

Realms of Rebirth & Karma

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

Causes for Rebirth in Various Realms

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)	Attainment of the Third Jhāna
Subhakiṇṇa (Refulgent Beauty)	
Appamāṇasubha (Unbounded Beauty)	
Parittasubha (Limited Beauty)	Attainment of the Second Jhāna
Ābhassara (Streaming Radiance)	
Appamāṇābha (Unbounded Radiance)	
Parittabha (Limited Radiance)	Attainment of the First Jhāna
Mahā Brahmā (Great Brahma)	
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

Potential Length of Rebirth in Various Realms

Realm	Translation	Life-Span
The Immaterial World (arupa-loka)		
nevasaññānāsaññāyatana	Neither perception nor non- perception	84,000 kalpas
ākīñcaññāyatana	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