

Package ‘meditate’

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Type Package

Title Meditation Timer

Version 0.1.3

Description A simple meditation timer that logs session information.

Depends R (>= 3.5.0)

Imports audio, checkmate, deldir, graphics, stats, utils, wesanderson

Suggests svglite

License GPL (>= 2)

Encoding UTF-8

LazyData true

LazyDataCompression xz

URL <https://github.com/jfisher-usgs/meditate>

BugReports <https://github.com/jfisher-usgs/meditate/issues>

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NeedsCompilation no

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Meditate

Run Meditation Timer

Description

A simple meditation timer that logs session information.

Usage

```
Meditate(
  duration = 20,
  interval = NULL,
  repeats = TRUE,
  sound = TRUE,
  preparation = 10,
  file = "meditate.csv",
  mandala = FALSE,
  ...,
  user_stops = FALSE
)
```

Arguments

<code>duration</code>	'numeric' number. Meditation time in minutes.
<code>interval</code>	'numeric' number. Interval time in minutes.
<code>repeats</code>	'logical' flag. Whether to repeat the time interval.
<code>sound</code>	'logical' flag. Whether to include a start, end, and interval sound. Requires access to an audio driver .
<code>preparation</code>	'numeric' number. Preparation time in seconds.
<code>file</code>	'character' string or ' connection '. File to write session information—new data records will be appended to this comma-separated values (CSV) file. A data record consists of a session's start time in Coordinated Universal Time (UTC) and duration in minutes.
<code>mandala</code>	'logical' flag. Whether to plot a mandala.
<code>...</code>	Arguments passed to the PlotMandala function.
<code>user_stops</code>	'logical' flag. Whether to manually stop the session timer. Allows for extended meditation.

Value

Invisible NULL

Author(s)

J.C. Fisher

See Also

[ReadSessions](#) function to read and summarize the exported session information back into R.

Examples

```
meditate::Meditate(0.1, sound = FALSE, preparation = NULL, file = NULL)

## Not run:
# Begin a 10-minute meditation session with mandala:
meditate::Meditate(10, mandala = TRUE)

## End(Not run)
```

PlotMandala

Plot Mandala

Description

Draw a colored mandala using Voronoi tessellation and a Wes Anderson color palette.

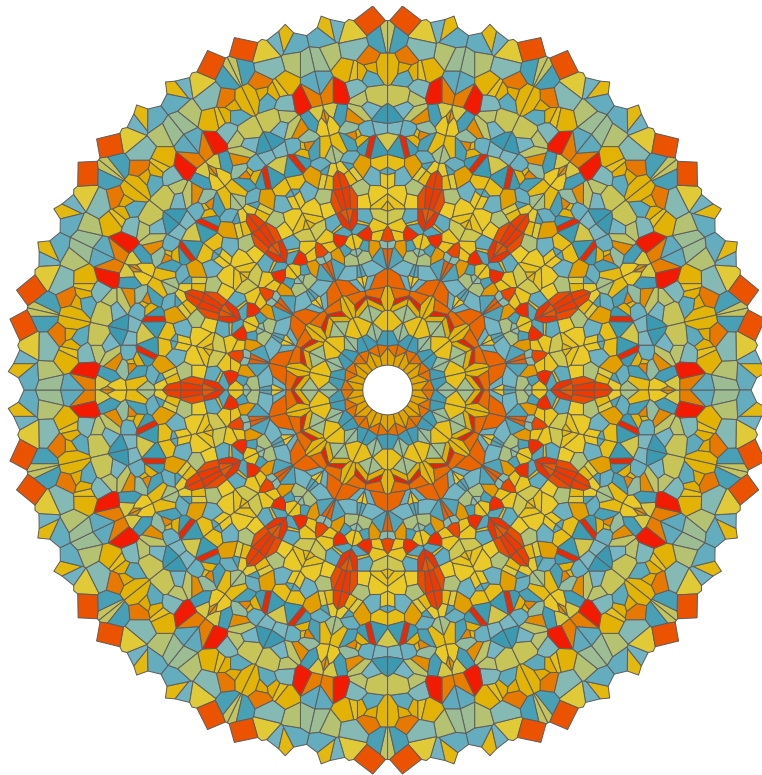
Usage

```
PlotMandala(
  radius = c(1.1, 1.8),
  npoints = 14L,
  depth = 3L,
  scheme = NULL,
  mar = c(0, 0, 0, 0),
  seed = NULL
)
```

Arguments

radius	'numeric' vector of length 1 or 2. Factor of expansion or compression. A random-number generator may be used by defining the lower and upper limits of a uniform distribution.
npoints	'integer' vector. Number of points is randomly selected from this argument.
depth	'integer' vector. Number of iterations is randomly selected from this argument.
scheme	'character' vector. Name of color palette(s) to choose from, see wes_palette function for choices. By default, specified using a random selection from all possible palettes.
mar	'numeric' vector of length 4. Number of lines of margin to be specified on the bottom, left, top, and right side of the plot.
seed	'integer' count. Random number generator state, used to replicate the mandala.

Details



Value

Invisible NULL

Author(s)

J.C. Fisher

References

This function was derived from the [mandalas-colored](#) R script by A.S. Chinchón, accessed on Dec 13, 2019.

Examples

```
meditate::PlotMandala()

## Not run:
for (seed in sample.int(1e8, 100)) {
  cat("seed =", seed, "\n")
  meditate::PlotMandala(seed = seed)
  ans <- if (interactive()) readline("continue? [Y/n]: ") else "n"
  if (tolower(substr(ans, 1, 1)) == "n") break
}
```

```

}

svglite::svglite("mandala.svg", width = 7, height = 7, bg = "transparent")
meditate::PlotMandala(seed = 8471)
grDevices::dev.off()

grDevices::pdf("mandala.pdf")
meditate::PlotMandala(seed = 8471)
grDevices::dev.off()

## End(Not run)

```

ReadSessions

Read Session Information

Description

Read session data saved by the [Meditate](#) function and summarize this information.

Usage

```
ReadSessions(file = "meditate.csv", tz = Sys.timezone())
```

Arguments

file	'character' string or ' connection '. File to read session information.
tz	'character' string. Time zone to format date-time values, see OlsonNames function for available names.

Value

An object of class 'sessions' that inherits behavior from the 'data.frame' class. A print method is provided for this class. Class 'sessions' is a data table with 2 variables: `start_date` is of class '[POSIXct](#)' and represents the date-time at the beginning of the meditation session; and `duration` is of class '[difftime](#)' and represents the length of the session. Its attribute list includes:

```

current_streak current streak in days.
longest_streak longest streak in days.
total_practice number of days that included at least one session.
average_day average session time per day in minutes.
average_session average session time in minutes.
total_time time meditating in days.
since date of first session.

```

Author(s)

J.C. Fisher

Examples

```
file <- system.file("extdata/meditate-ex.csv", package = "meditate")
x <- meditate::ReadSessions(file)
x

print.data.frame(x)
```

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