

The 31 realms of existence

Dr. Rewata Dhamma

Plane	Realm	Life-span		
Immaterial-Sphere Plane 4	31. Neither perception nor non-perception	84,000	G.A.	
	30. Nothingness	60,000	"	
	29. Infinite consciousness	40,000	"	
	28. Infinite space	20,000	"	
Fine-material-Sphere Plane 16	4th jhāna Plane  Pure Abodes 23-27	27. Highest Pure Abode	16,000	G.A.
		26. Clear-sighted Pure Abode	8,000	"
		25. Beautiful Pure Abode	4,000	"
		24. Serene Pure Abode	2,000	"
		23. Durable Pure Abode	1,000	"
		22. Non-percipient Realm	500	"
		21. Great Reward	500	"
	3rd jhāna Plane	20. Steady Aura	64	G.A.
		19. Infinite Aura	32	"
		18. Minor Aura	16	"
	2nd jhāna Plane	17. Radiant Lustre	8	G.A.
		16. Infinite Lustre	4	"
		15. Minor Lustre	2	"
	1st jhāna Plane	14. Mahā Brahmā	1	I.A.
		13. Brahmā's Ministers	1/2	"
		12. Brahmā's Retinue	1/3	"
Sense-Sphere Plane 11	Sensuous Blissful Plane	11. Paranimmitavasavatti	16,000	C.Y.
		10. Nimmānarati	8,000	"
		9. Tusita	4,000	"
		8. Yāma	2,000	"
		7. Tāvātimsa	1,000	"
		6. Cātummahārājika	500	"
		5. Human	Indefinite	
	Woeful Plane	4. asura	Indefinite	
		3. peta	Indefinite	
		2. Animal	Indefinite	
		1. Hell	Indefinite	

G.A. = great aeon  
 I.A. = incalculable aeon  
 C.Y. = celestial years