



Vakratunda mahakaaya  
Suryakoti samaprabha  
Nirvighnam kuru me deva  
Sarvakaaryesu sarvadaa

### Prayer

**OM NAMO BRAHMADIBHYO BRAHMA VIDYA SAMPRADAYA KARTRUBHYO VAMSA RUSHIBHYO  
MAHADBHYO NAMO GURUBHYAH!!**

Meaning: Our salutations to Brahma the embodiment of 'Omkaara' (real source), to those seers who propagated the knowledge of Brahman from generation to generation, to the great saints and the men of knowledge and first Gurus (Mother and Father).

**OM GURUR BRAHMA, GURUR VISHNUHU, GURUR DEVO MAHESWARAH, GURUSSAKSHATH PARA  
BRAHMA, TASMAI SRI GURAVE NAMAHA!!**

Meaning: Our salutations to the Guru who is the embodiment of creator, sustainer and absorber (Brahma, Vishnu and Maheswara) and who himself is Parabrahma.

**OM ASATOMA SADGAMAYA,TAMASOMA JYOTIRGAMAYA, MRUTYORMA AMRUTAMGAMAYA!!**

Meaning: Kindly lead us from the unreality to reality, from darkness to light, and from death to immortality

**OM SHANTI SHANTI SHANTI HI !!**

**HARI HI OM TATSAT!!**

**OM NAMAHA!!**

This book is dedicated to my loving wife

*'Sudha'*

Just as the same 'Cosmic Energy' expresses itself in various different forms.. So too..



**Sudha** expresses herself in numerous roles... As -

- The Provider of happiness to all
- A Caring mother to children
- A Responsible house wife
- The Woman behind the husband's success
- A Passionate mother to the needy
- A Venus to husband
- A God-Mother to school kids
- A Mother Superior for all who wants to share their problems.



सत्यमेव जयते

भारत के उपराष्ट्रपति  
VICE-PRESIDENT OF INDIA

**MESSAGE**

I am pleased to receive the book namely '**Life Source Code**', authored by Shri Chukkapalli R K Prasad.

I honestly compliment the author for his exemplary efforts for recommending answers to many primary questions concerning man's existence, happiness, contentment, real purpose of life and eventuality among others.

Through his own reasoning, understanding, knowledge baked by his personal experiences, the author attempts to traverse the reader through various aspects of life. Finally he ends the volume with how every person is the architect of his or her own destiny. He also talks about distinguishing between wants and needs in man's quest to attain happiness.

My best wishes to the author for the present work. I also hope God would inspire him for future endeavors!

(M. Venkaiah Naidu)

New Delhi  
13<sup>th</sup> November, 2021.

# FOREWORD

All beings are in the relentless pursuit of happiness. Despite despite so numerous differences in race, creed, geographical locations locations emplacements, religion, and culture we all still share a uniform ambition to possess happiness. Day by day across the globe, people enthusiastically devise newer ways to be happy, even if the happiness they attain with effort fades away in no time. It is an astonishing fact that, we spend 99 % of our life chasing for happiness and are left with only 1 % of our life time, to really enjoy that happiness. This disproportion seems very depressing. But the majority has unfortunately accepted to live such a deal.

Yet there have always existed those enterprising few who question this model of life. They end up asking themselves day after day ...

'Are we created only for living such a miserable life?

Are we missing something valuable, enslaved to this way of life?'

These adventurous souls, fed up with the monotonous life of the world, venture to sincerely find answers to the questions that bother them. They eventually come across the bold statements of the wise that declare -- "You are not made to crave for fleeting happiness but are made to live as happiness itself by default".

These audacious ones will not be satisfied by such mere statements. They will be keen to validate the worth of such statements through personal experience, at any cost. Hence the start of a daring journey , "- a journey within", aimed at securing eternal peace.

The price we need to pay for this unique journey is faith; and the luggage we need to shall carry till the end is confidence. The stops on this journey include value-basedoriented life, selfless service and selfless devotion. As one is saturated with selflessness, he or she will be introduced to a guide who will assist in the final lap of this unprecedented journey. This compassionate guide will introduce the seeker to one's real nature which is unwavering peace itself. This peace is always with us as our originality in us, waiting to be unveiled behind the various masks that we wear from time to time.



The author made a sincere attempt here to introduce this reality to the reader through his book – Life source code

The tendency to share with others, what we have recognized found to be of value for ourselves can be of three types.

I – share it with only those who seek it.

II – share it with near and dear ones

III – share it with as many as possible

The author of this book Prasad RK Chukkapalli, is of the third type.

Let me briefly touch upon all the chapters in this book, with an aim to inspire the readers to arrive at the practical implications intended for the reader by the author.

**Chapter 1 :** The author makes his intention behind this book clear. He wishes to present the path to sustainable happiness in a package that is appreciated by the current generation. He achieved this by decoding the source code of this life.

His suggestions to improve depleting diminishing love and affection among families based on his life experiences are of value for all, who are keen on applying them in their individual life lives..

**Chapter 2 :** Describes the complexity involved in the construction and functioning of the human body, starting from the very first cell, the zygote. Embryo logical, anatomical, physiological descriptions of the body are mentioned to invoke our curiosity to know the one behind the intelligent design of this wonderful human machine and the incredible programmer of the operating systems that sustain the human body.

**Chapter 3 :** This answers a question that haunts all those who accept the existence of an intelligent designer of this creation. 'Why did this magnificent creator, create a world that bestows happiness for few and misery for many?' This is the question that puzzles everyone, at least once in their lifetime. Even the so called believers too are haunted by this question. This is answered in this chapter - 3 based on the laws of Karma, which are rooted in the theory of the cause and the effect. The chapter concludes by showing how we are the architects of our own destiny and by hinting on a clue which facilitates everyone to transcend the cycle of the cause and the effect.

**Chapter 4 :** Death is considered inauspicious by many traditionalists. They try to shun this topic either out of fear or discomfort associated with that event. But history proves that the concept of death has awakened many heroes the extraordinarily wise like Arjuna, Parikshit, Nachiketa, Buddha and Ramana Maharshi.

The current Chapter four aims at a similar awakening, by discussing about what happens during and after death. Apart from scriptures like BhagavadGita and Bhagavatham, works of Mr. Frederic Myers, Erica Simon, Dr. Ian Stevenson and Dr. Helen Wanbach are taken into consideration, so that we gain knowledge about this important and inevitable event in the human life and use it constructively for our spiritual evolution.

Examples of child prodigies are used to strengthen the concept of reincarnation. This knowledge will help us to plan and live a happy life both here and hereafter. Hence, researched cases of past life experiences are taken into account to give clarity on this subject of 'death' which the author describes "as the only certainty in this uncertain world".

**Chapter 5 :** Success of life lies in recognizing the very purpose of our life. It is always better that this recognition happens early in life. Chapter 5 encourages one to recognize this aspect. It enables the reader to plan his course of life in pursuing one's goals in on the lines of traditional wisdom. Whatever may be our goal or purpose in life, it will invariably be a means to attain happiness. This chapter deals with explores about this cherished state of mind, ie. happiness, which is desired by all. It elaborates on where this happiness exists that humanity ceaselessly chases constantly pursues. Gradations of this happiness and the six enemies that deprive us of our happiness are described explained . The importance of contentment and the easy way to attain it by differentiating distinguishing between wants and needs, is revealed.

If terrorism and corona virus are external threats to humanity, there is a greater, if not the greatest, threat that resides within, creating havoc within among families and to the planet earth itself. That is anger. This chapter deals with this topic and suggests some practical tips aids to deal with it. Hints for maintaining healthy relationships are included.

The chapter ends by discussing about the importance of vaasthu and its limited restricted role in bestowing success on in life.

**Chapter 6 :** The percentage of theists is ever high always exceeds that of atheists. Here we have a common question to both these groups - "Do you really know about the God whom you either believe or do not believe?" Many believe or do not believe in God, only because they are born and brought up in certain tradition which gradually shapes their conviction about the existence or nonexistence of God. The conviction of that the majority of people entertain about God is unfortunately based on blind belief. Hence it is important to know who is God, before we label brand ourselves as believers or non-believers. The science behind temple worship and how it paves the way to connect with the all-pervading God has been elaborated in an appealing way. The role of image worship or idol worship mentioned in this chapter helps us to understand both the advantage and shortcomings of such worship.

A question that many have – "Is Hinduism blessed or burdened weighed down by having many Gods?" is answered in this chapter.

**Chapter 7:** We all know who we are. But this knowledge is a relative knowledge which is based on something external to outside us. If we say I am the son or daughter of so and so, I am a Christian or Hindu, etc., we are only revealing our identity in relation to what we are not essentially not. Then who am I; what is my absolute nature? The author wants to guide us to recognize our true identity in this chapter 7.

Because this is a subjective discovery, the one who wants to know his real identity needs to be a genuine qualified aspirant. In this chapter the qualities that we need to comprehend this obvious and subtle truth are mentioned with reference to Nachiketa, a qualified student of coming across the Kathopanishad.

We all are all blessed with three states – waking, dream and deep sleep. We go through these states throughout our entire life without caring to use these natural experiences for recognizing the changeless principle, which we essentially are. The easiest way to recognize the reality lies in careful analysis of these three states that we experience everyday. It goes on to say that passing through these states without caring to recognize their essence is like walking over a treasure day and night, without bothering caring to notice and own it. The process of initiating an investigation based on these three natural states and recognizing their changeless substratum as the import of 'I' which we really are, is presented in a lucid form as a an academic discussion between an enthusiastic student and a compassionate teacher. King Janaka's dilemma and sage Ashtavakra's efficient guidance to make him comprehend grasp the 'changeless I' by encouraging the King to analyze the disturbing dream he had in contrast to the pleasant waking state, will encourage the reader to apply to analyze their own dreams and wake up to the reality of the 'I' as infinite conscious existence.

The process of recognizing the reality through the method of negation (neti – neti) (elimination process) is presented on the authority of the 7<sup>th</sup> mantra of Mandukya Upanishad, where we are encouraged to negate all that which can be negated and to own up or rather remain as that which cannot be negated.

**Chapter 8 :** The entire humanity is familiar with the term suffering. The cause and severity of this suffering may vary from individual to individual, but its presence as such cannot be negated. Even a newborn child expresses its own suffering in the form of crying. As the child grows the duration and episodes of crying may initially increase and then naturally decline, but that does not mean that the suffering is on the decline. Then what does it mean? It only means that there is change in the expression of suffering. Instead of wailing aloud, one may wail within which manifests externally as a sense of deep anguish, anxiety, fear, depression, irritability, apprehension, melancholy etc. Nobody likes to harbor this suffering. Hence everybody strives to get rid of it through the means with which they are familiar. In a way, life is incessant effort to be released from this suffering.

At one point in life, all those who are sensible, will be troubled with a common question - “If everyone is trying to be free from suffering, why is it that they do not succeed in their effort?” The Answer is simple. They are addressing the problem at the surface and are ignoring the real problem that lies root of the problem which is deep within themselves. .

What is this problem that escapes our attention and has found its shelter deep within us? How do we eliminate it forever and be free from this goblin devil of suffering? These questions are answered in the last chapter – Moksha.

One feature that is common to all living beings is Consciousness. This is usually considered to be a differentiating factor between matter and life. This chapter explores on this topic – what is Consciousness, with which we all are familiar with. It has been dealt both from the scientific perspective and the scriptural perspectives. There is an unfamiliar element about this consciousness. It is knowledge about this unfamiliar reality of consciousness that is potent enough to free us from suffering, once and for all. Even though it is unfamiliar, it is there in our experience, waiting to be explored and recognized. That has been done in this chapter.

May this book inspire all to discover the source code of their life and have access to the changeless peace in this dynamic world of constant change.

**Author Note:**

I am writing a book for the first time. So I am sure expectation from a new author is limited. But I am sure people will be delighted with the knowledge gained.

By God's grace, I have taken birth in a noble family, and my father 'Kusalava' has come up hard way in life from scratch, taught the value for money and built up an empire along with my brother Sri C.V.Rao. Our parents bestowed us wisdom and health, which is our greatest wealth.

I was pushed into business the day I landed back to Vijayawada after college. I have travelled extensively all over the world to develop our automobile component business. I have headed all the chambers and associations related to business, participating in formulating policy matters.

I used to believe that this is only life any human can have and indulged in all types of fun and pleasures. I used to advise the same to other friends.

**Spiritual Journey**

My spiritual journey started with basic interest in Yoga and later started reading autobiographies of different Gurus. I was fortunate to meet spiritually enlightened people in my journey and was guided properly towards my destination.

I read my first spiritual book at the age 32- "Autobiography of a Yogi" and went to become member at the SRF Head quarters in Los Angeles in 1992 along with my friend Raghu. But unfortunately that day it was closed for some private function. So we thought we were not destined for spirituality yet and ended up drinking high spirits in the nearby famous beach restaurant- 'Gladstones'.

Our Goldcup group friends used to go to the Himalayas for 'Spirits and Spiritual' trips. Visiting temples in the morning and having spirits in the evenings.

In the year 2008, Sudha my spouse learnt and suggested about YSS,Ranchi who send spiritual courses by mail. That is when my serious spiritual journey started. Learnt Kriya Yoga, from YSS and its practice has helped improve meditation to a higher level. I visited Babaji's Cave near Dwarahat and practiced for few days at that YSS centre.

Later, I attended Isha Foundation "Inner Engineering" course, also took a trip to Kailash Manasarovar, along with Isha group where Sri Jaggi Vasudev joined and I could see him in close range and listened to his discourses near Kailash foothills.

The quest to learn more, made me read more books and later I got introduced to an enlightened Guru Sri Raparti Ramarao of Yoga consciousness trust, through my friend DSN Raju. Here I could bring discipline to my body and mind with the help of advanced Yoga and meditation practices.

I went to Himalayas for Char dham visit in June 2013, and reached Uttarkashi after escaping death narrowly in Kedarnath floods. There I met Sudheerananda swami and Vidyesh Chaitanya Swami who briefed about Matha Amruthanandamai of Kerala and suggested to visit her.

After I reached back, joined a course "Viveka Chudamani" of Adi Shankaracharya in Vijayawada Chinmayananda mission and learnt the depth of spirituality. The teachings of Swami Prathameshananda were like as if Sri Adi Sankara had reincarnated and explaining the subject to us with relevance to the present day examples. I have used many Swami Ji's examples in this book.

I visited AMMA ashram in Kerala for the first time on Gurupurnima day, and AMMA was present in the ashram for Gurupurnima after many years. Luckily I had good Darshan and took mantra from AMMA on the same day.

CVRao, my elder brother, who has already been treading the spirituality path; has guided me from his experiences in meditation and gave many important books on practice and methods of meditation;including Patanjali yoga sutras, which helped to improve my understanding and concentration.

Anil Kumar Singh, friend and philosopher, regularly joined on our 'Spirits and Spiritual' trips and used to talk about philosophy of Advaita, which used to be Greek and Latin those days. Slowly, it started to make sense to me, when my serious spiritual journey started. He regularly sends mails on philosophy and wrote a book called "U 5". Even today he sends some video links to his friends to make them turn inwards, towards spirituality.

Finally, I have to convey sincere thanks to Sri Siddhanti Subbarao, Sri Rangaraju and Swami Sudheerananda who provided me with the right guidance, at the right time and helped me in my spiritual journey. Later, I started going to Himalayas with Sri Sudheerananda swami to meet Sri Stithaprajnananda swami, who was a doctor by profession and served AMMA institutions for many years and who is enlightened. Listening to his discourses of Mandukya Upanishad made me realise the Truth.

I also acknowledge the support given by my friends Vilan Chandra Sekhar, JSRK Prasad and Capt. Krishna, who gave suggestions on how the book be presented to the audience.

Finally, I am fortunate to have Sudha as my life partner, guide and soulmate, who supported my spiritual journey and encouraged me all the way.

### **Why this book?**

*I had enjoyed all materialistic pleasures in my life. I have travelled extensively around the world. I have realised from spiritual experience that these pleasures were not permanent. This book is about my learning from life and spiritual journey, how a person can move from materialistic happiness to sustainable happiness.*

*I learnt that I should not get attached to anything which I enjoy, that I will feel mental agony when I am being separated from it. Also whenever I felt unhappy I noticed that, there was an expectation or attachment behind that unhappiness. This was my starting point to enjoy sustainable happiness.*

*I had a wish with the knowledge I gained be compiled into a book, in a simple chronicle manner, and as an easy guidance to an ordinary person to understand about the knowledge of God- the Unknown. I tried my best to explain with different easy to understand examples and giving relevance to the latest computer gadgets to enable young generation to grasp easily. I know present generation will not believe anything without logic and not proven scientifically. I have tried my best to meet their expectation.*

*I have added at some places psychology as well as some suggestions to improve depleting love and affection in relationships between family, friends and society, which I learnt from my life experience. People are taking things as granted and 'money' has become the basis of love and relationships.*

*I want this book to be a 'Guide to Eternal Happiness' for new as well as existing practitioners. I suggest that this book is not for reading just one time, but many times. The reason is as you read next time, you will find the matter in the book revealing different meaning, as you would have evolved to accept the reality of life.*

*At the end, I wish you find the treasure, the God has kept inside you, through Guru and God's grace.*

*I thank you for buying this book, and you have already earned 'Good virtue' as the money contributed by you will be used 100% for charitable activities.*

*Hari Hi Om Tat Sat.*

OM NAMAHA  
**Prasad R K Chukkapalli**



# PREFACE

“Life Source Code” is about understanding the mystery of universe in which we live. Every human being has a curiosity by default to know how the Universe originated, who sustains it, what is the purpose of our existence in it. After birth, does everything end in the fire of the pyre or something remains?

The order in which Nature is functioning clearly points out that there is one 'Intelligent force' which is guiding all the elements of Nature, so as to form a systematic universe and our planet earth. Like any computer software programs are developed and created by intelligent computer programmers and make it user friendly, God has programmed His universal software.

'Source code' is the foundation and command text that makes a program language into a computer-executable application. If there is any error, the software will not function. That is the reason, it is most valued intangible asset of any software company. Similarly the 'Source code' for the Nature's software is also very valuable and important for us to know.

Humans are citizens of two worlds, the external physical world which is visible and manifest to all alike; and the internal subtle world, which consists of thoughts, feelings, images and emotions.

The external world is not in our control or command; but, we alone are the controller of our internal world...the mind.

Scientists in the West studied the external world, whereas, the Scientists of the East (sages and rishis) studied the internal world.

They both were searching for that “Intelligent force” which made the universe tick. Their findings and discoveries complement each other; there is no contradiction in their discoveries.

Science deals with all that can be known by the mind and detected by the senses or instruments they have invented; whereas, Spirituality deals with the Knower of all that is known; the Thinker of the thought and the Seer of all that which is seen.

There is much more to this universe than what the limited mind can comprehend and

beyond the intellect's imagination, and that is the realm of spirituality.

The Science of Spirituality deals with both the worlds, both the parts of the Whole. When Science reaches a Dead end...spirituality begins.They will be forced to appreciate the Vedas which deals with complete control over external world and the Vedanta/Upanishads which deal with complete control over the internal world.

No Science is complete unless it takes the Whole into consideration...

A comparative study of the proclamations of modern science and ancient spiritual science, as to answers to the origin of the universe and its fate, is being attempted here.The similarities between the functioning of a Computer and its Programmer with the Universe and its Cosmic Programmer are discussed.

This book is based on ancient Advaita philosophy of non-duality. I have selected the title as 'Life Source Code'- to attract the minds of the younger generation who are computer savvy. I have tried to explain about God and clear the doubts in simple and logical way comparing science with scriptures. Also compare our computer software to human mind.

The idea was generated after reading so many spiritual books, where I found the matter was complicated for the present generation to understand. No single book gives 'A-Z' knowledge. I have tried to connect the unconnected information from different books, personal discussions with Gurus and of course my business.

For people who are already evolved in spirituality, may not find anything new in this book as 'Truth' cannot be changed and will be same in all books. This book has just put the available information in a rationalistic sequence, to arrive at logical scientific conclusions, by verifying the presented facts in the laboratory of our own minds.The book may provide some insight to people who are on the spiritual path, and may provide clear guidance for Self realisation.

Basic architecture of 'Life Source Code' book is based on the following hypothesis:

**Hide and seek game:**

*"There is a story called 'Hide and seek' about God's creation of this universe.*

*When God was alone, with an idea of some entertainment, He appeared as diversified nature with living and non living beings. With His powers, God hypnotised all the living beings by altering their state of consciousness in mind in such a way, that they appear to have separate individuality than God, having absolute free will.*

Once the creation has been completed, the Humans because of desires forming in their individual mind started asking God to fulfil their wishes and God used to oblige instantly. With wishes being fulfilled, the desires of people started increasing and it has become a great head ache for God to grant unending wishes and was unable to rest peacefully.

God moved away from his abode and tried to live in different places.

Wherever He went, people came to know later and started pestering Him. Finally, it was unbearable for God, so He invited them to play 'Hide and seek' game and whoever is able to find him, will get all their wishes fulfilled. Since it looked interesting, all agreed.

The creator hid himself in the most inconspicuous place, which humans were not looking for, "behind their own subconscious mind". People started searching everywhere in temples, Holy places, hills etc but could not find him.

As they were not able to find God, they started using their own free will and started enjoying in righteousness and unrighteousness means. Now, God has got some reprieve from the need to meet people directly and was able to grant their wishes sent by email (Consciousness) at His convenience.

All the wishes made by humans in full faith in God in their Consciousness, were rewarded as per the Good acts done by them. Similarly bad acts done by them were punished

God was enjoying the fun of the worldly drama by sitting in the Consciousness of each human as witness.

Humans who were fed up with the materialistic world turned introvert in search of God. With this their spell of hypnosis got dispelled and they got liberated from their illusory sense of bondage or ignorance. But as most of the human souls are still searching outside, the game is never ending.

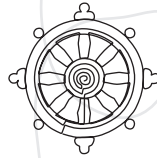
When the time set for the game by God is over, all the leftover souls were sent to their seed stage. God after taking rest, when He wishes to play the game again, seeks for the souls in seed stage and manifests them to start the game."



# INTRODUCTION

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## CHAPTER 1



### Introduction

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“Life Source Code” is about understanding the mystery of universe in which we live.

How life has evolved and purpose of life.

As sun rises from east, all citizens around the world get up from their night sleep and start regular daily activities.

If we notice, from morning till night, people mostly repeat the same works. People make some improvements over yesterday's work or education, other than that, nearly 80% do the same routine work, mostly maintaining the body- either feeding, cleaning, decorating etc.

People are immersed in their daily work life as a Robot, looking out for Friday to have a enjoyable week end and start routine boring work on Monday.

All people are getting caught up in the routine cycle of living -work, eat, sleep- repeat. Actually that's not living; that's struggling for survival. When many are moving according to mechanical rhythm, others tend to begin to do the same.

Each person is striving hard to be better than others in talent, money, luxury etc. Rich people want to grow their wealth. Lower and Middle class people want to become rich.

For what purpose? People answer 'For Happiness'

Since 'Happiness' is exhausting from the existing objects, they are always looking for something new, to be more comfortable and pleasurable as possible, and to avoid hardship and sorrow as much as possible.

To meet the demands of people, scientists are inventing and manufacturers are developing more gadgets and equipments like satellites, jet planes, cars, TVs, mobiles, computing chips, food items, internet, social media apps etc. which are supposed to provide more comforts and entertainment.

People want to earn more money, power, status, fame and look different. They amass wealth to be more secure for achieving their endless goals as well as for generations to come. Their impression about life is to earn and enjoy the comforts. All their efforts for happiness by accumulating wealth at the cost of health, will finally lead to sorrow, when they end up having wealth without health.

Western countries have developed with their intellectual and technological power. Many families live in abundance – a big house, cars, own flights etc. And yet none of this has brought permanent satisfaction to most of

them from these objects. They looked for satisfaction, else where like alcohol, drugs resulting in loss of family bondage, emotional disorders, domestic violence etc.

It can be noticed that the influence of western culture growing strongly amongst Asians and all have to realise the reality before they would end up in the same manner.

However with all these luxuries, people are still unhappy and unsafe. The reason is they are trying to achieve permanent comfort from impermanent objects, leading to stressful, painful and meaningless life. There is a general loss of moral values, and alienation from 'Nature' in the process.

The wealth, which people are growing, has to change hands some day, when their next generation is not capable of handling the wealth. Finally, all are going to end up with death. Nothing is more certain than this.

Why then, people are after infinite progression?

Answer they give is 'Happiness'. Because 'Happiness' has become the most sought after thing in everyone's life.

Now since everyone is looking for 'Happiness' let us observe how the centre of happiness is changing from time to time for people.

- In child hood, they crave for toys, as happiness is centred on articles of play.
- During education, happiness is centred on studies and friends.
- After studies, centre of happiness moves towards earnings to fund their desired life styles through employment and recognition from society.
- Subsequently, the centre of happiness changes to spouse and their children.
- Finally, the person wants to have happy retirement life without any illness.

Thus the centre of happiness is changing over life time. So the happiness is not permanent, in spite of money and objects.

Buddha, who was a prince having all luxuries at his disposal, realised that these riches did not end suffering. So He became a monk in search of ending suffering and on realisation of truth, He preached people methods of ending suffering through 'impermanence' of objects in the world.

When they don't have peace of mind, there will be a deep collective questioning of 'what life is all about', and they start looking for an alternative to attain permanent happiness. They search for deeper meaning of life and a way to satisfy their unexplainable hunger. Then they turn to spirituality for answer.

Advanced sages in the ancient times dived deep into the inner depths, transcending beyond the mind. They have analysed the relationship of internal(mind) and external(physical) world. They found out the real cause of happiness lies 'within' and not in outside objects as imagined by people.

Based on their investigations on fundamental truths, they defined certain 'principles of living' in the society. They were documented in the form of Vedas and other scriptures about man's birth and life after death, existence of world and its nature, methods for attaining eternal happiness.

Hope this book satisfies that hunger, who are fed up of routine life. If you are reading this book, you might be one of those chosen by God to receive His grace and give you unlimited freedom and enjoy 'sustainable happiness.'

One main interesting point is- this book is about 'You'. It tries to make you understand about yourself. You may think- 'what is that I don't know about myself and someone else can tell about me'. After you read the book, it will change your state of thinking, then you will realise that there is a lot you didn't know about yourself and you are not what you think you really are. Infact, it is a sheer "Case of Mistaken Identity".

### **If I am not what I am, Then "Who Am I?"**

To explain this question, each individual should first know, How this creation is made? How I am born? What I am made up of? What is the purpose of my birth? Where I was before my birth and where shall I go after death? Then it is possible to understand the answer for 'Who am I?'

I hope this book would guide you in finding your answer. This book guides how to achieve Moksha- 'The Eternal Happiness'



The book has following chapters

1. Introduction
2. How am I born?
3. What is purpose of human life?
4. Karma
5. Death
6. Who is God?
7. Who am I?
8. Moksha Part 1- Consciousness-our real nature

There are other chapters, which are provided in the website, which can be read on free subscription.

- Creation
- Inner Engineering of my body
- Mind
- Paths to liberation
- Moksha- The awakening (Part 2)
- How to do Meditation (Part 1)
- Advanced Meditation (Part 2)
- Articles on their related topics
- Questions and answers

The website will also contain videos to explain matter in multimedia. These are under development and I request readers to subscribe to the website to watch these videos and get updated on new articles

Finally, this book is published by “Chukkapalli Charitable Trust” and the amount you pay for the book is totally spent for charitable activities.

Visit: **[www.chukkapallicharitabletrust.com](http://www.chukkapallicharitabletrust.com)**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.