

Appendix 4


31 PLANES OF EXISTENCE

(Source: <http://www.accesstoinight.org/ptf/dhamma/sagga/loka.html>)

I. The Immaterial or Formless Realm (<i>arupa-loka</i>)			
Realm of:-	Comments	Cause of Rebirth Here	
(31) Neither-perception-nor-non-perception	<ul style="list-style-type: none">The inhabitants of these realms are possessed entirely of mind.Having no physical body (sense organs), they are unable to hear Dhamma teachings.	4 th Formless Jhāna	
(30) Nothingness		3 rd Formless Jhāna	
(29) Infinite Consciousness		2 nd Formless Jhāna	
(28) Infinite Space		1 st Formless Jhāna	
II. The Fine-Material or Form World (<i>rupa-loka</i>)			
Realm	Comments	Cause of Rebirth Here	
(27) Peerless devas	<ul style="list-style-type: none">These are the five Pure Abodes (<i>suddhavasa</i>), which are accessible only to non-Returners (<i>anagami</i>) and arahants.Beings that become non-returns in other planes are reborn here, where they attain arahantship.Among its inhabitants is Brahma Sahampati, who begs the Buddha to teach Dhamma to the world.	4 th Jhāna (7 planes)	
(26) Clear-sighted devas			
(25) Beautiful devas			
(24) Untroubled devas			
(23) Devas not Falling Away			
(22) Unconscious beings	<ul style="list-style-type: none">Only body is present; no mind.	3 rd Jhāna (3 planes)	
(21) Very Fruitful devas			
(20) Devas of Refulgent Glory			
(19) Devas of Unbounded Glory			
(18) Devas of Limited Glory			
(17) Devas of Streaming Radiance			
(16) Devas of Unbounded Radiance			
(15) Devas of Limited Radiance	<ul style="list-style-type: none">Beings in these planes enjoy varying degrees of Jhānic bliss.	2 nd Jhāna (3 planes)	
(14) Great Brahmas		<ul style="list-style-type: none">One of this realm's most famous inhabitants is the Great Brahma, a deity whose delusion leads him to regard himself as the all-powerful, all-seeing creator of the universe.Beings in these planes enjoy varying degrees of Jhānic bliss.	1 st Jhāna (3 planes)
(13) Ministers of Brahma			
(12) Retinue of Brahma			

III. The Sensuous World (*kama-loka*)

(A) HAPPY DESTINATIONS (SUGATI)

Realm	Comments	Cause of Rebirth Here
(11) Devas Wielding Power over the Creation of Others (<i>paranimmita-vasavatti deva</i>)	These devas enjoy sense pleasures created by others for them. Mara , the personification of delusion and desire, lives here.	<ul style="list-style-type: none"> • Ten wholesome meritorious actions • Generosity • The development of virtue and wisdom
(10) Devas Delighting in Creation (<i>nimmanarati deva</i>)	These devas delight in the sense objects of their own creation.	
(9) Contented devas (<i>tusita deva</i>)	A realm of pure delight and gaiety. Bodhisattas abide here prior to their final human birth. This is where the bodhisatta Maitreya (Metteya), the next Buddha, is said to dwell.	
(8) Yama devas (<i>yama deva</i>)	These devas live in the air, free of all difficulties.	
(7) The Thirty-three Gods (<i>tavatimsa deva</i>)	Sakka , a devotee of the Buddha, presides over this realm. Many devas dwelling here live in mansions in the air.	
(6) Devas of the Four Great Kings (<i>catumaharajika deva</i>)	Home of the <i>gandhabbas</i> , the celestial musicians, and the <i>yakkhas</i> , tree spirits of varying degrees of ethical purity. The latter are analogous to the goblins, trolls, and fairies of Western fairy tales.	<ul style="list-style-type: none"> • The development of virtue and wisdom • The attainment of stream entry (<i>sotapatti</i>) - guarantees that all future rebirths will be in the human or higher realms.
(5) Human beings (<i>manussa loka</i>)	 YOU ARE HERE (for now). Rebirth as a human being is extra ordinarily rare . It is also extra ordinarily precious , as its unique balance of pleasure and pain facilitates the development of virtue and wisdom to the degree necessary to set one free from the entire cycle of rebirths.	

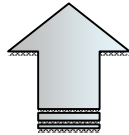
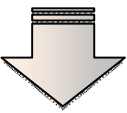
(B) STATES OF DEPRIVATION (APAYA)

Realm	Comments	Cause of Rebirth Here
(4) Asuras (<i>asura</i>)	The demons — "titans" that dwell here are engaged in relentless conflict with each other.	<ul style="list-style-type: none"> • Ten unwholesome actions • Lack of virtue, holding to a lot of Hatred.
(3) Animals (<i>tiracchana yoni</i>)	This realm includes all the non-human forms of life that are visible to us under ordinary circumstances: animals, insects, fish, birds, worms, etc.	<ul style="list-style-type: none"> • Ten unwholesome actions • Lack of virtue, holding to wrong views. • Behaving like an animal
(2) Hungry Ghosts (<i>peta loka</i>)	Ghosts and unhappy spirits wander hopelessly about this realm, searching in vain for sensual fulfillment.	<ul style="list-style-type: none"> • Ten unwholesome actions • Lack of virtue, holding to wrong views and has a lot of Greed.
(1) Hell (<i>niraya</i>)	These are realms of unimaginable suffering and anguish. Should not be confused with the <i>eternal</i> hell found in other religious traditions, since one's time here is - as it is in every realm - temporary.	<ul style="list-style-type: none"> • Ten unwholesome actions • Lack of virtue, with wrong views • Murdering your parents, murdering an arahant, injuring the Buddha, or creating a schism in the Sangha • Being quarrelsome and annoying to others.

Appendix 5

TEN DHARMA REALMS 十法界

4 Types of Sagely Dharma Realms(四圣)		
1) Realm of the Buddhas	诸佛法界	<ul style="list-style-type: none"> Full or Perfect Enlightenment via having cultivated the 10 perfections and prajnaparamita needed to become a Sammā Sambuddha.
2) Realm of the Bodhisattvas	菩萨法界	<ul style="list-style-type: none"> Cultivate the 10 perfections and prajnaparamita to realise samyaksambodhi and ultimate nirvana.
3) Realm of the Condition-Enlightened Ones	缘觉法界	<ul style="list-style-type: none"> Dhamma may or may not be present. Self-enlightened via realization of the 12 links. Pacceka or “Silent” Buddhas, since no proclamation of the Truth is made.
4) Realm of the Sound Hearers (Sāvaka)	声闻法界	<ul style="list-style-type: none"> When the Buddha Sasana is present. Cultivated the Buddha Dhamma via hearing the 4 Noble Truths. 4 Pairs of enlightened individuals namely Sotapan, Sakadagami, Anagami and Arahant.

6 Types of Mundane Dharma Realms (六凡 – 六道轮回)				
5) Heavenly realms of the Devas & Brahmas	天人法界	HAPPY REALMS 三善道 Kamasugati Bhumi	Increasing degrees of virtues to ascend to higher realms 	Descending due to increasing degrees of Greed, Hatred & Delusion 
6) Realm of the Human beings	人道法界			
7) Realm of the Asuras / Demons	阿修罗法界			
8) Realm of the Animals	畜牲法界	WOEFUL STATES 三恶道 Kamaduggati Bhumi	Born into this realm mainly due to Delusion	
9) Hungry Ghosts / Petas Realms	饿鬼法界		Born into this realm mainly due to Greed	
10) Realm of the Hell-beings	地狱法界		Born into this realm mainly due to Greed, Hatred & Delusion	

Note: *Per Mahayana: **Asuras** are classified under the **Happy Realms of Kamasuggati Bhumi**. They have **blessings** but they also have the **evil root of Hatred**, hence the reason why are they are **very combative** in nature.

*Per Theravada: **Asuras** are grouped under **Woeful States of Kamaduggati Bhumi**.