

## Realms of the Six Desire Realm Gods

From “Ornament of Abhidharma” by Ian Coghlan - correcting some small math errors

- 1 Four Heavenly Kings - rgyal chen ris bzhi – Cāturmahārājakāyika - the four guardians kingdom. East: Dhṛtarāṣṭra, South: Virūḍhaka, West: Virūpākṣa, South: Vaiśravaṇa. Sexual union by joining organs but as there is no semen they release winds. Lifespan of 500 years, one day lasting 50 human years. [Living a total of 9 million human years]
- 2 Heaven of Thirty-Three - sum cu rtsa gsum -Trāyastriṃśa, on the summit of Mount Sumeru presided over by Śakra (Indra) Sexual union by joining organs but release winds instead of semen. Lifespan of 1,000 years, one day lasting 100 human years. [36 million]
- 3 Free of Conflict - ‘thab bral - Yāma, free of conflict with Asuras – in the sky above Sumeru. “Where the seasons are always good” Sexual union by mere embrace. Lifespan of 2,000 years, one day lasting 200 human years. [Living a total of 144 million human years]
- 4 Joyous - Gandan - dga’ ldan -Tuṣita. Sexual union by holding hands. Lifespan of 4,000 years, one day lasting 400 human years. [Living a total of 576 million human years]
- 5 Enjoying Emanations - rab ‘phrul - Sunirmata or ‘phrul dga’ - Nirmāṇarati. Sexual union by smiling and laughter. Lifespan of 8,000 years, one day lasting 800 human years. [Living a total of 2.3 billion human years]
6. Controlling Others’ Emanations - gzhan trul dbang byed – Paranirmitavaśavartin, can also control the emanations of others. Tallest and longest lived. Māra lives there. Sexual union by merely glancing. Lifespan 16,000 years, one day lasting 1,600 human years. [Living a total of 9.2 billion human years]

## Where Ārya Bodhisattvas have fruitional rebirth

The Fourth Feature of Bodhisattva Grounds - higher and higher increase of births of fruition / ever-enhancing fruitional effects - From Hopkins page 135 - Jinpa page 66

1st Bhūmi	Cakravartin King ruling Jambudvipa
2nd Bhūmi	Cakravartin King ruling the Four Continents
3rd Bhūmi	Śakra (Indra) ruling the Heaven of Thirty-Three
4th Bhūmi	King of the Gods in Without Combat - Yāma
5th Bhūmi	King of the Gods in Tuṣita
6th Bhūmi	King of the Gods in Enjoying Emanations - Nirmāṇarati
7th Bhūmi	King of the Gods in Controlling Others’ Emanations - Paranirmitavaśavarti
8th Bhūmi	Brahmā, lord of a thousand worlds [In the Form realm]
9th Bhūmi	Brahmā, lord of a million worlds
10th Bhūmi	King of the Gods of Pure Abode - Devaputra Maheśvara of Akaniṣṭha.