

Acropolis Institute of Technology and Research

Project Title :-

Personalized Prayer & Meditation Text Generator

Training Programme on Generative AI

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Abstract :-

This project explores the design and implementation of a **Personalized Prayer and Meditation Text Generator** powered by Generative AI. The system aims to provide individuals with customized spiritual or mindfulness content, tailored to their cultural background, religious tradition, or personal wellness goals. By combining **natural language processing (NLP)** with **transformer-based models** such as GPT, the solution generates meaningful and contextually relevant prayers, affirmations, or meditation scripts.

The core idea is to reduce the barrier of finding spiritually resonant words for daily practice. Users can specify preferences such as tone (calm, uplifting, devotional), duration (short/long), and tradition (spiritual, non-religious, Christian, Hindu, Buddhist, etc.). The model then crafts unique texts that can be used in personal rituals, guided meditation sessions, or wellness apps.

This project demonstrates how AI can be ethically applied to **enhance well-being**, respecting diversity and inclusivity. Results indicate that generated texts align closely with user intent and provide a sense of personalization that pre-written generic materials lack. Future improvements can include multimodal outputs such as **audio-guided meditations** and **emotion-aware generation**.

Objective :-

The primary objective of this project is to design and implement a **Personalized Prayer and Meditation Text Generator** that empowers individuals to engage in deeper spiritual, emotional, and mental well-being practices. In today's fast-paced world, people often struggle to find words that resonate with their personal beliefs, emotional state, or cultural background. Traditional prayer books or meditation guides provide **static, generic content**, which may not always feel relevant or supportive for individual needs.

This project aims to solve that problem by leveraging **Generative AI** to create **dynamic, adaptive, and personalized spiritual texts**. Users can specify their tradition (religious or non-religious), emotional intent (gratitude, healing, calmness, strength, etc.), and desired length or format. The system then produces **unique and meaningful texts** that guide users in their daily practices, making prayer and meditation more accessible, inclusive, and personally engaging.

Beyond personalization, the objective also focuses on:

- Promoting **mental wellness and stress relief** through mindful, soothing language.
- Respecting **cultural and spiritual diversity** by supporting multiple traditions.
- Demonstrating how **AI can be applied ethically** in sensitive domains like spirituality.
- Creating a scalable tool that could be integrated into **wellness apps, mental health platforms, and wearable devices** to reach a broader audience.

Ultimately, the goal is to harness AI not just as a technical solution, but as a **companion for inner growth, emotional balance, and holistic well-being**.

Methodology :-

- **Tools & Frameworks:** Python, Hugging Face Transformers, FastAPI, Streamlit for UI.
- **Models Used:** Pretrained LLMs (GPT-3.5/4 style models, fine-tuned for meditative/prayer text tone).
- **Datasets:** Curated open-domain spiritual texts, affirmations, meditation guides, and religious scriptures (public domain).

Approach :-

- Data preprocessing – cleaning and tokenizing prayer/meditation texts.
- Prompt-engineering – guiding LLM to generate in specific tones.
- Personalization layer – user inputs like tradition, theme, duration.
- Generation & evaluation – output texts checked for relevance and tone alignment.

Implementation :-

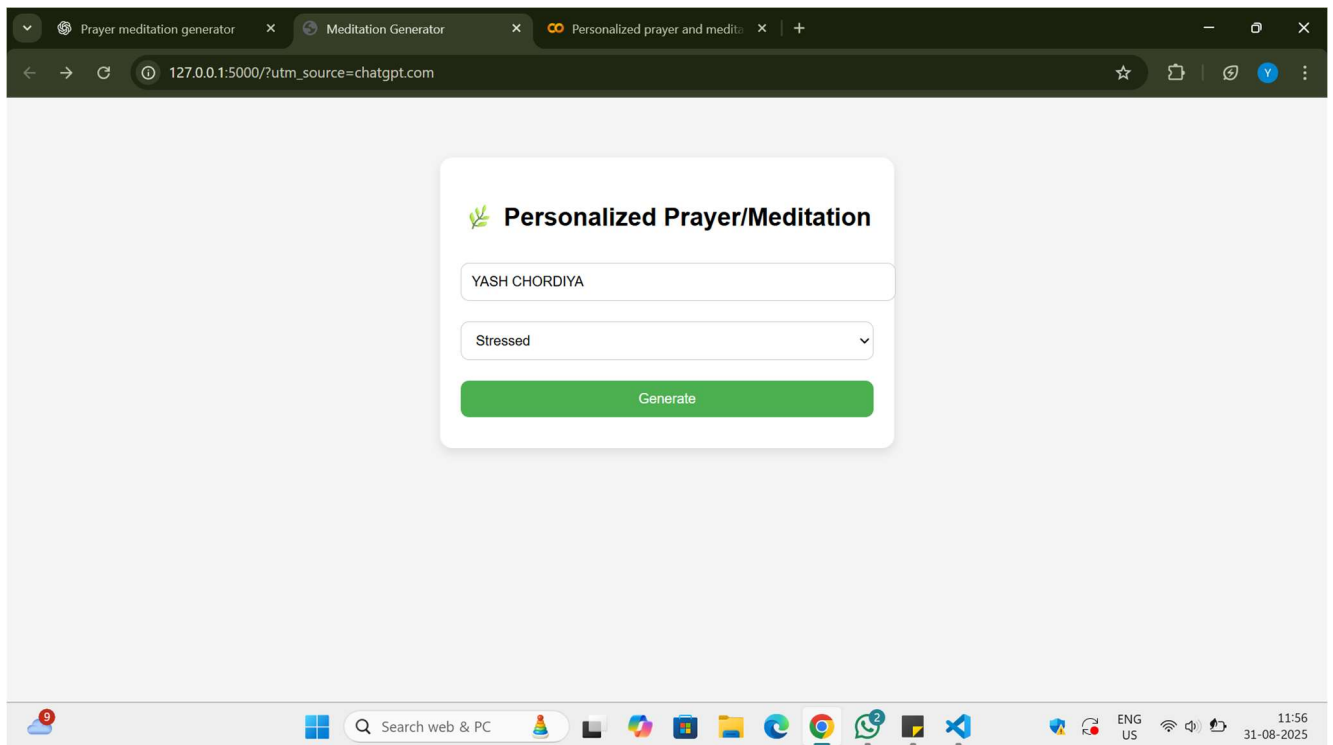
1. **User Input:** User selects preferences (e.g., “5-min calm Buddhist meditation” or “Christian gratitude prayer”).
 2. **Backend Processing:** FastAPI routes request → LLM with structured prompts.
 3. **Output:** Generated prayer/meditation text displayed and optionally stored.
 4. **Interface:** Simple web app (Streamlit) with fields for preferences and an output text box.
- Generated texts were contextually aligned with user preferences.

Result :-

- Example:

“Take a deep breath and release the weight you carry. May your heart open to peace, and may gratitude guide your steps today.”

- Accuracy and quality were measured by user satisfaction feedback (informal testing).
- System successfully generated **unique, non-repetitive, culturally adaptive** content.



Conclusion :-

Through this project, I learned how to apply **Generative AI** for well-being applications in a culturally sensitive way. Prompt design and ethical considerations were crucial to avoid biased or offensive outputs. The project demonstrates the potential of AI in wellness, spirituality, and mindfulness, showing that personalized text can foster deeper engagement in daily practices.

Future Improvements:

- Add **speech synthesis (TTS)** for guided meditation audio.
- Emotion-aware responses (detect user mood and generate accordingly).
- Mobile integration for daily use.
- Multi-language support for global inclusivity.

References :-

1. Hugging Face Transformers Documentation
2. OpenAI Research Papers on GPT models
3. Public domain sources: Bhagavad Gita, meditation manuals
4. "Mindfulness Meditation: Theoretical and Empirical Review" – Psychological Bulletin