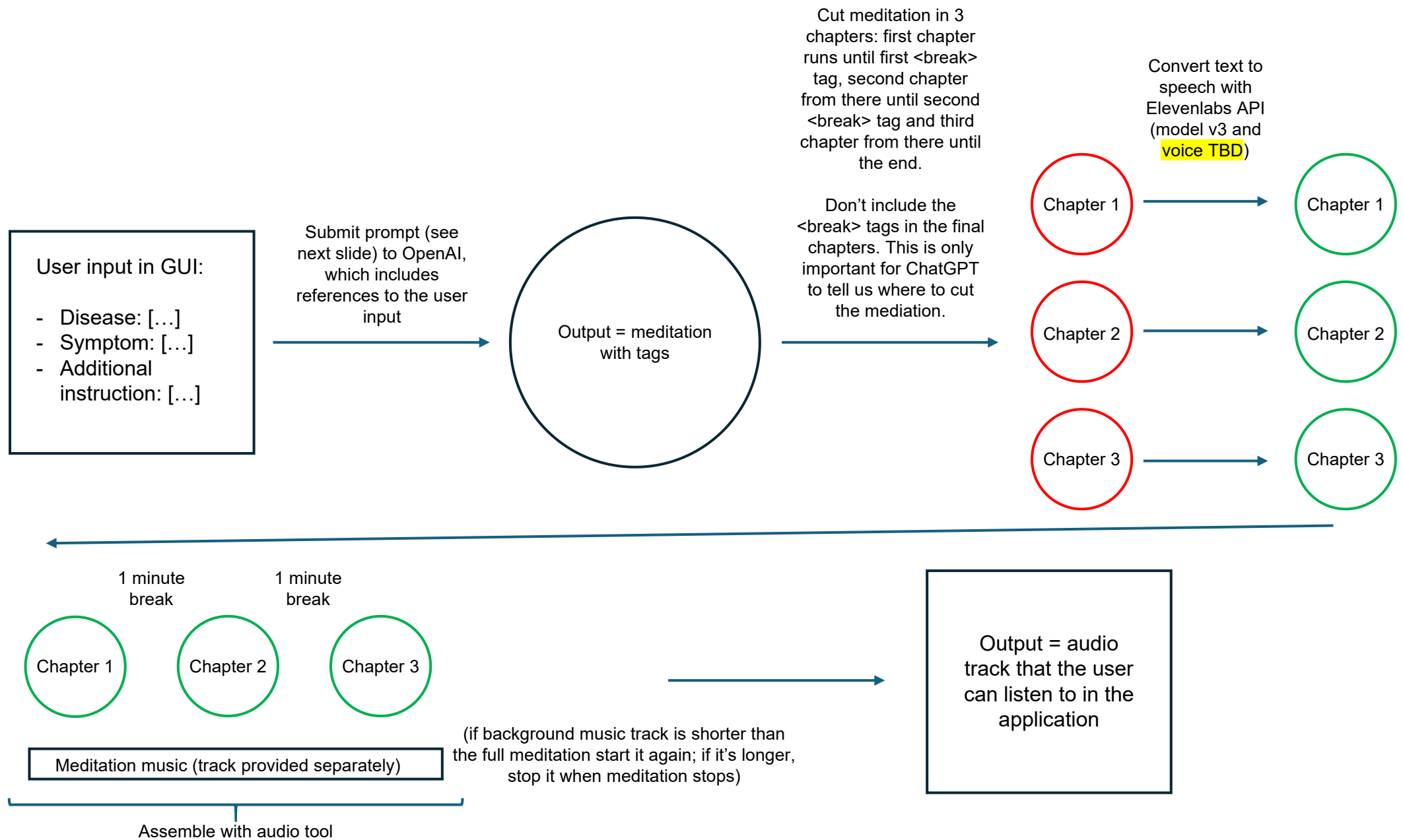
Prompt

#Instruction: write a 10-minute meditation following the below structure. In that meditation, include elevenlabs tags such as [inhale], [exhale], [pause] or [whisper]. To not make it too fast paced, make sure to include a [pause 2 seconds] tag after each sentence. Using "..." also slows the pace down. Take the user inputs into account in the relevant parts of the meditation, as described. Avoid using "now" too much to progress the meditation forward.

#User input:

##Disease: [from user input]

##Symptom: [from user input]

##additional instruction: [from user input]

#output: output only the meditation itself with the relevant tags, without saying anything else or without including section titles

#structure of the meditation with instructions for each section:

##section 1: Introduction to the topic. The general topic is quantum healing. Select a topic at random addressed by Deepak Chopra in his Quantum Healing book without mentioning that book in the meditation. Tie in this general topic with the disease, symptom and additional instruction given by the user above.

##section 2: start of the meditation, settle the user. Choose any of common techniques to do so. Leave some extra time/silence at the end of this section to allow the user to relax further in silence. End this section with the following tag: <break>

##section 3: further relaxation. Choose any of common techniques to do so. Leave some extra time/silence at the end of this section to allow the user to relax further in silence. End this section with the following tag: <break>

##section 4: visualisation. Introduce the visualisation technique, tie it to the disease, symptom and additional instruction of the user and then start. Choose any of common visualisation techniques to do so.

##section 5: end of meditation.