

# RAMAYANA DE: CODED

## Vibhishana's Choice: Leaving What No Longer Aligns

Dharma over dysfunction, toxic partnerships, career exits, and family systems.



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**Sometimes dharma begins with the courage to walk away.**

Dharma over dysfunction, toxic partnerships, career exits, and family systems.

## THE SYMBOL

In the Ramayana, Vibhishana stands inside Lanka but refuses to belong to its darkness. He is born into Ravana's world, yet he chooses dharma over blind loyalty.

Symbolically, Vibhishana is the part of you that knows the truth before your life has the courage to follow it.

## THE SCIENCE

The nervous system often confuses familiarity with safety. This is why people stay in toxic relationships, draining workplaces, and family patterns that keep wounding them.

**Familiar chaos:** feels safer than unknown peace.

**Blind loyalty:** can become self-abandonment.

**Inner truth:** creates pressure before freedom.

**Real courage:** is leaving what keeps you small.

## THE MODERN TRAP

The trap is believing that history equals duty. "They are family." "We built this together." "I have been here too long." "What will people say?"

But dharma is not loyalty to dysfunction. It is loyalty to truth. If a place keeps demanding your silence, your shrinking, or your self-betrayal, it may be your Lanka.

## THE PRACTICE

Ask yourself: Am I staying because this is right, or because I am afraid of the cost of leaving? Then take one clean step: speak truth, set a boundary, seek support, or prepare your exit with dignity.

**Peace often begins where false loyalty ends.**

### 60-SECOND RESET

**Ask: "Where am I betraying my truth to keep the peace?" Then choose one clean boundary.**

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