

31 Realms of Existence: Where Are You Heading Next?

In the Buddhist cosmology, the earth is not the only world, and human are not the only living beings. The 31 realms of existence are divided into three 'worlds' (loka); and existence in every realm is temporary. Rebirths take place in any realms according to one's karma, wholesome and unwholesome actions. To free oneself from the cycle of birth and death, the Buddha recommends the Noble Eightfold Path.



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