



The 7 Vyahrtis - (Heavens Or Upperworlds)



Bhur-Loka: It is the Earth, where we all are staying presently.

The 7 Paatalas (Underworlds Or Hells)



Satya-Loka:	Has 3 regions – Brahma, Vishnu, Shiva
Tapo Loka :	The House of Tapa, like meditation, goes deep to connect with God.
Jana Loka :	In Jana-Loka, God Brahma's sons stay. (Sanat Kumar-s)
Mahar Loka:	The great sages like Markendeya and other rishis who are known for their bhakti and tapa stay here.
Swara Loka:	This is known as Heaven of the God Indra. Swar-Loka lies between the Sun and Polar star. Indra, Rishis, Gandharvas, and Apsaras stay in this Loka. It is a paradise of ecstasy where all the 330 million Hindu Gods reside along with Indra, who is the king of the Gods.
Bhuvar-Loka : (aka - Pitr loka)	Sun, Planets, Stars all stay in this loka. Basically, it is the distance between Earth and Sun and the semi-divine beings live here. However, it is a region that includes the atmosphere and the life force.
Bhur-Loka:	It is the Earth, where we all are staying presently.



Atala- Loka:	Atala is ruled by Bala – a son of Maya who possesses mystical powers. It can be equated with the upper crust of Prithvi (Earth).
Vitala- Loka :	Vitala is ruled by the God Hara-Bhava – a form of Shiva who dwells with attendant Ganas, including ghosts and goblins as the master of gold mines. It can be equated with the lower crust of Prithvi (Earth).
Sutala- Loka :	Sutala is the kingdom of the pious demon king Bali. It can be equated with the Asthenosphere of Prithvi (Earth).
Talatala- Loka:	Talatala is the realm of the demon architect Maya who is well-versed in sorcery. Shiva, as Tripurantaka, destroyed the three cities of Maya and gave him this realm. But later, he was pleased with Maya and gave him his realm and promised to protect him. It can be equated with the upper mantle of the Prithvi (Earth).
Maha-tala Loka	It is the abode of many hooded serpents, the son of Kadru headed by the Krodhavasha band of Kuhaka, Taksshaka, Kaliya, and Sushena. It can be equated with the mantle of the Prithvi (Earth).
Rasatala-Loka	It is the home of the demons, namely Danavas and Daityas, who are mighty. But, at the same time, they are cruel too. They are the eternal foes of the Deva-s. It can be equated to the outer core of the Prithvi(Earth).
Paatala-Loka	The lowest realm is called Paatala, the region of the Nagas ruled by Vasuki. Several Nagas live here with many hoods. Each of their hoods is decorated by a jewel whose light illuminates this realm. It can be equated with the inner core of the Prithvi (Earth).

