

## **Look within to enhance inner powers-Dadi Janki**

**Mount Abu, June, 15:** “First of all we need power to clean ourselves from inside,” said **Dadi Janki, Chief of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya while inaugurating the National Media Dialogue-cum-Rajyoga Retreat on Inner Empowerment of Media Persons, last evening.** Dadi Janaki, asked “when humans are born equal, then why we make the differences. First of all we should know who am I and who is mine. We will become what we think, what we eat and what company we keep. For gaining inner powers, we have to go the spiritual way.”

**Dadi** who reached Mount Abu today after attending the All India Inter-religious Conference at Mumbai said: “God is far from us because of varied forms of religions. Only spirituality teaches us the honesty, love, fraternity and truthfulness. And if mass media, the most powerful medium on the earth, become more honest, truthful, accurate and listen to their inner voice, then there will not be much delay in much needed social transformation.”

**As Chief Guest, Mrs Indira Krishna Kumar, Member (HRD), Ministry of Communication and IT** said that circulation of newspapers would go up if media men adopted self regulation with the Staff of Dharma as their own code of conduct. She urged media to have clarity of goal and better character, class and credibility in reporting. She said that media should increase their inner powers to work for unity and integrity of people and society, through the practice and promotion of India’s age old spirituality, eternal values, simple and healthy lifestyle.

**Dr Ved Pratap Vedik, the eminent journalist of India,** delivering keynote speech on the occasion said that today’s media had become more powerful economically, politically, professionally and extra-constitutionally. He said that it has become proportionately weak in upholding journalistic values like truth, justice, fair play, impartiality, accuracy and social concerns. Media was simply misusing its externally acquired powers for selfish and vested interest. It was high time, Dr Vedik said, that media should introspect and increase its inner powers with the help of spirituality and rajyoga meditation for the good of people and society.

**BK Om Parkash, Chairperson, Media Wing of Brahma Kumaris,** in his welcome address said that pen of the press had become mightier than atomic bomb. He said media persons needed spirituality for developing the powers of tolerance, discrimination and decision making to serve public interest better.

**BK Karuna, Vice-Chairperson of Media Wing,** said that the dialogue mainly aimed at relaxing, refreshing and recharging the mind, body and spirit of media persons in the spiritually charged ambience of Brahma Kumaris Academy through the powers of silence, divine contemplation and meditation.