

The *Brahmavihāras*
and the associated
**Realms of Conditioned
Existence**

Compassion

Asura Realm
(Egoic Intuition/Volition)

Loving Kindness

Preta Realm
(Egoic Feeling)

Consciousness

Deva Realms
(Egoic Consciousness)

Equanimity

Hell Realms
(Egoic Thinking)

Sympathetic Joy

Human Realm
(Egoic Sensation)

