



Manual of Insight

MAHASI SAYADAW

Abhidhamma Reference Tables

[illegible]

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Appendixes 4–7 of *Manual of Insight*
by Mahāsi Sayadaw

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APPENDIX 6: PLANES OF EXISTENCE								
SAMSĀRA: 31 REALMS OF EXISTENCE								
#	Length time	31 PLANES		5 DESTINATIONS (Realms)		3 SPHERES (Existence)		
1	indeterm.	Woeful States - 8 Major Hells		Hell	UNHAPPY STATES	SENSE SPHERE (Sensuous existence)		
2	"	Animal Kingdom		Animal				
3	"	Hungry Ghosts and Unhappy Spirits		Hungry Ghosts				
4	"	Demons (Nonradiant Ones)						
5	"	Human Realm		Human	HAPPY STATES			
6	500CY	Realm of the Four Kings	H	D I V I N E				
7	1,000CY	Realm of the 33 Gods/ <i>Tāvātīśa</i> Heaven	E					
8	2,000CY	Realm of the Yama Gods	A					
9	4,000CY	Delightful Realm/ <i>Tusita</i> Heaven	V					
10	8,000CY	Realm of Gods Who Enjoy Their Own Creations	E					
11	16,000CY	Realm of Gods Who Enjoy Others' Creations	N					
12	1/3 AK	Realm of Brahma's Retinue		PURE ABODES			1st JĀṆĀ	FINE-MATERIAL REALMS (Fine-material existence)
13	1/2 AK	Realm of Brahma's Ministers						
14	1 AK	MahaBrahma						
15	2 MK	Realm of Minor Lustre						
16	4 MK	Realm of Infinite Lustre			2nd/3rd JĀṆĀ			
17	8 MK	Realm of Radiant Lustre						
18	16 MK	Realm of Minor Aura						
19	32 MK	Realm of Infinite Aura			4th JĀṆĀ			
20	64 MK	Realm of Steady Aura						
21	500 MK	Realm of Great Reward						
22	500 MK	Realm of Mindless Beings			5th JĀṆĀ	FORMLESS REALMS (Immaterial existence)		
23	1,000 MK	Durable Realm						
24	2,000 MK	Serene Realm						
25	4,000 MK	Beautiful Realm						
26	8,000 MK	Clear-Sighted Realm						
27	16,000 MK	Highest Realm						
28	20,000 MK	Realm of Infinite Space						
29	40,000MK	Realm of Infinite Consciousness						
30	60,000MK	Realm of Nothingness						
31	84,000MK	Realm of Neither Perception Nor Nonperception						

500 CY = 9,000,000 human years

16,000 CY = 9,216,000,000 human years

AK (ASANKHEYAKAPPA) = incalculable cycle

MK (MAHAKAPPA) = 4 AK

APPENDIX 7: MENTAL PROCESS FUNCTIONS

SENSE SPHERE
CONSCIOUSNESS

				FUNCTION SERVED IN THE STREAM OF CONSCIOUSNESS														
				Refracting, reflecting consciousness Life continuum (biological)	Five-fold sense impressions					Functions of cognition								
					Seeing	Hearing	Smelling	Tasting	Touching	Five-sense-door alerting	Mind-door alerting	Reviewing	Investigating	Determining	Ethical impulse (jyana)	Retention, registering Decree, death		
SENSE SPHERE CONSCIOUSNESS	UNWHOLESOME	ATTACHMENT	w/joy, w/x-view, unprompted	1														
			w/joy, w/x-view, prompted	2														
			w/joy, unprompted	3														
			w/joy, prompted	4														
			w/equanimity, w/x-view, unprompted	5														
			w/equanimity, w/x-view, prompted	6														
			w/equanimity, unprompted	7														
			w/equanimity, prompted	8														
		AVERSION	unprompted	9														
			prompted	10														
		DELUSION	doubt	11														
			restlessness	12														
	ROOTLESS RESULTANT	EYE	wholesome	13														
			unwholesome	14														
		EAR	wholesome	15														
			unwholesome	16														
		NOSE	wholesome	17														
			unwholesome	18														
		TONGUE	wholesome	19														
			unwholesome	20														
		BODY	wholesome, comfort	21														
			unwholesome, pain	22														
		RECEIVING	wholesome, eq.	23														
			unwholesome, eq.	24														
		INVESTIGATING	wholesome, eq.	25														
			unwholesome, eq.	26														
			wholesome, joy	27														
	ROOTLESS FUNCTIONAL	FIVE SENSE DOOR ADVERTING		28														
		MIND DOOR ADVERTING		29														
		SMILE PRODUCING ♦		30												♦		
	BEAUTIFUL SENSE SPHERE CONSCIOUSNESS	WHOLESOME	w/joy, w/knowledge, unprompted	31														
			w/joy, w/knowledge, prompted	32														
			w/joy, unprompted	33														
			w/joy, prompted	34														
			w/equanimity, w/knowledge, unprompted	35														
			w/equanimity, w/knowledge, prompted	36														
			w/equanimity, unprompted	37														
RESULTANT		w/equanimity, prompted	38															
		w/joy, w/knowledge, unprompted	39															
		w/joy, w/knowledge, prompted	40															
		w/joy, unprompted	41															
		w/joy, prompted	42															
		w/equanimity, w/knowledge, unprompted	43															
		w/equanimity, w/knowledge, prompted	44															
		w/equanimity, unprompted	45															
		w/equanimity, prompted	46															

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11

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