



31 PLANES OF EXISTENCE

BAKA  
YOU ARE HERE  
MARA  
METTEYA  
VINVA  
SANKA

LIFE SPAN IN YEARS

IMMATERIAL REALMS  
ARŪPA JHĀNA  
4TH  
3RD  
2ND  
1ST  
NEITHER-PERCEPTION-NOR-NON-PERCEPTION  
NOTHINGNESS  
INFINITE CONSCIOUSNESS  
INFINITE SPACE  
PEERLESS DEVAS  
PURE ABODES  
COLD HELLS  
GREAT LOTUS HELL  
LOTUS HELL  
BLUE LOTUS HELL  
CHATTERING TEETH HELL  
LAMENTATION HELL  
SHIVERING HELL  
BURST BLISTER HELL  
BLISTER HELL  
HOT HELLS  
UNINTERRUPTED HELL  
GREAT HEATING HELL  
HEATING HELL  
GREAT SCREAMING HELL  
SCREAMING HELL  
CRUSHING HELL  
BLACK THREAD HELL  
REVIVING HELL  
ANIMAL REALM  
HUNGRY GHOST REALM  
ASURA REALM  
HUMAN REALM  
FOUR GREAT KINGS  
THE THIRTY-THREE GODS  
YAMA DEVAS  
CONTENTED DEVAS  
DEVAS DELIGHTING IN CREATION  
DEVAS WIELDING POWER OVER THE CREATION OF OTHERS  
RETINUE OF BRAHMA  
MINISTERS OF BRAHMA  
GREAT BRAHMAS  
DIVYA LOKAS  
1ST RŪPA JHĀNA  
2ND RŪPA JHĀNA  
3RD RŪPA JHĀNA  
4TH RŪPA JHĀNA  
FINE-MATERIAL REALMS  
SATYA LOKAS  
BRATPHALA  
UNCONSCIOUS BEINGS  
VERY FRUITFUL DEVAS  
DEVAS OF UNBOUNDED RADIANCE  
DEVAS OF LIMITED RADIANCE  
DEVAS OF UNBOUNDED GLORY  
DEVAS OF LIMITED GLORY  
DEVAS OF STREAMING RADIANCE  
DEVAS OF UNBOUNDED GLORY  
DEVAS OF REFULGENT GLORY  
UNTRoubLED DEVAS  
DEVAS NOT FALLING AWAY  
BEAUTIFUL DEVAS  
CLEAR-SIGHTED DEVAS  
BEATIFUL DEVAS  
COLD HELLS  
HOT HELLS  
DEPRAVATION REALMS  
SENSUOUS REALMS