

This is not Jhana, not Flow, not Meditation

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This document exists to prevent immediate misclassification. What is described on this site, the Ease regime, is often mapped to existing categories. These mappings are incorrect.

Not Jhana

Requires sustained attention, training, stabilization

Here: appears when monitoring drops, *collapses* under stabilization attempts

Not Flow

Task-optimized, performance-linked

Here: anti-instrumental, collapses under goals

Not Meditation

Practice-based, repeatable method

Here: non-repeatable, repetition reinstalls monitoring

Not Nostalgia

Content-based trigger

Here: mechanism-based, content-independent

One key difference: this is not something you produce. It is something that becomes accessible when evaluative processes fail to stabilize.