

# Handout 6: Realms of Existence

## Names of Realms

Categories			Name of realm
31	Immaterial Plane	Immaterial Jhāna	Neither perception nor non-perception
30			Nothingness
29			Infinite consciousness
28			Infinite space
27	Fine Material Plane	5 <sup>th</sup> Jhāna	Pure Abodes
26			Highest Pure Abode
25			Clear-sighted Abode
24			Beautiful Abode
23			Serene Abode
22			Durable Abode
21		4 <sup>th</sup> Jhāna	Gods without consciousness
20			Gods of great reward
19			Gods of steady aura
18			Gods of infinite aura
17			Gods of minor aura
16		2 <sup>nd</sup> & 3 <sup>rd</sup> Jhāna	Gods of radiant luster
15			Gods of infinite luster
14			Gods of minor luster
13		1 <sup>st</sup> Jhāna	Great Brahmās
12			Ministers of Brahmā
11	Sensuous Plane	Happy Destinations	Retinue of Brahmā
10			Gods wielding power over creation of others
9			Gods delighting in creation
8			Heaven of the contented Gods
7			Heaven of the Yāma Gods
6			Heaven of the 33 Gods
5			Heaven of the Four Great Kings
4		Woeful States	Human
3			Asura
2			Peta (Hungry Ghosts)
1			Animal
			Hell

## Details of Realms 1–11 (Sensuous Plane)

### Woeful States (1–4)

	Cause of rebirth into this Realm	Life- continuum	Lifespan	Destination	
				Non-saints	Saints
4	“Completed” unwholesome kamma	19	Indefinite	1–11	–
3	“Completed” unwholesome kamma				
2	“Completed” unwholesome kamma & behaving like an animal				
1	“Completed” unwholesome kamma & five heinous deeds				

### Happy Destinations (5–11)

	Cause of rebirth into this Realm	Life- continuum	Lifespan	Destination	
				Non-saints	Saints
11			9216 million years		
10	3-rooted superior kamma → being with life-continuum of	39, 40, 43, 44	2304 million years	Being with life-continuum of 39, 40, 43, 44 → 1–22, 28–31	5–21 23–31
9	39, 40, 43, 44 (3 roots)		576 million years		
8	3-rooted superior kamma or 2-rooted superior kamma → being with life-continuum of		144 million years		
7	41, 42, 45, 46 (2 roots)		36 million years		
6	2-rooted inferior kamma → being with life-continuum of	27, 39–46	9 million years / Indefinite	27, 41, 42, 45, 46 → 1–11	
5	27 (0 roots)		Indefinite		

## Details of Realms 12–31

### Fine Material Plane (12–27) and Immaterial Plane (28–31)

Categories			Cause of rebirth into this Realm	Life- continuum	Lifespan	Destination	
						Non- saints	Saints
31	Immaterial Plane	Immaterial Jhāna	Mind Moment <b>73</b>	<b>77</b>	84,000 Great aeons	5–11, 31	31
30			Mind Moment <b>72</b>	<b>76</b>	60,000 Great aeons	5–11, 30, 31	30, 31
29			Mind Moment <b>71</b>	<b>75</b>	40,000 Great aeons	5–11, 29–31	29–31
28			Mind Moment <b>70</b>	<b>74</b>	20,000 Great aeons	5–11, 28–31	28–31
27	Fine Material Plane	5 <sup>th</sup> Jhāna	Understanding	<b>64</b>	16,000 Great aeons	–	–
26			Concentration		8,000 Great aeons	–	27
25			Mindfulness		4,000 Great aeons	–	26, 27
24			Energy		2,000 Great aeons	–	25–27
23			Faith		1,000 Great aeons	–	24–27
22			Dispassion to the mind		500 Great aeons	5–11	–
21			–		500 Great aeons	5–22, 28–31	21, 23–31
20		4 <sup>th</sup> Jhāna	Highest Degree		64 Great aeons	5–22, 28–31	20–21, 23–31
19			Medium Degree		32 Great aeons	5–22, 28–31	19–21, 23–31
18			Minor Degree		16 Great aeons	5–22, 28–31	18–21, 23–31
17		2 <sup>nd</sup> & 3 <sup>rd</sup> Jhāna	Highest Degree	3 <sup>rd</sup> Jhāna <b>62</b>	8 Great aeons	5–22, 28–31	17–21, 23–31
16			Medium Degree	2 <sup>nd</sup> Jhāna <b>61</b>	4 Great aeons	5–22, 28–31	16–21, 23–31
15			Minor Degree		2 Great aeons	5–22, 28–31	15–21, 23–31
14		1 <sup>st</sup> Jhāna	Highest Degree	<b>60</b>	1 Incalculable aeon	5–22, 28–31	14–21, 23–31
13			Medium Degree		$\frac{1}{2}$ Incalculable aeon	5–22, 28–31	13–21, 23–31
12			Minor Degree		$\frac{1}{3}$ Incalculable aeon	5–22, 28–31	12–21, 23–31

# Realms of Existence and Mind Moments

		Sensuous Plane Realms 1–11 Happy Destinations Realms 5–11							Fine Material Plane Realms 12–27 <sup>1</sup>					Immaterial Plane Realms 28–31				
		Woeful States (1–4)	0 / 2 Roots (Non-saint)	3 Roots (Non-saint)	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat	Non-saint	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat	Non-saint	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat
Attachment-rooted	1	●	●	●					○					○				
	2	●	●	●					○					○				
	3	●	●	●	○	○	○		○	○	○	○		○	○	○	○	
	4	●	●	●	○	○	○		○	○	○	○		○	○	○	○	
	5	●	●	●					○					○				
	6	●	●	●					○					○				
	7	●	●	●	○	○	○		○	○	○	○		○	○	○	○	
	8	●	●	●	○	○	○		○	○	○	○		○	○	○	○	
Aversion-rooted	9	●	●	●	○	○												
	10	●	●	●														
Delusion-rooted	11	●	●	●					○					○				
	12	●	●	●	○	○	○		○	○	○	○		○	○	○	○	
Past unwholesome resultant	13	○	○	○	○	○	○	○	○	○	○	○	○	Only mind				
	14	○	○	○	○	○	○	○	○	○	○	○	○					
	15	○	○	○	○	○	○	○	No nose, tongue or body	○	○	○	○					
	16	○	○	○	○	○	○	○										
	17	○	○	○	○	○	○	○	No nose, tongue or body	○	○	○	○					
	18	○	○	○	○	○	○	○										
	19	○	○	○	○	○	○	○										
Past wholesome resultant	20	○	○	○	○	○	○	○	○	○	○	○	○	Only mind				
	21	○	○	○	○	○	○	○	○	○	○	○	○					
	22	○	○	○	○	○	○	○	No nose, tongue or body	○	○	○	○					
	23	○	○	○	○	○	○	○										
	24	○	○	○	○	○	○	○	No nose, tongue or body	○	○	○	○					
	25	○	○	○	○	○	○	○										
	26	○	○	○	○	○	○	○										
	27	○	○	○	○	○	○	○										
Functional	28	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	29	○	○	○	○	○	○	○	○	○	○	○	○					
	30						○					○						

○ Mind Moment that can arise      ● Commonly arising kamma-creating Mind Moments

			Sensuous Plane Realms 1–11 Happy Destinations Realms 5–11							Fine Material Plane Realms 12–27 <sup>1</sup>					Immaterial Plane Realms 28–31				
			Woeful States (1–4)	0 / 2 Roots (Non-saint)	3 Roots (Non-saint)	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat	Non-saint	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat	Non-saint	Sotāpanna	Sakadāgāmī	Anāgāmī	Arahat
Sense Sphere	Wholesome	31–38	○	●	●	●	●	●		○	○	○	○		○	○	○	○	
		39			○	○	○	○	○										
		40			○	○	○	○	○										
		41		○	○	○	○	○	○										
	Resultant	42		○	○	○	○	○	○										
		43			○	○	○	○	○										
		44			○	○	○	○	○										
		45		○	○	○	○	○	○										
		46		○	○	○	○	○	○										
	Functional	47–54							○					○					○
Fine Material Sphere	Wholesome	55–59			○	○	○	○		●	●	●	●						
	Resultant	60–64								○	○	○	○	○					
	Functional	65–69							○					○					
Im-material Sphere	Wholesome	70–73			○	○	○	○		○	○	○	○		●	●	●	●	
	Resultant	74–77													○	○	○	○	○
	Functional	78–81							○					○					○
Supramundane	Path	Sotāpanna	82		○					○					○				
		Sakadāgāmī	83			○					○					○			
		Anāgāmī	84				○					○					○		
		Arahat	85					○					○					○	
	Fruit	Sotāpanna	86			○					○					○			
		Sakadāgāmī	87				○					○					○		
		Anāgāmī	88					○					○					○	
		Arahat	89						○					○					○

○ Mind Moment that can arise      ● Commonly arising kamma-creating Mind Moments

<sup>1</sup>There are no Mind Moments in Realm 22 (Gods without consciousness). Mind Moments **82–84**, **86**, **87** do not arise in Realms 23–27; only Anāgāmī are born in Pure Abodes