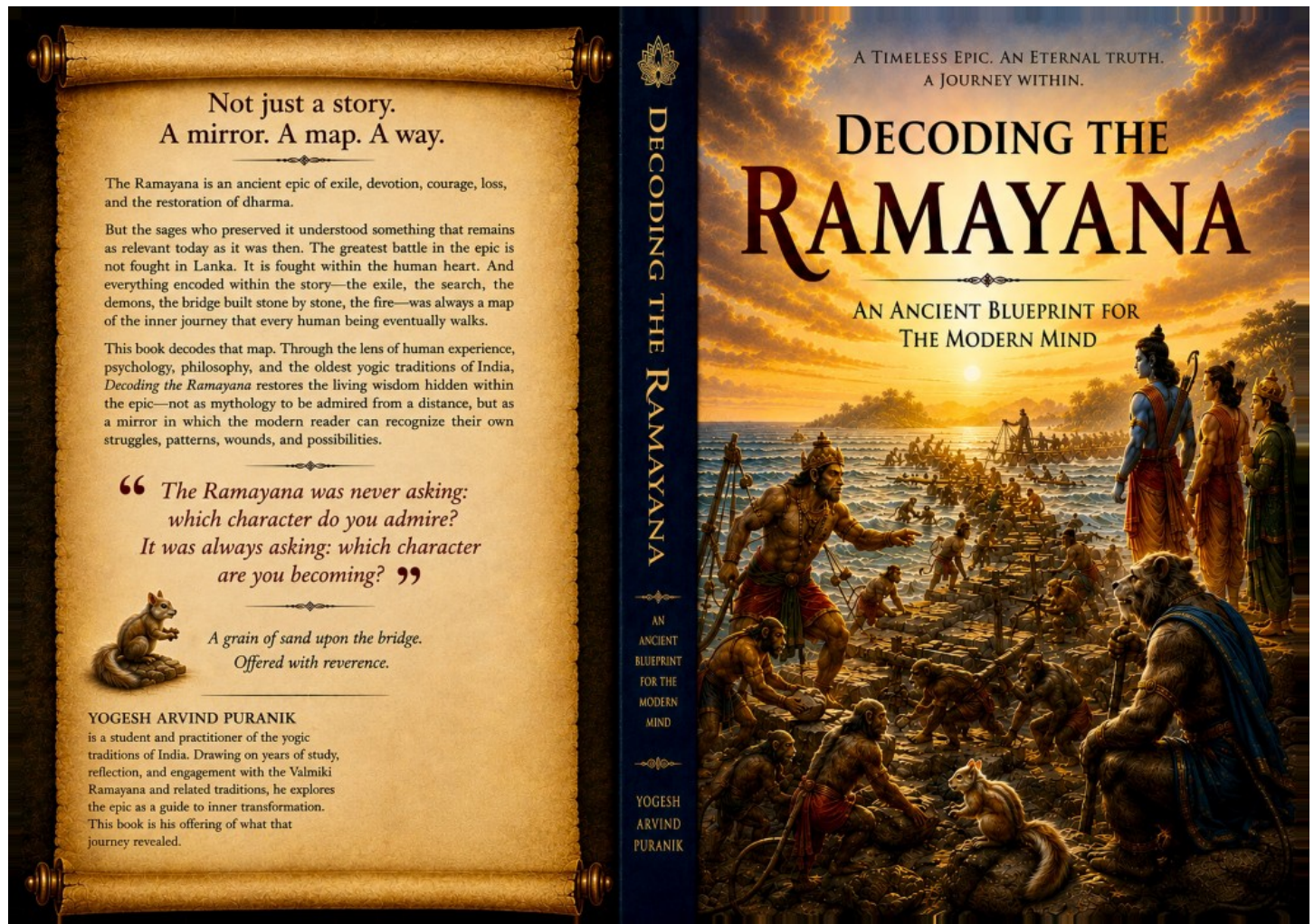


Educationist Y.Puranik Announces "Decoding The Ramayana," Transforming the Epic into a Psychological Map for Modern Mind

Decoding The Ramayana: An Ancient Blueprint for the Modern Mind by Yogesh Arvind Puranik reimagines the classic epic as a psychological map for navigating modern struggles with ego, attention, and inner peace.



Jabalpur, Madhya Pradesh Sep 4, 2026 (Issuewire.com) - Educationist, investor, and author Yogesh Arvind Puranik announces the upcoming release of his latest transformative book, *Decoding The Ramayana: An Ancient Blueprint for the Modern Mind*. Rather than treating the legendary epic solely as an ancient historical event or a moral guide, Puranik's new work invites readers to view the characters and kingdoms as direct reflections of their own inner psychological and spiritual struggles. While technological landscapes have evolved dramatically in the contemporary era, the fundamental human challenges regarding desire, distraction, ego, attachment, and the search for profound meaning remain entirely unchanged. By exploring the narrative through four distinct levels of reading—historical, ethical, psychological, and spiritual—the book bridges the gap between ancient wisdom and the demanding realities of modern professional and personal life.

In this inward interpretation, the central figures of the epic are decoded to represent the fundamental

forces operating within human consciousness. Rama represents Pure Consciousness, fundamentally shifting the focus from a hero's external actions to the core awareness through which all life is experienced. Similarly, Sita embodies the living force of Pure Energy. Her abduction is presented not just as a physical kidnapping, but as a deep disruption in the critical connection between consciousness and energy, brilliantly symbolizing how the modern ego can seamlessly hijack our attention. The psychological landscape is further detailed through characters like Lakshmana, who represents Focused Attention—a critical asset in an era where screens and endless stimulation constantly compete for our focus—and Hanuman, who signifies the awakened power of the breath, showcasing what becomes possible when vital life-force is consciously directed.

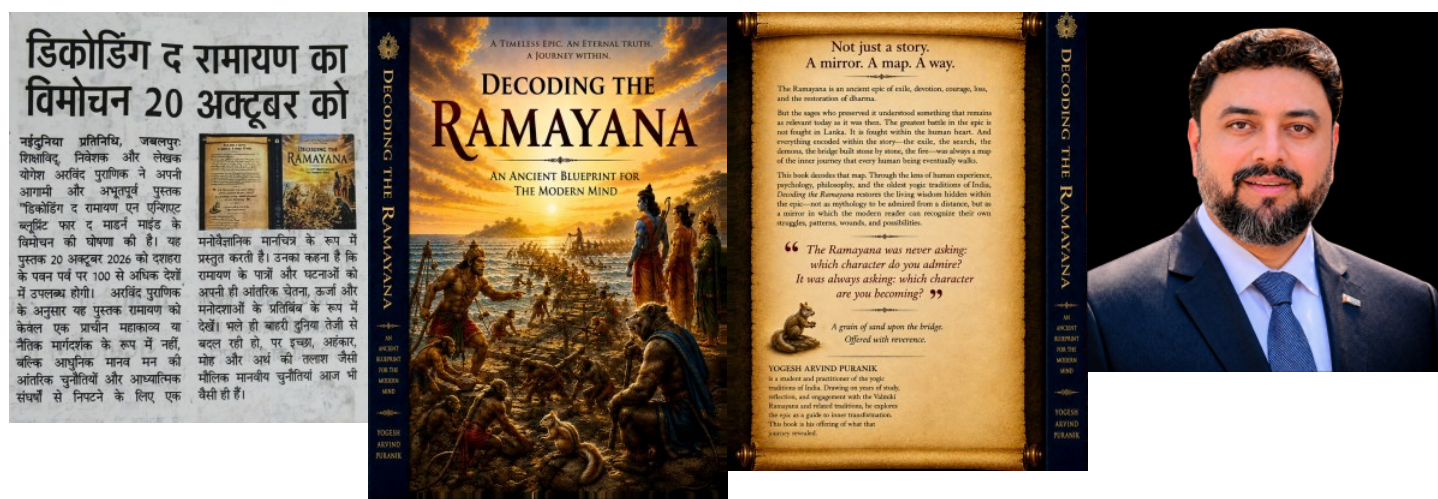
Conversely, the fortified kingdom of Lanka serves as a powerful metaphor for the modern ego: undeniably brilliant and sophisticated, yet ultimately a psychological prison built on unending cravings and the relentless need for control. Ravana's character actively challenges the contemporary assumption that external achievement automatically equates to internal mastery, illustrating how an individual can possess immense worldly power yet remain completely governed by base desires. Written for anyone who feels the external world is growing louder while their inner voice fades, the ultimate takeaway of Puranik's work is that the most significant battle is not fought in Lanka, but within ourselves.

Readers, seekers, and media professionals can explore these timeless concepts further through the provided resources:

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