



# Live Audacious

# Personalized Meditation App

### Client:

**Live Audacious** 

## Challenges:

Meditation is the habitual process of training your mind to focus and redirect your thoughts. The popularity of meditation is increasing as more people discover its many health benefits. Need of a personalized Meditation app that can be readily available anywhere any time, that too customizable as per one's need was a real challenge while developing this app.



# Live Audacious

#### Solutions

#### Overview

This app "Live Audacious" helps its user to meditate using meditation music. A person can sit comfortably anywhere and listen to soothing, calm meditation music. It helps reduce anxiety, stress, hypertension and increases peace of mind.

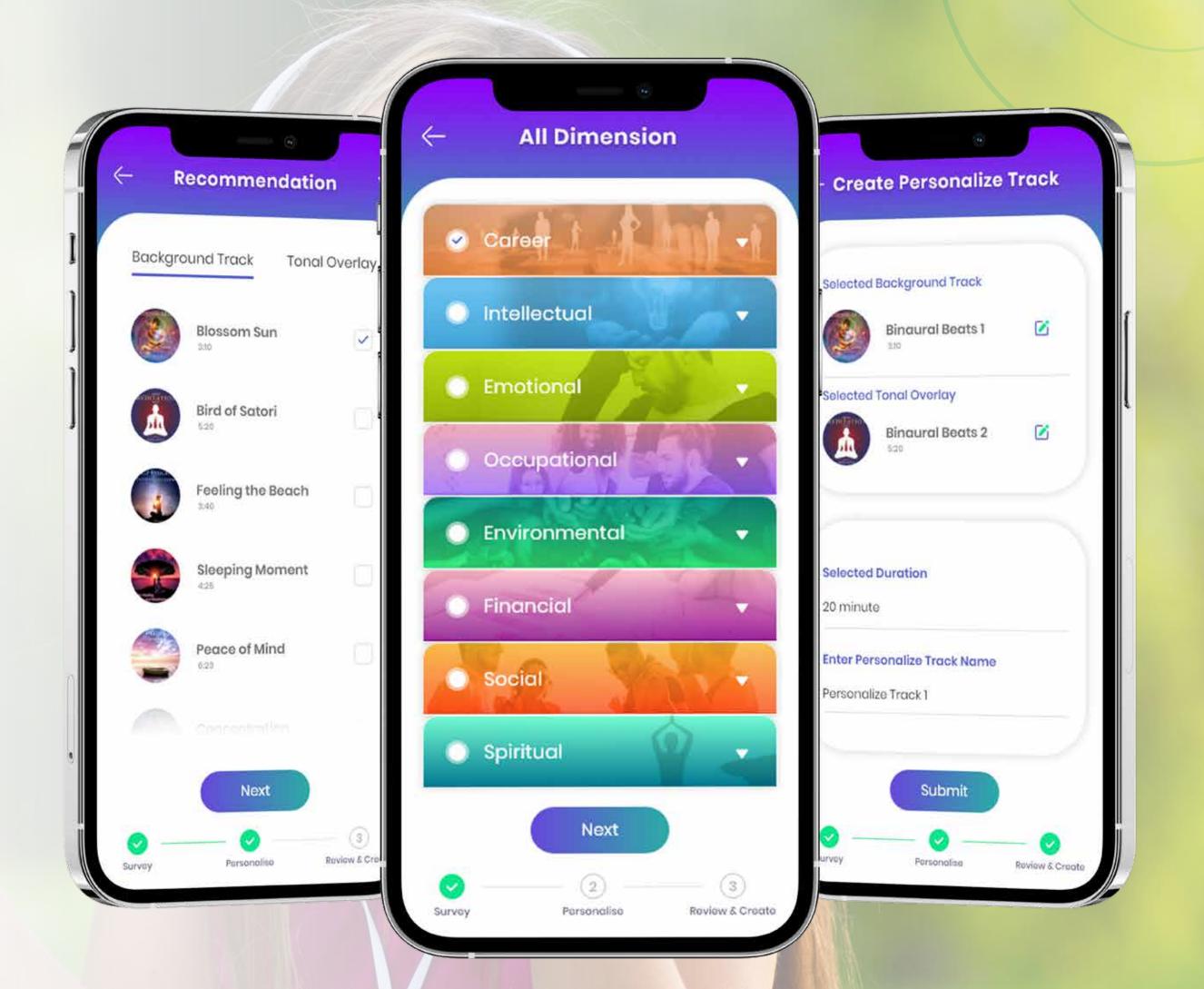
This app helps to select suitable need first of all out of 8 dimensions of life: Career, Intellectual, Emotional, Occupational, Environmental, Financial, Social, Spiritual.

Next, it suggests you some background track and tonal overlay based on your input for the selected dimension and experience about it.

On choosing the track and tonal overlay, you can save it as a personalized track with preferred name.

You can view your progress of meditation over a period of time.

You can schedule time and duration for everyday meditation and app will give you reminder for that.



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#### **Features**

- Mobile app for android / iOS
- Myword Cloud: This feature helps to share meditation experience in One Word in Word Cloud
- Easy to create meditations and share on the fly

#### Benefits

- This app helps people to overcome their own personal traumas including cancer, depression, family and career issues.
- Helps in spiritual growth, concentration, learning, problem-solving, decision-making simultaneously integrates thought, feeling and memory.
- Profound changes in attitude and behaviour.
- Helps in relaxation, creativity, "aha" moments, breakthroughs.
- Develops high state of suggestibility in sub-conscious mind. Typically when on the cusp of sleep, either falling asleep or waking up.
- Helps achieve calm and peaceful place of inner awareness, relaxation, creativity, and changing habits.
- Results in deep sleep, in turn better recovery time to body and brain.



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#### Tech stack

- React-Native (Javascript)
- FCM (Firebase Cloud Messaging)
- FFMPEG: To merge multiple sounds like in this app there are 4 types of sound named:
  - Affirmation
  - Background
  - Guidance
  - Start/End which have further subtypes named binaural and isochronic.

All these sound merges in the application and create a new meditation sound using ffmpeg lib

- Charts: we are using BarChart, and Line chart to show meditation activity of user
- Redux
- Firebase Authentication













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