

Importance of Doing Meditation in Textile Industry

Kazi Rahamat Ullah

Department of Wet Processing Engineering, Bangladesh University of Textiles,
92 Shaheed Tajuddin Ahmed Ave, Dhaka 1208, Bangladesh.

Abstract

Meditation is a process to keep mind peaceful . It is a modern process to control human mind to do good work and increase the productivity of work . In a big manufacturing industry like a textile manufacturing industry there are a lot of pressure of work . For this reason the employee of the textile company cannot balance their life properly both in their job field and their family . The objective of the article is to spread the consciousness of doing meditation for the employee of textile company to keep their life better and make them more effective in their work .

Key word : Meditation , Brain wave , Alpha level , Psychosomatic disease , Dream house

Introduction

Human born in a society . He build up in that society . After finishing educational life he enter a new life it is called job life . After that many kind of tension come to his mind . He has to earn more to support his family . There are many manufacturing industry which are fast growing in the world . Textile manufacturing company is one of them . In south asian country like Bangladesh garments manufacturing companies are so much popular . A lot of employee work in that company . But a matter of sorrow is that most of the employee cannot balance their family life and job life because of their job pressure . To release the pressure from mind meditation is important .

In human brain there are frequencies in different condition of mind. In 1929 Dr. Hens Berger estimate brain wave by **electroencephalography** (EEG) machine ^[4]. There are five type of brain wave . They are^[3]:

Gama Wave : 27 cycle and above frequency . When people get angry their brain wave goes to gama level . It is dangerous for human . People can't create good thing when his brain wave in gama level.

Beta Wave: It's normal situation of brain . Brain frequency is 14-26 cycle . In this level people don't get angry . But it is not good level to eliminate from tension ,anger .

Alpha Wave: It is the peaceful condition of human brain . Brain frequency is 8-13 cycle . In this level human can more creative to their work . If you get little bit angry ,this level will damage . It is also known as "Berger's wave" .

Theta wave: It is pre-stage of deep sleep . You feel sleepy in that level . Brain frequency is 4-7 cycle .

Delta Wave :This level happens when we are in deep sleep . That time we are not in conscious level .Brain Frequency 0.5-3 cycle .

By doing meditation we can keep our mind in **Alpha Level** .We can be creative in our work. Meditation is the cooling system of brain and cleaning system of mind .

2. Benefits of Doing Meditation:

Meditation has lot of benefits . The practice of meditation is very important in textile industry . It is very big production field . Meditation should be mandatory in the textile industry . Some benefits of meditation is given below :

2.1 To Lead A Healthy Life:

May be we are successful in our life but sometimes we are not leading a healthy life . Then all the success is useless if we are unhealthy. Health is the best asset of human being . Meditation helps us to calm our mind which is important to become healthy .In 1997 an American healthy lifestyle magazine Prevention publish that 75 % disease are psychosomatic which is created by tension , sorrow , negative thoughts . We can release 75 % diseases by doing meditation. If we do meditation we can get release from different kind of diseases .American medical doctor **Dr. Herbert Benson and Dr. Edmund Jacobson** made a list of diseases which are occurred from tension. The diseases are heart disease, high blood pressure , insomnia , arthritis pain ,depression ,gastric ulcer ,diarrhea, diabetes, neck pain, spinal pain etc ^[2] . We can release from that diseases by eliminating tension which is possible by doing meditation . No medicine is needed .



Fig 1 : Doing Meditation

2.2 To Improve Working Capabilities:

If we compare with good employee, we can see that they are concentrated with their works. Because they love their work. In the textile industry most of the case employees are not conscious about their work, they are conscious about money. They work for only money not as a passion, for this reason they become frustrated. They can't be positive in their work. Meditation helps to increase the concentration of working. By this working capabilities increase. Employee will be conscious about company goal.

2.3 To Do Good Behave With The People:

If we want to be successful in our work we have to do good behave with others employee. Most of the case the employee don't do good behave with others. They think if they are strict with them working output will be better. But the reality is for doing bad behave with employee, employee get afraid. They can't concentrate in their work properly. They feel insecurity for job losing. They work only earning money and saving the job. They don't work with love. If want to be successful in our work, first we have to love our work. Meditation helps us to keep our mind cool. By this we can do good behave with other employee.

2.4 To Do Good Management in The Company :

To run a company management is very important. If we do meditation our managerial power will increase. If our mind is cool then we can take the right decision in any condition for our company. Meditation increase the level of thinking of human brain. By this we can be good manager in our related field.

2.5 To Be Happy in Family :

Those men are successful in life who are happy in family. Sometimes we run after money, but we don't care about our family. We don't give time to our family member. For this reason distance between family members increase day by day. We can't happy in life, if our family bonding is not good. If we do meditation we will be conscious about our family, our life will be happy.

2.6 To Be helpful with Co Worker:

Empathy is very important to be a successful man. In the textile industry we see there are a lack of confidence in the employee. For the work pressure they can't balance their job life. Sometimes they can't trust themselves. For this reason they engaged in dirty politics in the company. In most of the case employees are not cooperative with other in the textile industry. For this reason good team is not built. Team work is very important in a company. If the members are helpful with each other good team is built and company can make more profit. Meditation awake empathy in human mind. By this employee can be more cooperative with other.

3. Example of Company and Organization who are doing meditation :

There are many company employee who do meditation to increase their productivity of work . Some world recognized brand Toshiba , Sony , Toyota , Volvo, IBM. They got many success by doing meditation. In India many famous company employee do meditation. In Bangladesh also many company employee do meditation.

Samsung Company provide meditation training to their employee. In South Korea samsung company made training centre for meditation in Seoul ^[5] . They require many staff for meditation training^[6] .

Google worlds is one of the biggest company .Google employee are practicing meditation in their company . Google offer meditation courses to the employee. They believe that meditation helps to improve the mental health and well being .

United Nations has individual meditation room^[8] . United nations employee do meditation. They practice meditation.



Fig 2: Meditation room in United Nations

They have guidelines for effective meditation . Most recently, the Secretary General developed the United Nations Guidance for Effective Mediation in response to a request from the General Assembly (A/RES/65/283). The Guidance is designed as a reference document, drawing on the experiences of Member States, the United Nations system, regional, sub-regional and other international organizations, non-governmental organizations, women's groups, religious leaders, the academic community, as well as mediators and mediation specialist^[9] .



Fig 3: Ex-Secretary-General of the United Nations Ban Ki-moon
preparing for meditation

Reve System it is a Bangladeshi software company . In their company they do meditation regularly . Their Group CEO M. Rezaul Hassan said that by doing meditation their employee's customer handling power and productivity increase . They do meditation before giving any business decision ,it helps them to take right decision .



Fig 4: REVE Systems employee doing meditation

Ananta Group is one of the leading textile industry in Bangladesh . In Ananta group ,the employee do meditation . They separated a specific time for meditation daily . Managing director of Ananta Group **Enamul Haq Khan** also do meditation. He faced a lot of problem in his early

business life . He solved his problem by doing meditation . He got a lot of success by doing meditation. Now he is one of the successful businessman in Bangladesh in garments sector .He was selected as CIP .Ananta Group got best supplier award from Walmart . The employee of ananta group thinks that meditation gives them mental strength for working . It gives their productivity .



Fig 5: Ananta Group Employee doing Meditation.

4. Process of Meditation :

I discussed the importance of meditation earlier. Now I am explaining the process of meditation . It is very easy. There are a lot of process of meditation . Among them "**Quantum Method**" is one of the easiest method of meditation. Now I am explaining the process of meditation step by step^[3] .

- First you have sit on chair or bed in an easy condition . And close your eyes .
- Then take breath slowly from nose and release the air through mouth .Take more time releasing air than absorbing air in nose it is called **abdominal breathing** . Like you can take air in nose for 5 seconds and release air through mouth for 10 second . You completed 1 round by taking and releasing air . Do this for 5 round . And think a lot of energy is coming by air in your body when you are taking breath and releasing polluted material from your body when you are releasing air through mouth . When you take breath in your belly will swell .
- After doing this 5 times . Then you take air in nose slowly for 5 second and release air for 10 second through nose it is called "**Dhiram**" . Your belly will swell when you take breath . Do this for 5 times.
- After that your breathing will be normal . You just concentrate on your breathing and the path of breathing .
- Then think your brain wave down from beta level to alpha level . Your brain wave in alpha level now . And think your body become relaxed and you come in alpha station .

It is just a station , from alpha station you will go to your "**Moner Bari**"(dream house). From alpha station you can go your "**Moner Bari**"(dream house) by walking or by cycling or by car . You can go by any kind of transport which you want .You are independent .

- You start for going to your "**Moner Bari**"(dream house) .And count "19" to "0" to reach your dream house .There is a beautiful path to reach your "**Moner Bari**" (dream house) .
- When your counting will finish, you will reach in your "**Moner Bari**" (dream house) .You can decorate your dream house according to your wish . Every kind of facility will be in your dream house .Garden , swimming pool , waterfalls etc can be in your dream house .
- You will roam in your "**Moner Bari**" (dream house) in the visualization . After roaming your dream house , you will sit in the living room of your dream house .
- After that you will give some positive autosuggestion to your mind.
- After that you will decide your working plan in meditative level . You can set your work order what you will do today.
- After that take long breath and count "0" to "7" and you will wake up from meditation.
- Then loudly say "I am felling better . My mind and body is felling better ."

So this is the process of meditation according to quantum method . I am giving an audio link . You can find many english audio meditation track and download meditation from the link . And Practice meditation regularly to get good life . You can start with easy relaxation from those meditations .

Meditation Link :

" <http://publication.quantummethod.org.bd/en/detail/a13b3b40-c2f0-11e3-ac85-00270e0b2b42/Meditation%20in%20English> "

Conclusion:

Meditation is a science . By doing meditation we can relax our mind .If we relax our mind we can do anything .We will become successful in our life . Meditation is necessary for all person. It is also necessary for the textile industry officers , managers and workers also. By doing meditation employee of textile industry can concentrate more in their job area . By this company will earn more revenue .Meditation increase the self confidence of human . Every textile industry should have a individual meditation room . The employee will do meditation in that room . They can start their day by doing meditation . The day will be more productive .

Acknowledgement

I would like to thank Mr. Al Amin , Employee , Quantum Foundation , and Mr. Qushol Kaiser , Employee , Quantum foundation

Reference

- [1]. Meditation for modern life, Robert Puff Ph.D , Psychology Today
- [2]. The Relaxation Response book by Dr. Herbert Benson
- [3]. Quantum Method Book by Mahajatak
- [4]. Hans Berger (1873-1941)--the history of electroencephalography , The National Center for Biotechnology Information , 2005;59(4):307-13.
<https://www.ncbi.nlm.nih.gov/pubmed/16334737>
- [5]. <http://article.quantummethod.org.bd/en/detail/e7b02f00-e188-11e0-b95d-00270e0b2b42>
- [6]. <http://www.bridgemanmethod.com/news-and-weblog/samsung-to-require-210000-staff-to-take-meditation-training>
- [7]. <https://www.sonorrari.com/single-post/2017/04/06/10-Big-Companies-That-Promote-Employee-Meditation>
- [8]. <http://www.un.org/depts/dhl/dag/meditationroom.htm>
- [9]. <https://peacemaker.un.org/guidance-effective-mediation>