

### 31 planes

<ol style="list-style-type: none"> <li>1. Niraya</li> <li>2. Tiracchanayoni</li> <li>3. Pettivisaya</li> <li>4. Asurakayo</li> </ol>	}	<p>4 Apaya's (Kama dugathi or woeful states) Planes of suffering</p>	
<ol style="list-style-type: none"> <li>5. Human world</li> <li>6. Chaturmaharajika</li> <li>7. Tavatimsa</li> <li>8. Yama</li> <li>9. Thusitha</li> <li>10. Nirmanarathi</li> <li>11. Paranimmitavasavatti</li> </ol>	}	<p>6 Heavens</p>	<p>These 11 planes are called kamavachara or sensuous planes where five senses are prevalent</p>
<ol style="list-style-type: none"> <li>1. Brahma parisajja</li> <li>2. Brahma Purohita</li> <li>3. Maha Brahma</li> </ol>	}	<p>1<sup>st</sup> Jhana plane</p>	
<ol style="list-style-type: none"> <li>1. Parittabha</li> <li>2. Appamanabha</li> <li>3. Abhassara</li> </ol>	}	<p>2<sup>nd</sup> Jhana plane</p>	<p>These 16 planes are called Rupaloka or Fine material sphere planes. Mainly Vision, hearing and mind prevail here.</p>
<ol style="list-style-type: none"> <li>1. Parittasuba</li> <li>2. Appamanasubha</li> <li>3. Subhakinna</li> </ol>	}	<p>3<sup>rd</sup> Jhana Plane</p>	
<ol style="list-style-type: none"> <li>1. Vehappala</li> <li>2. Asannasatta</li> </ol>	}	<p>4<sup>th</sup> Jhana plane</p>	
<ol style="list-style-type: none"> <li>1. Aviha</li> <li>2. Atappa</li> <li>3. Sudassa</li> <li>4. Sudassi</li> <li>5. Akanita</li> </ol>	}	<p>Suddhavasa Only Anagami's born here</p>	
<ol style="list-style-type: none"> <li>1. Akasananchayathanaya</li> <li>2. Vinnananchayathanaya</li> <li>3. Akinchanyayathanaya</li> <li>4. Nevasannanasanyayathanaya</li> </ol>	}		<p>These 4 Jhana planes are called Arupavachara or formless Non-material planes. Only mind prevalent here.</p>

Four Jhana in fine material Sphere plane and Four Jhana in Non-material plane is called **atta samapathi**.