

THE THREE REALMS

SOURCE: ABHIDHARMAKOSA

REALM	LEVEL		CAUSE OF REBIRTH
FORMLESS ¹	4. Peak of Cyclic Existence		Absorption of peak of existence
	3. Nothingness		Absorption of nothingness
	2. Infinite Consciousness		Absorption of infinite consciousness
	1. Infinite Space		Absorption of infinite space
FORM ²	4. Fourth Dhyana	<u>Pure lands</u> 17. Not Low (<i>Akanishta</i>) 16. Great Perception 15. Auspicious Appearance 14. Without Pain 13. Not Great	Alternating meditation on 4th dhyana
		12. Great Result 11. Born from Merit 10. Cloudless	Absorption of fourth dhyana
	3. Third Dhyana	9. Vast Virtue 8. Limitless Virtue 7. Little Virtue	Absorption of third dhyana
	2. Second Dhyana	6. Clear Light 5. Limitless Light 4. Little Light	Absorption of second dhyana
	1. First Dhyana	3. Great Brahma 2. Ministers of Brahma 1. Brahma Class	Absorption of first dhyana
DESIRE ³	6. Deva (god)	6. Controlling Others' Emanations 5. Enjoying Emanation 4. Joyous (<i>Tushita</i>) 3. Without Combat (<i>Yama</i>) 2. Thirty-three 1. Four Royal Great Lineages	Ten virtues
	5. Asura (demi-god)	4. Unmoving 3. Good Land 2. Moonlight 1. Having Light	Ten virtues
	4. Human		Ten virtues
	3. Animal		Ten non-virtues
	2. Preta (hungry ghost)		Ten non-virtues
	1. Narak (hell)		Ten non-virtues

¹ So called because it is the realm without any form whatsoever

² So called because it is the realm that is distinguished by the quality of form

³ So called because it is the realm possessing desire (ie. craving that seeks sexual intercourse and gross food)