DREAMEVALUATOR

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Falling

A dream about a slipping grip. Something in waking life feels bigger than your hold on it.

THE THREE MAIN READINGS

1. Loss of control

A job, a relationship, money, or a plan that is slipping. Read the dream as a status report on where support feels thin.

2. Where you fall matters

Stairs point at career or status. An elevator points at forces moving you, such as a restructuring or someone else's decision. An endless fall through open sky points at anxiety with no single address.

3. The jolt is real

Many falling dreams happen at the edge of sleep. Your muscles relax, your brain misreads the drop as a real fall, and you jerk awake. Sleep researchers call that kick a hypnic jerk.

IN YOUR DREAM

You almost never land, and that is normal. The dream is about the falling itself, so write down the height and what was below you.

A QUESTION TO SIT WITH

What in your life changed terms recently, at work, at home, or with money?

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