



# Planes of existence

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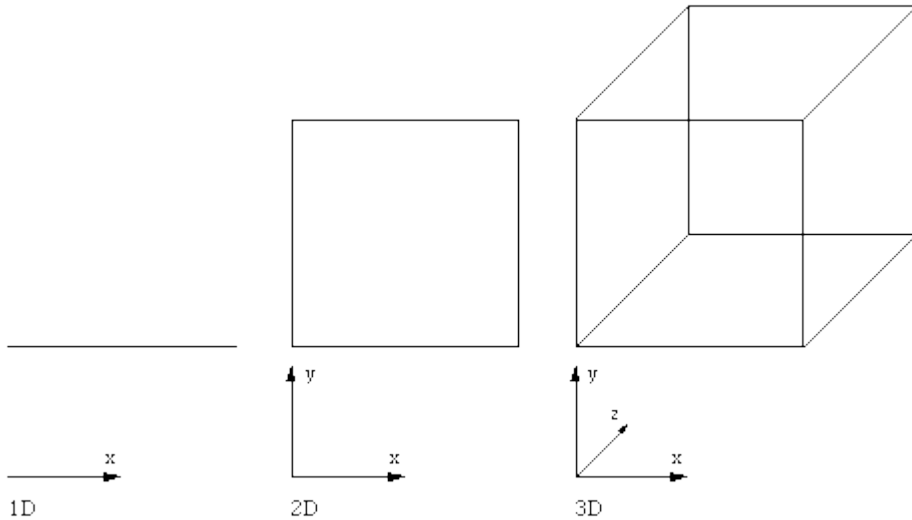
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# 2D and 3D

A two-dimensional (**2D**) **shape** has only two measurements, such as length **and** height. A square, triangle, **and** circle are all examples of a **2D shape**. However, a three-dimensional (**3D**) **shape** has three measurements, such as length, width, **and** height.



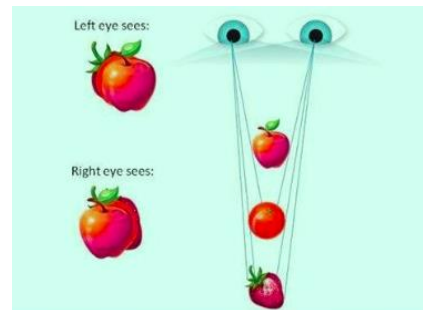
If life exist in 2D , those living beings can only see the things on their 2D plane.

# Life in 3D

- Humans and animals are living in 3D world (width X height X length)
- **Have you ever wondered why we have 2 eyes ?**

**Two eyes** help us see depth. Each **eye** sees the world from a different angle, creating slightly different pictures. The brain combines these **two** pictures into a single, three-dimensional image. This is called binocular vision.

**It's the same purpose of having 2 ears and 2 nostrils. This provide better information about where a certain sound or smell coming from. Its very important for animals as they use smell and sound to find their pray and stay away from getting hunted.**





# What if there are more than 3 Dimensions ?

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- Science and physics suggest the existence of more than 3 dimensions
- Living being in 3D (Humans, animals) cannot see the living being on other dimensions.

## **If there are more than 3 dimensions :**

- If such dimensions exist hell and heaven can be on those different dimensions
- Buddhist cosmology consist 31 planes of existence
- Some people have developed special powers through meditation to see and listen to those living being on other dimensions



# 31 planes and senses

Sense	Object
Sight	A reflection of light from the object we see has to reach our eyes. This specific light particles are capture only by eyes. Though we can see the object, we cannot see the light waves traveling from the object to one's eye. Those particles are very fine.
Hear	Sound should reach the ear as a form of air wave particles. Again those particles that travel through the air cannot be seen. Fine particles, but not fine as light waves that provide sight.
Smell	Particles should reach the nose through air. Those particles are not fine as the air wave particles that provide hearing.
Taste	Food has to touch our tongue and dissolve with saliva to provide the sensation. Coarse and are visible to eye to some extent
Touch	Object has to touch the body. Usually visible and coarse.

**Fine**



**Coarse**

In addition to above 5 senses , mind is the 6<sup>th</sup> sense and finest of all. 31 plane system orientated as how living beings in each plane make use of their senses.

# 31 planes

Group of planes	Senses	# of planes	# of consciousness
Sense sphere planes(Kama loka)	all 6 senses	11	54
Fine material planes(Rupa loka)	vision , hearing , mind*	16	15
Formeless/Immaterial Sphere planes (Arupa loka)	mind	4	12
		<b>31</b>	

\* One plane of existence in fine materials plane(called **Asannasatta**) have no mind. i.e. living beings there are in deep sleep.

# Sense sphere planes (11)

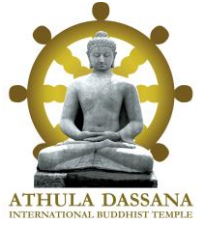
Realm	Description
<b>The Apayas (Undesired Realms)</b>	
1. Niraya (Hell)	Unimaginable suffering.
2. Tiracchāna (Animal; Tirisan in Sinhala)	Microscopic to large animals.
3. Peta (Hungry Ghosts; Preta in Sinhala)	Some live in our world unseen to us.
4. Vinipāta Asuras (Asuras)	Some live in our world unseen to us.
<b>Sugathi (Desired Kama Loka Realms)</b>	
5. Manussa (Human)	Most valued birth of all realms.
6. Cātummahārājika Deva	Fine bodies from this realm; no diseases.
7. Tāvātimsā deva	Sakka lives in this realm.
8. Yama deva	
9. Tusitā deva	
10. Nimmānaratī deva	
11. Paranimmita vasavattī deva	

# Fine material planes(16)

## Rupa Loka (Fine Material Realms)

12. Brahma Parisajja deva	Jhanic bliss in this and higher realms.
13. Brahma Purohita deva	
14. Brahmakayika (Maha Brahma)	
15. Parittabha deva	
16. Appamanabha deva	
17. Abhassara deva	
18. Paritta Subha deva	
19. Appamana Subha deva	
20. Subha kinhaka deva	
21. Vehappala deva	
22. Asañña satta	Body only; no mind
23. Aviha deva	Only Anagamis
24. Atappa deva	Only Anagamis
25. Sudassa deva	Only Anagamis
26. Sudassi deva	Only Anagamis
27. Akanittakha deva	Only Anagamis

Special mental status called “Jhana” are required for one to born in these planes after the death.  
As a result there are no unwholesome consciousness in this plane.



# Formeless/Immaterial Sphere planes (4)

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## Arupa Loka (Immaterial Realms)

28. Ākāsānancāyatana deva

29. Viññāṇañcāyatana deva

30. Ākiñcaññāyatana deva

31. Nevasaññānāsaññāyatana deva

Special mental status called “Jhana” are required for one to born in these planes after the death. Those “Jhana” status are finer than that required for fine material plane.

No unwholesome consciousness in this plane.



# Thank You

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