

r/**PARANORMAL**

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**Dream** Weird sleep / waking up

(self.Paranormal)

submitted 2 months ago by [FulminatorMage](#)

This is my first time sharing a story. I'd like to start from what might be related to the actual experience.

When I was a kid, like 5 or 6 we had a part of the house we didn't use besides for storing things and closets, the lights were always off and me and my sister never went there and we had this way to call them dark rooms (I still call them like that 20 years later). The closest rooms to those unused ones were my room and my father's office in witch he used to stay to restore old furniture and frames or whatever. One night he pulled this prank ok me with a violet light that he used to see traces on the antiques and a white blanket with holes for eyes. Fuck him and his stupid ghost prank, that shit terrorised me so hard I got traumatized. Had such a hard time falling asleep for months, maybe a year, and felt terrible walking in those said room after that. Like I couldn't stand being there alone for not even a minute.

Years pass and I acknowledge I got sleep paralysis it happen sometimes but not very often and 90% of the time I in my bed and see this shadow of a woman over me and it's terryfying. Same level of the shit prank. Now we get to the point.

3 years ago i moved from home to a near city where I found a job with a couple of friend. And we rent a old house, usually for students, in the center of the city. In my room, expecially at night when I'm awake i happen to have some unexplicable random sense of dread like the one I had staying in the "dark rooms" and it't totally

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unmotivated, maybe I'm reading or watching a movie or whatever. During this time my sleep paralysis get a lot worse to a point that is occurring almost once a week and sometimes there is just the dark lady, sometimes more dark people around my bed. The worst time I had this lady crawling on the bed, with limbs all twisted and covered with bandages. Every time I had this said experiences I woke up feeling absolute shit, arms and legs shaking for a minute or two, dizziness and weakness for the whole morning.

Now I moved again with my girlfriend and this hole thing ended.

I'm kind of a rational guy so I don't even know what this is about and if this is the right place but I felt to share.

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