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Unexplained Meditation and the Paranormal

(self.Paranormal)

submitted 2 months ago * by PiratesAnonymous

Hello all!

So, I'm really writing this to get some opinions on what the heck this could be because I really want to begin meditation again.

A couple of years ago I met this guy in one of my college courses who said he could "read" people and see "auras". He was a friendly guy and I'm generally curious so I would hang out and talk with him between our classes.

I started doing some meditation sessions led by him, nothing intense, just very basic meditation techniques. However, I seemed to be a "natural" is what he said. Things like focusing on my third eye instinctually, meditation sessions lasting near an hour but only felt like ten minutes tops.

He started saying you can do a lot more while meditating and naturally I was curious. So one night, after a long meditation session, I was beginning to ground my self and before coming back I just thought to my self, "if this stuff actually works send him some kind of message".

Fast forward to the next day, I meet him between classes as normal, and totally forgot what I did the night before, because I thought nothing would happen anyways. But, first thing he said to me was, "I had some really weird dreams last night. I was in the middle of a dream and all I heard was your voice calling to me. And all it said was Hello".

I was stunned, and I didn't really know what to say. Because the time he woke from his

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dream was the same time I finished my meditation session, about 1am.

This didn't really creep me out, I really just thought it was a coincidence. Cause I was and still am skeptical about the paranormal. However, what did creep me out is what began happening after this. I started hearing voices while meditating, weird feelings of being drawn towards these noises and voices. Then, things began to escalate I began experiencing paranormal activity (this would be a whole other huge story).

This did really creep me out, and I decided to stop meditating. Within a couple weeks after ending my meditation sessions all paranormal activity stopped.

So, what in the heck was this?!? Any ideas, thoughts, or opinions? I would like to start meditating again, without the paranormal events this time.

Thanks all!

UPDATE:

Night of posting this. I haven't thought about this for a long time and just decided to post before trying meditation, and I don't think I will continue.

We have a newborn, and I wake up for her normal feeding about 2:30am. All is calm around the house as normal, since I've never experienced anything outside the norm here. Towards the end of the feeding I hear three distinct knocks, almost like someone knocking on a door. They sounded like they came from an interior wall right next to where I was sitting. It really creeped me out. There is nothing in the other room that could've made that noise, and nothing outside, I checked...

Maybe I'm just nervous and it's a coincidence?

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[\[-\]](#) [ayun-moon-xiv](#) 2 points 2 months ago

So no one knows what its intention is but just like in meditation you can also play with dreams. Ask for more information to manifest in your dream. That way its not as confronting as it is in waking life. Feel for it's energy and intention. You can definitely get rid of it if you don't want it around. It happens to lots of us including me. I hope I helped a little, feel free to ask questions of you need to! Otherwise good luck!

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[\[-\]](#) [PiratesAnonymous](#) [\[S\]](#) 1 point 2 months ago

How would I go about asking for more information to manifest in my dreams? I'm kinda curious to do it, but I dont want to mess with anything that could be possibly damaging.

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Ask for the answer to come through a dream, ask out loud or in your mind or through prayer however, works for you. Dreams are seemingly nonsensical but you can ask for the message to be clear... If it's malevolent you'll sense it at once and it'll wake you. If not you'll get a better sense of it... Sometimes playful or trickster spirits hang about and cause trouble... You can even just ignore them until they get bored and leave. If it's got bad energy you'll feel it. In both cases tell it firmly. FIRMLY. To leave, and do a cleansing. Whatever it is you can definitely get rid of it.

I asked for important messages to manifest in my dreams a few years ago and now when I have these illuminating dream moments Its delivered really clearly and I always remember. Only once has a 'demon' appeared in a dream it's always a person who says something clearly otherwise. So I do it, so it can work for you too. You sound quite connected to 'the other side', if you communicated that easily through meditation is say you can do it too.

If you decide not to investigate it's okay to just do a cleansing to get rid, I hope this helps! :)

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I would maybe imagine a white light surrounding you like a bubble, that can travel but essentially protects you. Focus on bringing this image up before you begin to meditate. And yes if you are religious I would ask for protection.

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I can't do long meditation sessions because I start to get anxious as fuck. Thanks for this i will be more mindful

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Meditation is an altered state of consciousness that calls to mind your higher self. If you want to try it without paranormal occurrences, meditate on something familiar (a favourite of mine is the Jesus Prayer, but obviously that's religion-specific) and only venture further when you have practiced mindfulness too. Just clearing your head without keeping hold of it will not end well.

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Yea which is what I think I was doing just clearing my head and letting it essentially wander.

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[\[-\]](#) [stuckNTX_plzsendHelp](#) 2 points 2 months ago

I heard about a woman being "attacked" during a meditation session by what she described as a demon. Her description scared me so bad I've been terrified to try meditation ever since.

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This is where I'm at. I think I am just too put off to try again now.

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What kind've meditation are you doing? Like self reflection or...

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Essentially lack of thought, or the attempt at that at least. I've never tried to do anything more than basic breathing techniques, and grounding/ungrounding would be the best way I can put it. I'm not too well versed in it.

I used to be in martial arts, which is what drew me to this.

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Have you had any other paranormal experiences other than this?

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No, not really. Besides this, and the super weird stuff that happened during the time I was meditating.

But before and after I've never experienced anything that was definitely paranormal

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I would just try the meditation one more time, just for a couple days. I dont know if your religious or anything but have whatever makes you feel safe around (like a cross etc). If you keep having these events then it might be a good time to stop:/ update us if anything happens! Stay safe.

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Thank you!

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