

r/Paranormal

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Question

Can anyone help?

(self.Paranormal)

submitted 2 months ago by [kingDDD152](#)

hey, don't know if you could shed some light on this but: when I was a kid me and my bestfriend went to his dead great grandma's house because his mom told us it was haunted and she was a witch. we went over there and it was quiet but we go down a hall near her bedroom and things started opening and shutting on their own. like everything in the house. Anyways we run off scared and don't speak about for a very long time. Over the years I've had a reoccurring nightmare where a white or grey clad woman extends her arms from a long hallway closet and drags me closer but I wake up before and usually have sleep paralysis or am in a cold sweat. I don't know what it is and don't know where to turn to.

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this post was submitted on 01 Dec 2020

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All you have to do is use the name of Jesus Christ and they'll back down.. I literally do this for all paranormal problems

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[–] [deleted] 3 points 2 months ago

I agree 100% not long ago recently actually I was attacked .and the presence held me down by my head as well as arm while it straddled me.through by paralysis it kept me from speaking.once I became a werewolf was happening I was not afraid because I knew if I kept fear within my heart it would feed thus grow stronger thus. so I kept wedging my will to the forefront until finally I was able to begin to speak in the name Jesus Christ I bind you. but the thing is so many people I already know will say that it was preconceived thoughts through by experiences and images prior to the experience. will trust me I've been through it all and I know when I'm awake and when I'm asleep. Nevertheless when you're paralyzed. I realize full-heartedly now somehow demons can paralyze you I'm not sure through by fear which I believe that's what it is (scared stiff metaphorically speaking). because normally when I pick up a paranormal event about to take place I call it a " heads up" giving me a pre-warning that something not of God is in the immediate area. it feels a combination of coldness terror and a heightened awareness. For some people they call it sixth sense being empathic Its like a radar. And the point is is that because it seemed to obviously to keep me quiet; it could do what it needed to do to try to feed off of me. What do I mean by that is that demons that issue paralysis realize that if the person is aware of the situation but can't move that invokes panic terror and fear especially you're in a state of awareness that again you can't move you can't communicate you're cut off but you're aware. If you're God's its a very very good chance that person will call upon Jesus. because it is written that at the name of Jesus Christ every knee shall bow every tongue shall confess. It s under legal command to bow to leave or whatever you decide to tell it to do.once. it believed that it could get nothing out of me such as fear or sex or sensual arousalment. it left just prior before I could scream out Jesus against it. So unfortunately so many people have said they see more demons etc etc more unfortunately there is an event that's about to come very soon and take this information or leave it. There will soon be an unheard of paranormal rise throughout the world.

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[–] [Desperate-Spite-6482](#) 2 points 2 months ago

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I agree with you brother

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[–] daughterofasclepius 3 points 2 months ago

put crystals for protection (amethyst, black tourmaline, tigers eye, etc.) under your mattress and if you are open to it say a prayer or incantation for protection for yourself and peace for her spirit. i also find that verbally commanding (with a firm but not aggressive tone) a spirit to leave you alone is very powerful. setting boundaries and communicating them clearly is key to them leaving you alone.

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[–] Naughty-Girl04 3 points 2 months ago

Ya, do what they all said!! LOL Sorry, I was a bit stumped w/ what to do in this situation but, now I’ve learned something new, so thank you for posting this comment!!

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[–] Nerevars_Bobcat 3 points 2 months ago

Pray the Hexapsalmos before you go to sleep and offer them for her soul in the morning. That covers both problems.

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[–] Liandra24289 8 points 2 months ago

If you are religious, pray for her. Her soul needs to rest. Doesn’t matter what she did in her life.

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[–] kingDDD152 [S] 2 points 2 months ago

I don't really know if is actually her. I am religious but I'm also attuned to a bunch of supernatural and paranormal things.

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[–] Liandra24289 3 points 2 months ago

Then the least you can do is pray. Because unless she was calling for the power of demons, or into that stuff, she’s pretty harmless. Haunting you is something, I’ll say, but not malevolent.

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[–] kingDDD152 [S] 1 point 2 months ago

We asked the family a few years ago, but all we know is she wasn't a really the best person. And when we sent a paranormal investigation team a black bull -no tags- destroyed their van then the bull went up in smoke and left bones and ashes

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[\[-\]](#) [Liandra24289](#) 3 points 2 months ago

So maybe prayer isn't the answer. But she is still haunting you, so perhaps a blessing done to the home. Unsure, but do what you will. Or ask them to do the blessing. Usually depending on what religion the person(raised in) rejects the most in life is effective against them.

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[\[-\]](#) [kingDDD152](#) [\[S\]](#) 2 points 2 months ago

I don't have contact with the family anymore, most of them have passed on.

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[\[-\]](#) [Liandra24289](#) 2 points 2 months ago

Then the best thing to do is pray for yourself, or however you it is in the religion that you are in. Ask for spiritual help. But do not try to do things yourself. Help is usually advised to people who are in a sense haunted.

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[\[-\]](#) [kingDDD152](#) [\[S\]](#) 2 points 2 months ago

I did that during the last encounter and haven't had an issue with her since but there's usually a feeling of uncertainty and uncomfortableness throughout my weeks

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[\[-\]](#) [Liandra24289](#) 4 points 2 months ago

You need determination. Resoluteness. Usually feeling down amplifies unease, and if you let it take hold, old fears pop up again. This case, it may be your fear of her. Don't let it eat at you. The mind is a beautiful and terrible thing, open to many weaknesses. Since it worked once, prayer can help again. Don't let

despair take hold. It is a useless feeling and can solve nothing. If nothing else, keeping your room warm at night will help with keeping you from feeling cold. And sleep paralysis is common for those who are not ready to awaken. While people think this may not help, trying to explain to yourself that something is not real or just created by the mind can help with sleep paralysis as our brains create stuff so as to readily defend ourselves from imaginary threats that we think may come at any time. You know, caveman brain. Instincts that have remained with us for many years.

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[\[-\]](#) [kingDDD152](#) [\[S\]](#) 1 point
2 months ago

I appreciate it, it helps in alot of ways. My family is conservative Christian and I don't want to go through them because they don't really get it. I'm Baptist but I've dealt with a few weird things

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Pray for protection and shielding before you go to bed. There are mantras that will get rid of nightmares

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