


Fundamental Knowledge of Abhidhamma

(Lesson 2 - Abhidhamma and 31 planes of existences)


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Okāsaloka (31-planes)

| | | | | | | |
|-----------------|-----------------|-------------------|---|--|--|--|
| Brahma-20 | Arūpa-brahma- 4 | | Neva-saññā-Nāsaññā yatana | | | |
| | | | Ākiñcaññānañcāyatana | | | |
| | | | Viññānañcāyatana | | | |
| | | | Ākāsānañcāyatana | | | |
| | Rūpa-brahma- 16 | |  | | | |
| Kāmāvacara - 11 | Kāma-sugati - 7 | Kāmāvacara-Deva-6 | Paranimmitavasavatti | | | |
| | | | Nimmānarati | | | |
| | | | Tusitā | | | |
| | | | Yāmā | | | |
| | | | Tāvatisā | | | |
| | | | Catumahārāja | | | |
| | | Manussa-1 | | | | |
| | Apāya - 4 | Asurakāya | | | | |
| | | Peta | | | | |
| | | Tiricchāna | | | | |
| | | Niraya | | | | |

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|--|-----------------|---|--------------|---|
| Rūpāvacara-bhūmi-16 | | | | |
| Catuttha ^(Fourth) -jhāna-realms- 7 | Suddhāvāsa - 5 | Akanitṭa | | (3) Types of individuals – 1. Arahata-phalaññāna 2. Arahata-maggaññāna 3. Anāgāmi-phalaññāna |
| | | Sudassī | | |
| | | Sudassā | | |
| | | Atappā | | |
| | | Avihā | | |
| | | Asaññasatta (being who does not have mentalities) | | |
| | | Vehapphala | | |
| Tatiya ^(Third) -jhāna-realms-3 | Parittāsubhā | Appamāṇasubhā | Subhakiṇhā | |
| Dutiya ^(Second) -jhāna-realms-3 | Parittābhā | Appamāṇābhā | Ābhassarā | |
| Pathama ^(First) -jhāna-realms-3 | Brahmapārisajjā | Bhrahmapurohitā | Mahā-bhrahma | |
| Note: First-jhāna causes to reborn in first-jhāna-realms. Second-jhāna and Third-jhāna cause to reborn in second-jhāna-realms. Fourth-jhāna causes to reborn in Third-jhāna-realms. Fifth-jhāna causes to reborn in fourth-jhāna-realms. There is no Fifth-jhāna-realms. | | | | |

Okāsaloka (31-planes)

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|-----------------------------|----------------------------------|---|---|--|--|--|
| Brahma-20 | Immaterial-sphere Planes- 4 | | The Realm of neither-perception-non-perception | | | |
| | | | The Realm of Nothingness | | | |
| | | | The Realm of Infinite Consciousness | | | |
| | | | The Realm of Infinite Space | | | |
| | Fine-material-sphere planes - 16 | |  | | | |
| Sensuous (Kāmaṇvacara) - 11 | Sensuous Blissful planes- 7 | (Sense-sphere heavens) -6 | The Realm of Paranimmitavasavatti | | | |
| | | | The Realm of Nimmānarati | | | |
| | | | The Realm of Delightful Gods(Tusitā) | | | |
| | | | The Realm of Yāmā Gods | | | |
| | | | The Realm of thirty-three Gods | | | |
| | | | The Realm of the Four Great Kings | | | |
| | | Human realm(Manussa)-1 | | | | |
| | Woeful planes - 4 | The Host of Asuras. (Asurakāya) | | | | |
| | | Sphere of Petas, hangry ghosts etc., (Peta) | | | | |
| | | Animal Kingdom (Tiricchāna) | | | | |
| | | Hell (Niraya) | | | | |

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|---|-------------------------------|---------------------------------|---|--|
| Fine-material-sphere planes-16 | | | | |
| Fourth (Catuttha)-jhāna-realms- 7 | The Pure Abodes - 5 | The Highest Realm | | (3) Types of individuals – 1. Arahatta-phalaṭṭhāna 2. Arahatta-maggaṭṭhāna 3. Anāgāmi-phalaṭṭhāna |
| | | The Clear-sighted Realm | | |
| | | The Beautiful Realm | | |
| | | The Serene Realm | | |
| | | The Durable Realm | | |
| | | | The Realm of Non-percipient beings Asaññasatta (being who does not have mentalities) | |
| | | | The Realm of Great Reward | |
| Third (Tatiya)-jhāna-realms - 3 | The Realm of Minor Aura | The Realm of Infinite Aura | The Realm of Steady Aura | |
| Second (Dutiya)-jhāna-realms - 3 | The Realm of Minor Lustre | The Realm of Infinite Lustre | The Realm of Radiant Lustre | |
| First (Patthama)-jhāna-realms - 3 | The Realm of Brahmā’s Retinue | The Realm of Brahmā’s Ministers | The Realm of Mahā-brahma | |
| Note: First-jhāna causes to reborn in first-jhāna-realms. Second-jhāna and Third-jhāna cause to reborn in second-jhāna-realms. Fourth-jhāna causes to reborn in Third-jhāna-realms. Fifth-jhāna causes to reborn in fourth-jhāna-realms. There is no Fifth-jhāna-realms. | | | | |

Abhidhamma and 31 planes of existences

The Four Planes Of Existence (*Bhūmicatukka*) P.189 of Bhikkhu.Bodhi

Apāya – devoid (*apa*) of happiness (*aya*) – the woeful plane –

- realms of existence in which pain and misery greatly exceed happiness
- the realms where evildoers are reborn as a consequence of their evil deeds

1) **Niraya** – Hell – the lowest plane of existence in the Buddhist cosmos –

- the place of the most intense suffering from the beginning of their lives until the end, without a moment's respite (**Eight great hell** – with the intensity of torment) Each great hell is surrounded on each of its four sides by five minor hells, bringing the total to 168 hells. ($8 \times 4 \times 5 = 160 + 8 = 168$)

2) **Tiricchāna** – the animal kingdom – born as a result of evil –

- It is included in the woeful planes because the suffering there greatly exceeds the mount of happiness and because it does not provide suitable conditions for the performance of meritorious deeds.

3) **Peta** – The sphere of *Petas* (hangry ghost) –

- beings who are tormented by intense hunger and thirst as well as other afflictions from which cannot find relief.
- **There is no sperate Peta plane.**

The *Petas* live in the same world of human beings – in the forest, bogs, cemeteries, etc.

4) **Asura** – the host of Asuras (titans) – (*Peta-asura*)

- various classes of beings – according to commentary, a group of beings, tormented spirits that combat the gods of the *Tāvātimsa* heaven – *Deva-asurā*,

The Sensuous blissful planes (Kāma-sugati bhūmi) – 7 -

Six sense-sphere heaven

- 6- The Realm of the Paranimmitavasavattī Gods –
- 5- The Realm of the Nimmānarati Gods –
- 4- The Realm of the Tusitā Gods –
- 3- The Realm of the Yāmā Gods –
- 2- The Realm of the Thirty-three Gods –
- 1- The Realm of Four Great Kings –

1- Manussa – Human realm

Manussa – those who have sharp or developed minds –

- capable of weighty moral and immoral action than any other class of living beings /
- capable of development up to Buddhahood, and also of such serious crimes as matricide and parricide
- **the human realm is a mixture** of both pain and pleasure, suffering and happiness, but because it offers the opportunity for attaining the highest happiness,
- It is to be reborn as a consequence of their good deeds and considered a blissful realm.

Six sense-sphere heaven (Six abodes of *Devas* or Gods)

- 1- The Realm of Four Great Kings – has four divisions corresponding to the four directions. Each is ruled over by its own guardian deity and inhabited by a different class of demi-gods. (To the east, the divine king *Dhataratṭha* rules over the *gandhabbas*, the celestial musicians; to the south, *Virūḷhaka* presides over the *Kumbhaṇḍas*, the gnomish caretakers of forests, mountains, and hidden treasures; in the western region the divinity *Virūpakka* rules over the *Nāgas*, demigods in the form of dragons; and in the north regions *Vessavaṇa*, ruler of the *Yakkhas* or spirits.)
- 2- The Realm of the Thirty-three Gods – *Tāvatisa* is ruled by the *Sakka*, king of the *Devas*. He presides over with his thirty-assistants, who were in the group of thirty-three noble-minded men, dedicated their lives to the welfare of others. Capital city is *Sudassana*.
- 3- The Realm of the *Yāmā* Gods – a realm of great happiness presided over by their ruler, the divine king *Suyāma* or *Yāma*.
- 4- The Realm of the *Tusitā* Gods – the Delightful realm, is the abode of a *Bodhisatta* in his last existence before attaining Buddhahood.
- 5- The Realm of the *Nimmānarati* Gods – The gods of *Nimmānarati* heaven have the power to create objects of sensual enjoyment by thought, in accordance with their desires.
- 6- The Realm of the *Paranimmitavasavattī* Gods – the gods of *Paranimmitavasavattī* realm do not create such objects themselves, but they control the objects of enjoyment created for their use by their attendants

The Fine-material-Sphere planes (Rupāvacara-bhūmi) – 16 -

The Fine-material-sphere plane is sixteenfold

1- Three First-*Jhāna* plane – (i) the realm of Brahmā's Retinue,
(ii) the realm of Brahmā's Minister, and
(iii) the Mahā Brahmā Realm

2- Three Second-*Jhāna* plane – (i) the realm of Minor Lustre,
(ii) the realm of Infinite Lustre, and
(iii) the realm of Radiant Lustre

3- Three Third-*Jhāna* plane – (i) the realm of Minor Aura,
(ii) the realm of Infinite Aura, and
(iii) the realm of Steady Aura

4- Seven Fourth-*Jhāna* plane – (i) the realm of Great Reward (1),
(ii) the realm of Non-percipient beings (1), and
(iii) the fivefold Pure abodes (5)

Fivefold Pure abodes –

- (i) *Avihā*– the Durable Realm,
- (ii) *Atappā*– the Serene Realm,
- (iii) *Sudassā*– the Beautiful Realm,
- (iv) *Sudassī*– the Clear-sighted Realm and
- (v) *Akanittha*– the Highest Realm

The Immaterial-Sphere planes (Arūpāvacara-bhūmi) – 4 -

The Immaterial-sphere plane is fourfold

- 1- The realm of Infinite Space – the realm to be born by the wholesome attainment of the base of infinite space (the infinite space, where has been pervaded by the counterpart sign of *Kasiṇa*,)
- 2- The realm of Infinite consciousness – the realm to be born by the wholesome attainment of the consciousness of the base of infinite space
- 3- The realm of Nothingness – the realm to be born by the wholesome attainment of the present non-existence, voidness, or secluded aspect of the consciousness pertaining to the base of infinite space
- 4- The realm of Neither-perception-nor-perception – the realm to be born by the wholesome attainment with the extreme subtlety of perception which is to be said either to include perception or to exclude perception.

Each immaterial attainment leads to rebirth into the corresponding realm. (p.193)

Four realms in which matter has been totally transcended and only consciousness and mental factors remain.

- Certain space where the processes of mentality happen.
- the beings in immaterial-sphere plane, are just the process of mentality (consciousness with mental factors)
- they are totally absence of materiality, and thus they have only four aggregates of mentality

Three types of living Beings (Satta)/ Sentient Beings

- 1) - ***Ekavokāra*** – Beings with a single aggregate of material
[the beings in the fine-material-sphere known as ***Asññasatta***] {1}
 - 2) - ***Catuvokāra*** – Beings with four aggregates of mentality
[the beings in the immaterial-sphere known as ***Arūpa-brahma***]
{4}
 - 3) - ***Paññcavokāra*** – Beings with complete five aggregates
[the beings in the rest 26 realms] {26}
- {***Eka*** – one, ***Catu*** – four, ***Paññca*** – five, / ***Vokāra*** (same as khandha)– aggregate,}

12- Types of Individuals

| | | Apāya | Manussa | Catumahārājika | (5) - Deva realms | First-jhāna | Second-jhāna | Third-jhāna | Fourth-Jhāna | | | Arūpa (4) |
|---------------------------|--|-------|---------|----------------|-------------------|-------------|--------------|-------------|--------------|-------------|----------------|-----------|
| | | | | | | | | | Vehapphala | Asaññasatta | Suddhāvāsa (5) | |
| Ariyā (Noble persons) - 8 | 8-Arahatta-phalaṭṭhāna - (fruition of Arahant) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | ✓ | ✓ |
| | 7-Arahatta-maggaṭṭhāna - (path of Arahant) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | ✓ | ✓ |
| | 6-Anāgāmi-phalaṭṭhāna - (fruition of non-returner) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | ✓ | ✓ |
| | 5-Anāgāmi-maggaṭṭhāna - (path of non-returner) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | ✓ |
| | 4-Sakadāgāmi-phalaṭṭhāna - (fruition of once-returner) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | ✓ |
| | 3-Sakadāgāmi-maggaṭṭhāna - (path of once-returner) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | ✓ |
| | 2-Sotāpatti-phalaṭṭhāna - (fruition of stream-entry) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | ✓ |
| | 1-Sotāpatti-maggaṭṭhāna - (path of stream-entry) | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | × |
| Putthujāna - 4 | 4-Tihetuka (<i>putthujjana</i>) - Triple-rooted individual | × | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | × | × | ✓ |
| | 3-Dvihatuka (<i>putthujjana</i>) - double-rooted individual | × | ✓ | ✓ | ✓ | × | × | × | × | × | × | × |
| | 2-Sugati-ahetuka (<i>putthujjana</i>) - blissful rootless individual | × | ✓ | ✓ | × | × | × | × | × | ✓ | × | × |
| | 1-Duggati-aketuka (<i>putthujjana</i>) - woeful rootless individual | ✓ | × | × | × | × | × | × | × | × | × | × |
| | | 1 | 11 | 11 | 10 | 9 | 9 | 9 | 9 | 1 | 3 | 8 |

(Paññca-kkhandhā) – 5- Aggregates

| Names | Reality | | Classification of Nāma-Rūpa |
|---|--|---|------------------------------------|
| 1- Rūpakkkhandho (the materiality aggregate) | 28- matters | | Aggregate of materiality- 1 |
| 2- Vedanākkhandho (the feeling aggregate) | Feeling (mental factor) | The aggregates of mental factors | Aggregates of mentality - 4 |
| 3-Saññākkhandho (the perception aggregate) | Perception (mental factor) | | |
| 4- Sankhārakkhandho (the mental formations aggregate) | 50 mental factors (except feeling and perception) | | |
| 5- Viññāṇakkhandho (the consciousness aggregate) | 89 - consciousnesses | | |

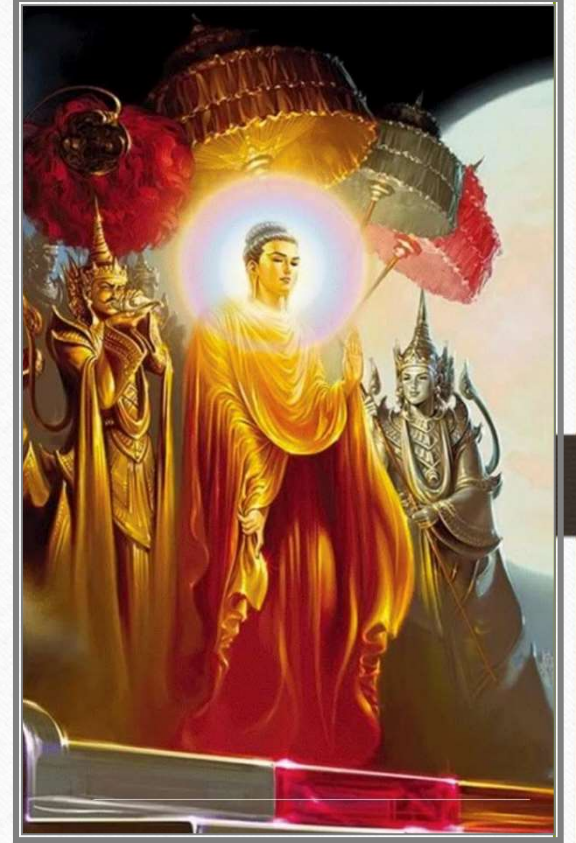
Note: *Nibbāna*, unconditioned reality, is not included under the enumeration of aggregate (*kkhandhā*).
Only the conditioned realities of *Citta*, *Cetasika*, and *Rūpa* are included under the classification of aggregate.

Aspiration & Sharing Merit

**Iminā Puññkammena mā me bālasamāgamo.....,
Sataṃ samāgamo hotu yāva Nibbānappatiyā
-Idaṃ me puññaṃ...āsavakkhayā'vahaṃ hotu.
-Idaṃ me puññaṃ.....Nibbānassa paccayo hotu.
.....
Mama puññabhāgaṃ sabbasattānaṃ bhājemi.
Te sabbe.....me samaṃ.....puññbhāgaṃ labhantu.
.....
Sādhu... Sādhu... Sādhu**

By this action of merit,May I not be associated with fools!,
May I be associated with the wise until the attainment of Nibbāna.
May my (this) merit bring about the cessation of taints (as a result)!
May my (this) merit be the condition for (the achievement of) Nibbāna.
I share my portion of merits with all beings. May all of them achieve my portion of merit evenly.

Well-done Well-done Well-done



Some Suttas related to the Abhidhamma

- Mahāgosiṅga Sutta – MN
- Mahāgopālaka Sutta – MN (about Rūpa)
- Indaka Sutta – SN (The discourse concerning Indaka, - about the process of embryo)
- Anupada Sutta – MN
- Mahārahulovāda Sutta - MN
- Mahāsatipaṭṭhāna Sutta – DN/MN
- Jīvitindriya Sutta - SN
- Āhāra Sutta – SN
- Kāya Sutta – SN
- Anattalakkhaṇa Sutta – SN
- Orambhāgiya Sutta – SN
- Uddhambhāgiya Sutta – SN
- Samāpatti Sutta – AN
- Macchariya Sutta – AN