

**Buddhists Believe in
the cycle of life, death, and rebirth. It's called *Samsāra*
life after death (What kind of life should you pursue after death?)
31 bhūmis**

You have

1. 5 Gatis = Deva gati, Manussa gati, Niraya gati, Peta gati, and Tiracchāna gati

Gati encompasses the path, destiny, or existence that individuals must navigate after death, determined by their deeds. It also denotes in Pāli *bhūmi* or *loka*, which can be understood as realm or plane where one may be reborn.

(1) Sugati = Good Path = Good Destiny = Good Existence

(1) Kāma Deva loka 6

Cātumahārajika, Tāvatisā, Yamā, Tusitā, Nimmānarati, Parnimmitavasavattī

(2) Manussa loka 1

1 + 2 = 7 Kāma Sugati bhūmi where can be reborn by doing *Dāna and Sila*.

(3) Brahma Deva loka 20

16 Rupa loka + 4 Arupa loka only by practicing *Samatha Bhāvanā (meditation)* by *Samatha* you can attain 4 Jhānas, and based on your Jhāna level you can be reborn in one of 20

(2) Dugati = Bad Paths = Niraya, Peta, and Tiracchāna by doing bad deeds

4 Apāya bhūmis = 4 Woeful States

Niraya (Hell), Peta (Hungry Ghosts), Asurakāya (Titans), Tiracchāna (Animals)

2. 3 bhūmis = Ti-bhūmi = Three Existences

Kāma 11, Rupa 16 and Arupa 4 = 31 bhūmis

3. Lokuttara = Vimutti = Emancipation 4 Magga and 4 Phala = Nibbāna

liberation from the sufferings associated with traversing the 31 bhūmis