Realms of Rebirth

& Karma

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| **FORMLESS REALMS**  ◦ 4 of them | *Rebirth* here because of **good karma** | Can *experience* the results of  **good karma** |
| **FORM REALMS**  ◦ 16 of them |
| **SENSUAL REALMS** | Can *experience* the results of  **good & bad  karma** |
| ◦ 6 Deva |
| ◦ Human |
| ◦ Asura | *Rebirth* here because of  **bad karma** |
| ◦ Ghost |
| ◦ Animal |
| ◦ Hells | Can *experience* the results of  **bad karma** |

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Causes for Rebirth in Various Realms

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| The Immaterial World (arūpa-loka) | |
| Nevasaññānāsaññāy-Atana (Neither perception nor non- perception) | Meditation on the base of neither perception nor non-perception |
| Ākiñcaññāyatana (Nothingness) | Meditation on the base of nothingness |
| Viññāṇañcāyatana (Infinite Consciousness) | Meditation on the base of infinite consciousness |
| Ākāsānañcāyatana (Infinite Space) | Meditation on the base of infinite space |
| The Fine-Material World (rūpa-loka) | |
| Akaniṭṭha (Highest) | Attainment of the State of Non-Returning (the third stage of enlightenment) which is always supported by the Fourth Jhāna |
| Sudassi (Clear-Sighted) |
| Sudassa (Beautiful) |
| Atappa (Untroubled) |
| Aviha (Not Falling Away) |
| Asaññasatta (Unconscious) | Attainment of the Fourth Jhāna |
| Vehapphala (Great Fruit) |
| Subhakiṇṇa (Refulgent Beauty) | Attainment of the Third Jhāna |
| Appamāṇasubha (Unbounded Beauty) |
| Parittasubha (Limited Beauty) |
| Ābhassara (Streaming Radiance) | Attainment of the Second Jhāna |
| Appamāṇābha (Unbounded Radiance) |
| Parittabha (Limited Radiance) |
| Mahā Brahmā (Great Brahma) | Attainment of the First Jhāna |
| Brahmā-Purohita (Ministers Of Brahma) |
| Brahmā-Parisajja (Retinue Of Brahma ) |
| The Sensuous World (kama-loka) Happy Destinations (sugati) | |
| Paranimmita-Vasavatti (Wielding power over the creation of others) | Ten kinds of wholesome action. Generosity, morality, and wisdom. |
| Nimmānarati (Delighting in creation) |
| Tusita (Contented) |
| Yāma (Yāma) |
| Tāvatiṃsa (The Thirty-Three) |
| Cātummahārājika (The Four Great Kings) |
| Manussa (Human) |
| The Sensuous World (kama-loka) States Of Deprivation (apaya) | |
| Asura (Asuras) | Ten kinds of unwholesome action |
| Peta (Ghosts) | Ten kinds of unwholesome action, stinginess |
| Tiracchāna (Animals) | Ten kinds of unwholesome action. Behaving like an animal. Attachment to food. |
| Niraya (Hell) | Ten kinds of unwholesome action.  Behaving like an animal. Killing one’s parents,  killing an arahant, injuring the Buddha,  creating a schism in the Saṅgha |

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Potential Length of Rebirth in Various Realms

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| Realm | Translation | Life-Span |
| The Immaterial World (arupa-loka) | | |
| nevasaññānāsaññāy-atana | Neither perception nor non- perception | 84,000 kalpas |
| ākiñcaññāyatana | Nothingness | 60,000 kalpas |
| viññāṇañcāyatana | Infinite consciousness | 40,000 kalpas |
| ākāsānañcāyatana | Infinite space | 20,000 kalpas |
| The Fine-Material World (rupa-loka) | | |
| akaniṭṭha \* | Highest | 16,000 kalpas |
| sudassi \* | Clear-Sighted | 8,000 kalpas |
| sudassa \* | Beautiful | 4,000 kalpas |
| atappa \* | Untroubled | 2,000 kalpas |
| aviha \* | Not Falling Away | 1,000 kalpas |
| asaññasatta | Unconscious | 500 kalpas |
| vehapphala | Great Fruit | 500 kalpas |
| subhakiṇṇa | Refulgent Beauty | 64 kalpas |
| appamāṇasubha | Unbounded Beauty | 32 kalpas |
| parittasubha | Limited Beauty | 16 kalpas |
| ābhassara | Streaming Radiance | 8 kalpas |
| appamāṇābha | Unbounded Radiance | 4 kalpas |
| parittabha | Limited Radiance | 2 kalpas |
| mahā brahmā | Great Brahma | 1 kalpa |
| brahmā-purohita | Ministers Of Brahma | 1/2 kalpa |
| brahmā-parisajja | Retinue Of Brahma | 1/3 kalpa |
| The Sensuous World (kama-loka) Happy Destinations (sugati) | | |
| paranimmita-vasavatti | Wielding power over the creation of others | 9.216 billion years |
| nimmānarati | Delighting in creation | 2.304 billion years |
| tusita | Contented | 576 million years |
| yāma | Yāma | 144 million years |
| tāvatiṃsa | The thirty-three | 36 million years |
| cātummahārājika | The four great kings | 9 million years \*\* |
| manussa | Human | Varries |
| The Sensuous World (kama-loka) States of Deprivation (apaya) | | |
| asura | Asuras | 9 million years |
| peta | Ghosts | Varries |
| tiracchāna | Animals | Varries |
| niraya | Hell | 7 days to 512 billion kalpas |

\* Only Non-Returners (beings who have attained the third stage of enlightenment) born here.

\*\* One night and day in the realm of the Four Great Kings is equal to 50 human years.

\*\*\* For the length of a kalpa, see SN 15:5 & 6

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