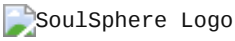
SoulSphere

Include the name, logo and images referring to your project



Introduction

SoulSphere is a mixed reality project focused on guided meditation experience catalysed by immersive audio narration to embark on a journey of **visualisation** and intention-setting where the user uses their hands to visualise an energy ball. the hands become the tools for creation.With each movement of the user's hands, they will watch in VR -as the energy swirls forming into glowing orb of light called CHI ball. The hand gestures will be able to change the size of the CHI ball.

- VISUALIZATION PRACTICE

SoulSphere offers guided visualization for creating a chi ball, promoting mindfulness through intentional imagery.

-MIND-BODY CONNECTION

Users synchronize physical movements with mental imagery, enhancing proprioceptive awareness and sensory perception.

-MANIFESTATION TOOL

The chi ball can be infused with positive intentions, empowering users to align thoughts and actions with personal goals.

-DAILY RITUAL BUIDLING

Incorporating chi ball creation into daily routines fosters mindfulness, self-awareness, and a sense of inner peace.

WHY SOULSPHERE IS NEEDED ?

DIVERSE VISUALIZATION METHODS:

To cater to individuals who may not resonate with traditional visualization methods like meditation or guided imagery, SoulSphere aims to offers a visualization techniques. Soulsphere offers sensory-based experiences,calming narratives, tactile feedback, and interactive elements to engage users who have varying preferences and sensory profiles. By providing multiple pathways for visualization, SoulSphere ensures inclusivity and accessibility for a broader audience.

APHANTASIA-FRIENDLY FEATURES:

Understanding the challenges faced by individuals with Aphantasia, SoulSphere implements features specifically designed to accommodate their needs. Rather than relying solely on mental imagery, SoupSphere incorporates alternative modes of engagement, such as auditory cues, tactile sensations, and kinesthetic interactions. By offering multi-sensory experiences, SoulSphere enables users with Aphantasia to participate fully in the visualization process, alleviating frustration and promoting a sense of empowerment and inclusion.

The proposed solution is viable because.. to be completed

That is where SoulSphere comes into picture. Seeing the creation made by the user themselves, in Virtual Reality by shaping the sphere with hands in real world will

help them focus on their mind and the present moment. The learning experience revolves around practicing this exercise of visualisation that instantly calms the mind and instils a drive of positiveness.SoulSphere aims to eliminate the frustration arising from inability to visualise.

Design Process

- Group Discussion : As a group, we brainstormed on the idea of SoulSphere, envisioning a virtual reality (VR) experience where users can interact with a virtual ***Chi Ball***. We discussed various aspects of the project, including its purpose, target audience, technical feasibility, and potential challenges. We discussed the user experience we wanted to create and outlined key features such as the ability to manipulate the chi ball's shape and size based on real-life hand movements.
- User Research : Conducting user research was essential to understand the needs, and behaviors of our target audience. We spoke to VR enthusiasts,individuals interested in healing practices but do who do not engage in meditation regularly and we taled to meditation practitioners as well to gather insights into their experiences, expectations, and desires regarding virtual experiences like SoupSphere. This research helped us identify user preferences for interaction methods, visual aesthetics, and desired features.
- User Persona : Based on our user research findings, we created a user persona representing our target audience. Let's call them A. A has an interest in mindfulness. But A does cannot connect well with traditional forms of meditation. They enjoy exploring immersive experiences in VR to enhance relaxation and meditation practices. A values intuitive user interfaces and seeks meaningful interactions. Understanding A's motivations, preferences, and goals guided our design decisions throughout the project.
- User Journey : Mapping out the user journey allowed us to visualize say User A's interactions with SoulSphere from start to finish. We identified key touchpoints and emotions at each stage of the journey, from initial discovery and exploration to regular usage and potential recommendations to others. A's journey begins with discovering SoulSphere through online platforms or VR communities. Intrigued by the concept, they decide to try it out and download the app. Upon entering the virtual environment, they feels a sense of curiosity and wonder as the interact with the chi ball, adjusting its size with their hand movements. As they becomes more familiar with the experience, A incorporates SoulSphere into his daily mindfulness routine, finding joy and relaxation in its immersive capabilities.
- Wireframe and Prototype

System Description

Features

Installation

[_Installation process to build and run your project. Use code blocks, tables, or lists to show the commands, steps, or requirements the chosen platform. Mention any dependencies or libraries that your project uses and how to install them._]

To install and run [Your app] on your platform or device, follow the instructions below:

Platform	Device	Requirements	Commands

Windows	Meta Quest	Unity 2022.3 or higher, Arduino	`git clone https://github.com/user/repo.git`
			`cd project-xr`
			`open MainScene.unity`
			`Build and Run`

Android	Phone	Android 19 or higher, ARCore 1.18 or higher	`git clone https://github.com/user/repo.git`
			`cd solar-system-xr`
			`open SolarSystemXR.unity`
			`switch platform to Android`
			`build and run`

You also need to install the following dependencies or libraries for your project:

- Library A - a Unity plugin for building VR and AR experiences
- Library B - a C# wrapper for speech recognition and synthesis

Usage

Usage section showing how to use your project and interact with its features. You can use examples, screenshots, gifs, or videos to demonstrate the user interface, controls, and feedback of your project. You can also provide tips, tricks, or best practices for using your project effectively.]

Intutive movements To use [Your App XR} and interact with its features, follow the guidelines below:

1. Wearing the Headset: Put on the VR headset to immerse yourself in the virtual environment of SoupSphere.

2. Entering Visualization Mode: To enter the world of visualization, place your palm on a designated pillow kept in front of you. This action serves as the trigger to initiate the visualization experience.

3. Creating the Chi Ball: Once in visualization mode, position your hands at a comfortable distance from each other to begin visualizing the chi ball in VR. You'll start to see the virtual representation of the chi ball forming between your hands.

4. Adjusting Size: To change the size of the chi ball, move your hands closer together to shrink it or farther apart to expand it. The virtual chi ball will dynamically adjust its size based on the real-life movements of your hands.

5. Narrative Guidance: Throughout the experience, listen to narrations that provide guidance at every step of the process. These narrations offer instructions and insights to enhance your understanding and engagement with the visualization exercise.

6. Finalizing and Sending: After you're satisfied with the size and shape of the chi ball you've created, it's time to finalize your visualization. Use a throwing movement within the VR environment to send the chi ball either out into the universe or to yourself, symbolizing the act of manifesting your intentions or desires.