

r/Paranormal

comments

9

Shadow People I think I encountered a shadow person

(self.Paranormal)
submitted 2 months ago by [urfavangel](#)

So the first weird thing happened when I was completely awake. A few nights ago I was laying in bed on my phone. I had a small lamp on beside my bed so it wasn't super bright but it was bright enough that I could see. As I was looking at my phone a shadow passed by on the wall in front of me. I don't know how to explain it but the entire wall turned dark from right to left as if something/someone passed by it. I didn't look up so I didn't see if it was a figure. I didn't really think anything of it at the time I just ignored it and thought it was strange.

The next night I fell asleep around 2am and was woken up about 20 mins after that. Nothing had woken me up, there was no noise or anything like that I just woke up. As soon as I opened my eyes I seen a shadow figure. I was facing the direction of my window, the shadow was pacing back and forward past my window. I'm not on the ground floor so it couldn't have been a person outside my window. I sat up and stared at it for about 10 seconds to see if it was my eyes adjusting to the dark but it didn't disappear I could still see it perfectly, it was pacing back and forward. I turned a light on and it vanished. I stayed up for a while after that because I was too scared to sleep. When I turned the light off to try and sleep again I got woken up the exact same way. This time when I opened my eyes the figure was closer to me. It wasn't moving anymore, it was standing about a meter from my bed. It was just standing there watching me. I turned the light back on and didn't sleep after that.

search

this post was submitted on 02 Dec 2020

9

(85% upvoted)

shortlink: <https://redd.it/k5exk3>**Submit a new text post**

Get an ad-free experience with special benefits, and directly support Reddit.

Get Reddit Premium**Paranormal**

leave

795,318 Paranormal Junkies

633 Currently Online

☒ Show my flair on this subreddit. It looks like:
[scienceVSparanormal](#)

Am I going crazy?? I've had a lot of paranormal or unexplainable experiences throughout my life but this is the first time i've actually seen something so this is really unsettling for me and i'm losing sleep because of it. The only thing that has changed recently is I moved my full length mirror and it is now opposite a smaller mirror on my wall. I don't know if that could've caused anything but I read something about never putting mirrors opposite each other. This happened the night after I moved my mirror. Does anyone have any experiences with shadow people? I'm really interested to see if anyone else had had something similar happen!

17 comments share save hide give award report crosspost

all 17
comments

sorted by: new
(suggested)



save

content policy for

[–] **I3rambi** 1 point 2 months ago

Just discovered that [r/shadowpeople](#) is a thing - might be something you want to check out to compare experiences

permalink embed save report give award reply

[–] **I3rambi** 1 point 2 months ago

Hmm. The one thing I'm surprised by is that it was on the wall. The shadow people I've encountered walked through rooms without being attached to a wall at all. They were 3-dimensional. Which doesn't mean I'm doubting you, just wondering if shadow people can operate in different ways or if this could have been something different

permalink embed save report give award reply

[–] **urfavangel** [S] 2 points 2 months ago

Sorry I didn't really explain it properly, the second night when I woke up and seen the shadow it was 3 dimensional. It literally looked like someone pacing

Welcome to r/Paranormal

[r/Paranormal](#) provides a platform for its community, believers and skeptics alike, to discuss and share **true** personal paranormal experiences, evidence, thoughts, and theories. Users may also discuss possible theories to debunk submissions.

Open Moderator Position (CLOSED): [APPLY HERE](#)

Verified Opportunities

2018 MEGA THREADS

[USA Locations](#)

Guidelines and Posting Rules

General Guidelines

[New Accounts](#)

[Approved Sites for Submitting Evidence](#)

[Low-Effort Submissions.](#)

[Urgent, Health Related, & Life or Death Submissions](#)

Posting Rules

[Rule 1: Direct Links](#)

[Rule 2: EVPs, Images, and Videos](#)

[Rule 3: Fictional Stories](#)

[Rule 4: Wall-of-Text Submissions](#)

[Rule 5: Promotional & Spam Submissions](#)

[Rule 6: Bullying, Harassment, & Threats](#)

[Rule 7: Karma Farming & Segmented Submissions](#)

[Rule 8: Discussion & Request Threads](#)

[Rule 9: Personal Information & Social Media](#)

Sort Posts By Flair

Photo Evidence

Video Evidence

EVPs

Findings

back and forth. I'm not sure if what I seen the first night was a figure or not because I didn't look up I just seen it in my peripheral vision so I'm not sure what that was or if it was the same thing. I don't know much about shadow people so I will definitely have a look at that page and find out more about it.

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

[\[-\] Haunting-Signature76](#) 2 points 2 months ago

Move the mirror

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[\[-\] urfavangel](#) [\[S\]](#) 2 points 2 months ago

I've moved it so i'll just have to wait and see if that changes anything

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

[\[-\] VisiblePin6](#) 0 points 2 months ago

Advice: Open your eyes very very slowly. Wake up very slowly. And use your eyelashes. Don't look for eye contact with the dead because it's the WORST! They'll be right there in your face- blinking.

If you can peak out of your eyes slowly, and calmly than do that, forever!

Then if the demon is eyeing you, you can eye it better or first or without surprise or being scared.

It might think that you are sleep walking if you squint well enough, even though you can see everything.

Be very slow to react!

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

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

That's what I seen too I couldn't see any features but it was definitely the shape of a person it's so strange. I also thought it could've been sleep paralysis but I wasn't paralysed. That's good that it's stopped happening to you though!

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[\[-\] KungFuKenny31](#) 1 point 2 months ago

When I was in elementary school I would see alot of stationary shadow people right outside my room near the door. In one cause I felt like I saw one move. I'm in highschool now and I sleep with a nightlight and my door closed. These experienced happened late at night and they have stopped happening. My best guess is that it is sleep paralysis

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[\[-\] KungFuKenny31](#) 1 point 2 months ago

By shadow people I mean full bodied cut outs of a person's outline but unable to see any features

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

Advice/Discuss	Question
Experiences	Hauntings
Encounters	Unexplained
CLOSED	DEBUNKED

Community Involvement

Discussion Archives

Our Sister Pages

(Mobile users [tap here](#) for details)

MODERATORS

MESSAGE THE MODS

mrs_mcfly	The truth is out there
Jack_Shid	
Moderator / Paranormal Researcher	
Capaz97	Moderator
warasd	Moderator/ Actually a Ghost
Jane_Doe	
Moderator CG#1 Mystify Me	

[about moderation team »](#)

RECENTLY VIEWED LINKS

- [Dream](#) [My grandma visited me on my birthday](#)
59 points | 4 comments
- [Dream](#) [Weird recurring dream about an old haunted house](#)
2 points | 1 comment
- [Encounter](#) [My "Pixie" Problem](#)
104 points | 52 comments
- [Experience](#) [Idk where to post this but something keeps writing on me...](#)
3 points | 7 comments
- [EVP](#) [Sleep App Recorded Sentence - Can You Help Decipher It?](#)
6 points | 10 comments

[clear](#)

[account activity](#)

[–] [Meziano_bsmailr31](#) 1 point 2 months ago

What should do is sleep with someone so they can help you fall asleep this might drive you crazy , plz don't sleep alone , seek help from a professional or a doctor , i hope you will be fine

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[–] [slatts1968](#) 4 points 2 months ago

After my girlfriend died and I found her in the morning. I starting finding things I couldn't quite understand till I found a voodoo doll. Then I knew she was into witchcraft. One night this breeze came through my bedroom I checked to see if a widow was opened and found nothing the breeze happened 2 more times now I am creeped out. I started googling what this doll was and the lamp behind me went dim. As I turned I froze in complete terror this black swirling mass that looked like a long robe and it has like vapor tentacles coming out of its head . To this day I do not know how I did not die of a heart attack. I laughed at people for 50 yrs that believed this shit. I have a Lot of apologizing to do.

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[–] [urfavangel](#) [\[S\]](#) 1 point 2 months ago

That is horrifying idk how you didn't die either. How did you ever sleep after that??

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

[–] [slatts1968](#) 1 point 2 months ago*

I did not turn any lights out from bedroom to kitchen(1/2) house for 6 months even a priest blessing my house did not stop what was happening. After that God forsaken thing a tall shadow that looked humanoid started following me. I was seeing it even in daylight. Only when I stood up to the bullshit pulled a bible out and commanded shit to stop did it. edit. I still to this day feel as if I was on the presence of the angel of death or a fallen angel. I knew that if it wanted it could take my life in a instant and it made that fact known. I truly never in my life really knew what being afraid,scared,terrorized was. This big bad army paratrooper was paralyzed in fear.

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

[–] [flufferkia](#) 1 point 2 months ago

That is very spooky. I have never seen a shadow figure with my eyes open. But sometimes when I am trying to fall asleep I see shadow figures pass back and forth from one eyelid to the other. It is had to explain but I see them all the time when I have my eyes closed

trying to sleep. I'm curious if anyone else has this happen to them.

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[–] [urfavangel](#) [S] 1 point 2 months ago

I've never had that happen to me but that sounds terrifying especially when you're trying to sleep!

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

[–] [ItsJulia](#) 1 point 2 months ago

I see "shadow figures" all the time. I don't think they're actual shadow figures. The brain tries to make sense out of shapes it's seeing especially in the dark or if you catch a shape out of the corner of your eye. For me, I have really horrible eye sight so in the dark I see all sort of crazy moving shapes. Idk if this is the case for you. Also could the shadow pacing back and forth been the rods and cones(little floaty things in your eyes) and you mistook it for a shadow?? I'm not trying to discount your experiences but whenever I think I see a shadow figure it's always either of these things.

[permalink](#) [embed](#) [save](#) [report](#) [give award](#) [reply](#)

[–] [urfavangel](#) [S] 1 point 2 months ago

I see those little floaty things all the time and that's definitely not what it was! It was 100% the shape of a human figure and it was pacing back and forth pretty slowly. I could've imagined it though, it's crazy what your brain can do. Whatever it was I got a really bad feeling from it and i'm scared to sleep now.

[permalink](#) [embed](#) [save](#) [parent](#) [report](#) [give award](#) [reply](#)

about

[blog](#)
[about](#)
[advertising](#)
[careers](#)

help

[site rules](#)
[Reddit help center](#)
[reddiquette](#)
[mod guidelines](#)
[contact us](#)

apps & tools

[Reddit for iPhone](#)
[Reddit for Android](#)
[mobile website](#)

<3

[reddit premium](#)
[reddit coins](#)
[redditgifts](#)

Use of this site constitutes acceptance of our [User Agreement](#) and [Privacy Policy](#). © 2021 reddit inc. All rights reserved.
REDDIT and the ALIEN Logo are registered trademarks of reddit inc.

π