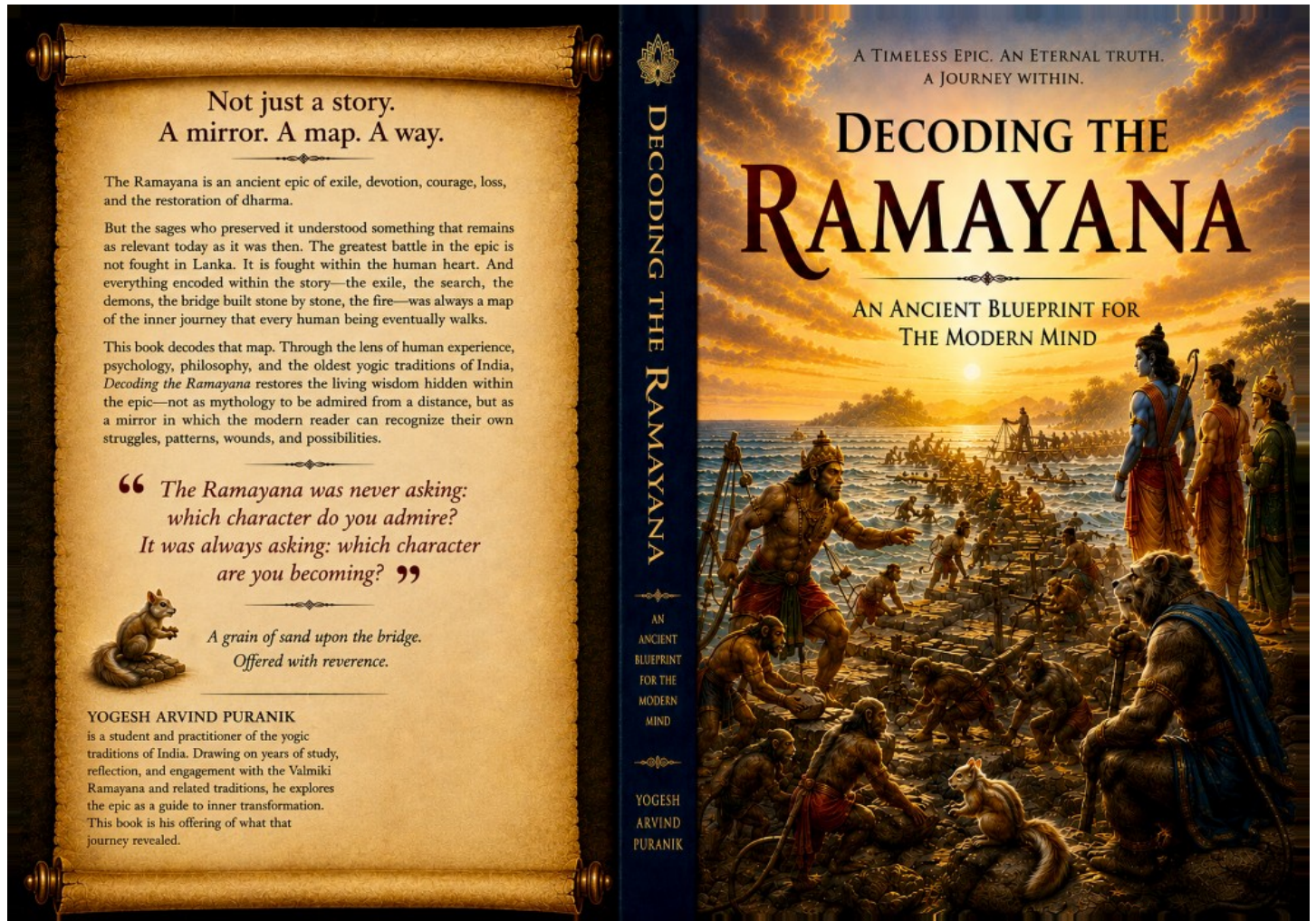


A New Reading of the Ramayana to Arrive This Dussehra: Yogesh Arvind Puranik's 'Decoding The Ramayana'

The book will be available in over 100 countries; an attempt to view the characters and events of the Ramayana as psychological metaphors for consciousness, focus, energy, and ego.



New Delhi, Delhi Sep 14, 2026 ([Issuewire.com](https://www.issuewire.com)) - Rather than viewing the Ramayana merely as an ancient epic, a religious narrative, or a collection of moral teachings, a new book titled [Decoding The Ramayana: An Ancient Blueprint for the Modern Mind](#) presents it as a medium to understand the inner world of modern humanity. The book is set to launch globally across more than 100 countries on the auspicious occasion of Dussehra, October 20, 2026.

The author, [Yogesh Arvind Puranik](#)—an educationist, investor, author, and management expert—approaches the Ramayana from a perspective where its narrative serves as a metaphor not only for external events but for the inner conflicts of the human mind.

The foundational question of the book is: *If the story of the Ramayana unfolds within us, what do its characters and events reveal about our minds, consciousness, and lives?*

According to Puranik, eras change, technology evolves, and the pace of life shifts, but the fundamental challenges of humanity remain constant. Desire, attachment, ego, distraction, loss of focus, and the search for life's meaning are as relevant today as they were thousands of years ago.

“The most crucial war is not fought in Lanka, but within ourselves”

Underlining the central concept of the book, author Yogesh Arvind Puranik states:

"For centuries, we have read the Ramayana as a story unfolding in the external world; *'Decoding The Ramayana'* is an attempt to view it as an inward journey. Ram, Sita, Lakshman, Hanuman, and Ravan are not merely characters, but active manifestations of consciousness, energy, focus, life force, and ego within us. Perhaps this is why this millennia-old epic remains so profoundly relevant to modern humanity."

Four Perspectives on the Ramayana

'Decoding The Ramayana' endeavors to examine the narrative through four major dimensions:

- **Historical Perspective:** An attempt to understand the narrative and its broader context.
- **Moral Perspective:** An exploration of questions related to duty, decision-making, relationships, and life values.
- **Psychological Perspective:** Viewing the characters and events as active forces within the human mind and consciousness.
- **Spiritual Perspective:** Understanding the journey of consciousness, energy, and self-realization.

Through these four lenses, the book establishes a dialogue between ancient Indian wisdom and the personal and professional challenges of modern life.

Ram, Sita, Lakshman, and Hanuman: Beyond Characters, Metaphors of Consciousness

The book offers a psychological interpretation of the Ramayana's central characters:

- **Ram** is envisioned as the symbol of 'Pure Consciousness,' guiding an individual beyond external events toward the core awareness through which life is experienced.
- **Sita** represents the vibrant power of 'Pure Energy.' Her abduction symbolizes the obstruction created between consciousness and energy, illustrating how the modern ego can captivate our focus and vitality.
- **Lakshman** stands for 'Focused Attention.' In today's screen-dominated and constantly stimulating environment, maintaining one-pointed attention has become a crucial capability in itself.
- **Hanuman** symbolizes the 'Awakened Life Force.' His character demonstrates that when vitality is paired with awareness and the right direction, an individual can transcend their perceived limitations.

Lanka and Ravan: External Success vs. Internal Mastery

In the book, Lanka is interpreted as a metaphor for the modern ego. Despite external grandeur, power, and achievements, if an individual is driven by ever-growing desires and an incessant need for control, their external success does not necessarily indicate internal balance.

In this context, the character of Ravan challenges the modern assumption that external accomplishments automatically translate into internal mastery. This interpretation ensures Lanka is not merely viewed as part of the Ramayana's geography, but transforms it into a metaphor for the mental landscape within humanity, where the tendencies of ego, desire, and control are persistently active.

Ancient Epic, Modern Questions

Today, as digital life, constant notifications, and increasing busyness impact human attention and mental peace, *'Decoding The Ramayana'* returns to fundamental modern questions:

- What are we giving our attention to?
- Are our desires driving us, or are we driving them?
- In the pursuit of external success, what are we losing within ourselves?
- Can ancient wisdom offer the modern mind a new pathway to self-understanding?

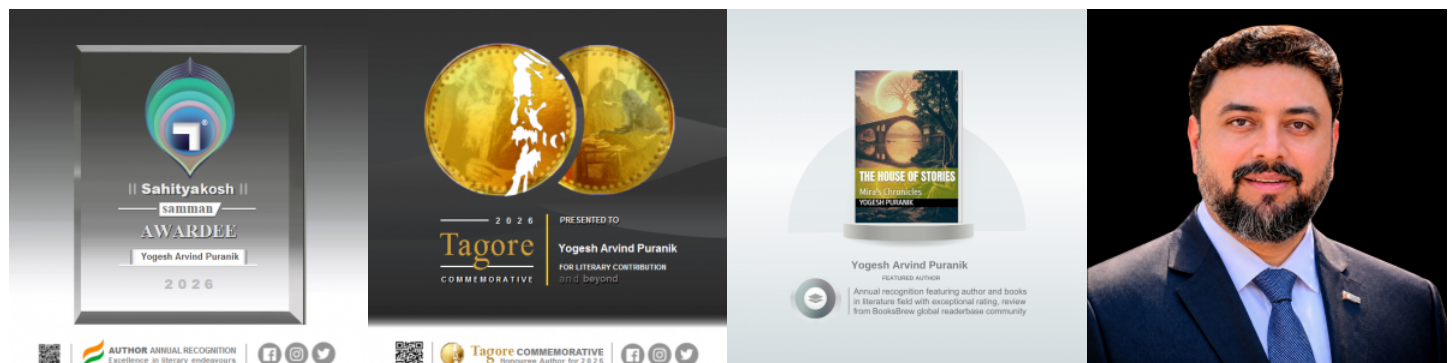
The book's conclusion revolves around the idea that the most significant struggle does not occur in the external world, but within the human mind. In this sense, *'Decoding The Ramayana'* invites readers to approach the epic not as a memory of the past, but as a living framework for self-exploration for the modern individual.

About the Author

Yogesh Arvind Puranik is an educationist, investor, author, and management leader. He has previously authored novels such as [The House of Anand Rathore](#) and [The Tides That Remember](#). Active in the corporate sector for the past 25 years, Puranik is a certified professional in management and product management. His work focuses on understanding the intersection between corporate leadership and mindful living. Since 2019, he has been residing in the cultural hub of Jabalpur (Sanskardhani).

Fact Sheet

- **Book:** Decoding The Ramayana: An Ancient Blueprint for the Modern Mind
- **Author:** Yogesh Arvind Puranik
- **Release Date:** October 20, 2026 (Dussehra)
- **Availability:** 100+ Countries



Media Contact

AnuYog Sansthan

*****@sansthan.co.in

<http://sansthan.co.in>

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