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171

Encounter

WHO IS THAT BEHIND YOU?

(self.Paranormal)

submitted 2 months ago by NeverMindTheCarrots

This happened yesterday, 1st December during a video call with a colleague.

I am based in London, my colleague is based in Toronto. The call began at 6pm London/1pm Toronto,

I help raise finance for technology companies and we talked about how to finance a series of start-ups within the areas of AI, 3D Printing, IoT (Internet of Things) and SpaceTech.

All went well until 32 minutes into the conversation when I suddenly felt a drop in temperature. Knowing that my heating has been on the blink for a few days, I chalked it up to that, excused myself and put on a jumper.

Back to the conversation, 5 minutes in my colleague stops and leans into her camera.

"Everything all right J....." I asked. "Who is that behind you M....?" she asked, her face showing signs of worry.

I swing around. No one there.

I thought she was joking. She knows I live alone and on the third floor of a pretty new complex.

I told her that her tactics to scare me aren't going to work. I don't mess with the paranormal (due to issues in my past) and I don't play around with Ouija Boards etc and the apartment is new and not built on a burial ground etc.

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She looks at me worried, and explains that she is deadly serious. Five minutes after I returned with the extra layer of clothing, I was holding forth on the cashflow forecast of a company, **she noticed movement behind me. It came into focus and she saw a woman, young, in her 20's, average build, Caucasian, stood directly behind me staring intently at me.**

I Asked for more details my colleague said: **"M.... I have never seen anyone stare with so much hatred at anyone ever - not in real life, not in the movies."**

I initially laughed it off. But my colleague was disturbed enough to cut the call short and send me the company details by email.

I wandered around my apartment checking. Even talked to my landlord who bought the apartment when complex when was brand new. He said that as far as he can tell no one of that description has ever lived in my apartment or in the complex.

I am going to do a bit more investigation into the building, the surrounding area and even into people I have known but at this moment I am at a loss to explain what this could have been? Should I be worried?

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[–] **Royal-Carob** 24 points 2 months ago

Sage the house, maybe get a spiritual worker to do it.

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[–] **t3ntric** 15 points 2 months ago

Spirits generally are shitty. Due to the fact they are ignored by the living

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[–] **Tatunkawitco** 53 points 2 months ago

You've got to get on another call with her and ask her to hit "print screen" if she sees anything.

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[–] **pg324** 8 points 2 months ago

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Same thing happened to me when i was on a skype call with my brother and his gf. While talking they froze and told me that my curtain behind me took the shape of a skull (my window was closed). Freaked me out coz i knew they were nor fucking with me because that ain't their type.

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[\[-\]](#) [NeverMindTheCarrots](#) [\[S\]](#) 9 points 2 months ago

Could this be a video call contagion thing? these events, entities are being produced not by any old occult stuff but because of a hyperconnected hyper emotional network? After all in the UK in summer we had to have funerals in which family members had to watch the ceremony through video calls etc.

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[\[-\]](#) [d00n3r](#) 40 points 2 months ago

Okay, here's what you do. Grab yourself a largish stainless steel pot and ladle. Start banging it, hard. Bang it in rhythm. Then chant "I can skype cuz of y'all, y'all can't haunt cuz of me" as loud as you can over and over until exhaustion.

I'm also a big fan of yelling nonsense like "La La La Y2K" and "Neener Nubber Puddin' Time!". You can get pretty creative with it. March around the house, high stepping or like you're in a Monty Python Silly Walks sketch.

You'll feel a whole lot better, especially if you can invite some pals over to help.

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[\[-\]](#) [Ornery_Inspection](#) 13 points 2 months ago

Then chant "I can skype cuz of y'all, y'all can't haunt cuz of me" as loud as you can over and over until exhaustion.

LMAO. I remember that scene very, very well. What a classic in reality TV history.

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

Out of interest what's the logic behind this? It might by chance explain something I've been wondering about

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[\[-\]](#) [zazz88](#) 7 points 2 months ago

This is the best advice.

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[\[-\]](#) [NeverMindTheCarrots](#) [\[S\]](#) 13 points 2 months ago

LOL I could also play loud rock music... jumping around to Nirvana, Metallica, Van Halen etc etc,... but if things get worse this is a technique to try

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[–] [d00n3r](#) 9 points 2 months ago

Hey my dude. That should totally work, too but I think the pounding of the pots and pans is absolutely essential. And the marching around and laughing. Great way to dispel mental or paranormal shittiness. Be well!

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[–] [parkerm1408](#) 46 points 2 months ago

I have a relatively simple fix that seemed to work for me. I lived in a fraternity house that was previously a funeral home and was 9 shades of fucked up. I didnt believe in any paranormal shit until the 2 years I spent in that house and after that, I didnt have a choice but believe. When I moved out, it seemed like I brought a small piece of its problems with me. Dont get me wrong, the place wasnt all bad, it seemed like whatever lived in my room with me, wasnt malicious at all, but there were definently some pissed off somethings in other rooms. I named whatever was in my room Holly because I kept hearing what sounded like a little girl talking. I even woke up to my clothes folded one, and there was zero possibility anyone else did it (I had a stalker problem and had installed a steel door and bars on the windows), but my buddy in the other room woke up with bruises more than once. Anyhoodles, I moved out, and over the next couple months I started noticing a really bad feeling in the house, things would get knocked over, I kept feeling like someone was watching me sleep, and not in a human stalker way because I'd already ridden that particular merry go round.

My solution? I got a dog. The problems didnt dissipate immediatly, and hed quite often bark viciously at what seemed to be nothing, but after a month or two, problems were gone. It's now 8 years later, and the same dog is snoring rather loudly on my pillow, but we havent had any issues. The only exception is it seems like something try's to pop in from my closet every 6 months or so, but the dog will go apeshit for about an hour and that's it. No problems. Dunno if it works for everyone, or I just got a magic friggin dog, but it worked for me. It's worth mentioning, I did steal this dog from really abusive owners, and spent 3k on medical Bill's for him to recover, so were pretty close. Good luck though bud.

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[–] [NeverMindTheCarrots](#) [S] 10 points 2 months ago

Thank you. Alas no pets allowed policy. But it useful to know when I move.

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[–] [brittonbi49229](#) 7 points 2 months ago

I would say if there is no video of the call, if it happens again have the other person do a screenshot. On skype you would use the Windows key and the print screen key and send it to you if the spirit or whatever is in the photo.

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[–] [NeverMindTheCarrots](#) [S] 3 points 2 months ago

Thank you for the advice that is what I will do.

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[–] [zazz88](#) 6 points 2 months ago

Screenshot was my first thought too. Good luck

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[–] [_Sub_Atomic_](#) 14 points 2 months ago 🙏

If these chats are recorded, have her send you her side of the video, you might actually see the person standing behind you. As I've said it before, places aren't haunted, people are. Objects have attachments but aren't necessarily the cause of the haunting.

The Ouija board isn't the portal, it's the tool to contact the other side and the portal is in the people who use it. Closing out sessions by saying goodbye and thank you closes the use of the tool but not the portal in you. You have to know how to do that as well, otherwise stuff will keep happening to you.

Here's the thing, you're paranormal whether you like it and/or acknowledge it or not. You're not a human having spiritual experience, you're a spirit having human experiences.

What's the real reason why it gets cold when a spirit visits?

Not all spirits do this but the real reason is simple, they do this on purpose in order to sponge off of your auras energy, it's electromagnetic. Energy transfers much faster in cold dry air because it's dense. Also, you feel cold when energy is being taken from you and you're not actively generating more lifeforce energy / prahna from within. If you don't agree on a soul and astral level for this to occur, it's called vampirism.

Believe it or not, pray on / to / for is a form of vampirism and you shouldn't go down that road, because it interferes with peoples' free will. There are more than 7 Chakras (wheel of energy) in the body, there are 15. Each of the 15 have many micro-Chakras that open up for different experiences.

If this spirit or entity is angry, it is tapping at your sacral Chakra, the red one, as that is sexual and also the base of primal anger. The one below it is, black, that is primal will-power, absence of this induces

primal fear. You shiver but inside your soul, not your body, it has a very different feeling.

Do you have any sensations in your body that feel like someone is sticking you with pins in your back in certain locations? If you do, that's an attachment. There are many ways to get rid of it but one of the easiest is having a remote healing session from a certified Level 3 Karuna Holy Fire Reiki master. They swirl their energy around you and destroy any binds that are connected to your aura and communicate with the spirit, entity that it's time to go, sometimes the spirits are destroyed in the process. You needn't worry about the destruction of them, sometimes it's what is best for all involved.

You need to understand this, that spirits and entities that come to you are often times from your past lives and you might not remember it, as with most people don't. The spirits get pissed off that you're not acknowledging them in the way they want, so they start to mess with you. Technically, that's a no-no in the spiritual and astral realms but they try it anyhow until they get caught.

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[–] [NeverMindTheCarrots](#) [S] 5 points 2 months ago

[u/_Sub_Atomic_](#) Wow now that was an education - deep thanks for that.

I have not felt any pins but just about 15 minutes ago I was reading another paranormal posting and as I was reading it I felt something, a shadow etc move behind me - my desk means I have my back against the door that leads to the hallway.

The sensation was that of a change in the light as when something passes in front of a source of illumination and this change of light was reflected in my computer screen.

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[–] [kenmlin](#) 2 points 2 months ago

Did she walk away or disappear?

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[–] [kenmlin](#) 2 points 2 months ago

Was this recorded and were you able to see your camera from your screen?

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[–] [NeverMindTheCarrots](#) [S] 7 points 2 months ago

No the chat's are not recorded. As we don't need to refer to them as no deal or contractual discussion are occurring

I did not see anything and to answer you next question here my colleague said the entity just vanished as I turned my chair around.

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[–] [virgin_loser69420](#) 2 points 2 months ago

What's the status?

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[–] [Meziano_bsmailr31](#) 3 points 2 months ago

The change in temperature is a sign of paranormal activity, try and look for a furniture or a doll or any odd object... The apartment doesn't have to be haunted it might be just an object , plz keep me posted

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[–] [NeverMindTheCarrots](#) [S] 3 points 2 months ago

I thought so too. But I did try to ignore it as the heating has been playing up.

We do have an attic space that runs I have never been into as there was no need. Nothing is up there - boiler, plumbing. The landlord told me he and his wife used to use it for extra storage. But it was supposed to be cleaned out,

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[–] [Meziano_bsmailr31](#) 2 points 2 months ago

What's your religion?

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[–] [NeverMindTheCarrots](#) [S] 2 points 2 months ago

Hindu.

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[–] [Meziano_bsmailr31](#) 2 points 2 months ago

I am Muslim

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[–] [NeverMindTheCarrots](#) [S] 2 points 2 months ago

I don't think it is a Jinn but Inshallah Living in the UK it make be something native but then again... lets see what my investigations brings.

If it is a Jinn I have friends at the local mosque who I can take advice from.

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[–] [soooooonotabot](#) 6 points 2 months ago

Be careful man ☐

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[–] [NeverMindTheCarrots](#) [S] 2 points 2 months ago

I will. Many thanks.

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[–] [Reikimaster_witch](#) 5 points 2 months ago

Yeah I'd be worried. If there's an angry spirit focused in on you specifically, u are going to need to get rid of it. Massive smudging with sage and repeat the our father prayer continuously... ask that archangel Michael banish out the negative entity and don't let it back. Then ask Archangel Uriel north earth, archangel Raphael East air, archangel Michael south fire, archangel Gabriel west water. Call upon them to protect your home from anything evil or negative ever coming in. After u feel it's gone use olive oil above all doorways, windows and mirrors drawing a pentacle to represent the elements and a cross for Jesus's protection. And make a circle of salt around whole house. Or at least all doorways and windows. This works for me and anyone else that does it.

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

I agree with your information however, if the OP doesn't understand how the watchtowers work, one shouldn't get into it without using proper rituals and understanding. Bad stuff can happen, if not grounded, not having the correct equipment and frame of mind. Chalice, pentacle, sword / knife and wand, knowing which item is for what watchtower, what to recite and visualize.

The white sage and black sage (mugwort) smudging works for unbound unclean spirits that don't have significant power, let alone ones that don't put binds, devices, hexes on his spirit. Calling to the Arch angels to do something doesn't always make them come and take care of stuff.

The original symbol of the Christian religion was the divine feminine, the pentagram, the cross was a rework of the Aht Laan (what people call, Atlantis) symbol Unk, later seen in Egypt as the Ankh, the symbol for eternal life. How to become an immortal god or goddess.

The cross doesn't work for every spirit and entity, there are hundreds of thousands of realms with living beings and spirits for which the cross has no power over. Our 3rd density physical world in 5-D but most only can comprehend 3-D. Our reality is but one of the many realms.

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

What's a watchtower?

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[\[-\] NeverMindTheCarrots](#) [\[S\]](#) 6 points 2 months ago

many thanks for the in-depth advice. I appreciate it.

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[\[-\] butwhy0506](#) 10 points 2 months ago

after i hear that explanation from your colleague id probably run outside my apartment immediately

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[\[+\]](#) [\[deleted\]](#) 2 months ago (4 children)

[\[-\] Delicious_Necessary3](#) 5 points 2 months ago

Holly crap.. I wouldn't last there.. keep us posted! Can you sage in the meantime?

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[\[-\] NeverMindTheCarrots](#) [\[S\]](#) 7 points 2 months ago

I will do tomorrow. And I will keep you posted.

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[\[-\] Delicious_Necessary3](#) 2 points 2 months ago

What did u mean by " I don't mess with paranormal due to issues in past" This might have nothing to do with ur unit but perhaps ur past?

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[\[-\] NeverMindTheCarrots](#) [\[S\]](#) 7 points 2 months ago

The family home in the North of the UK was terrorised by entities that used an antique mirror as a portal

I was visited seven years ago by an entity in the shape a little girl who was purported to be the daughter that I always longed for but never had

When i was 15 and went to India to do the final rites for my father's passing myself and a cousin had a run in with an Indian female entity.

In 2018 some work colleagues ordered a Ouija Board and did a session - that did not have an immediate effect but it did later on.

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[\[-\] Delicious_Necessary3](#) 9 points 2 months ago

And there it is. Just my opinion. Do a sage but definitely, something is latched onto you. Possibly from one of your previous encounters.. hopefully someone with experience in this department can assist you. Good luck luv.

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

Many thanks for your advice.

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[–] [darthcherokee](#) 9 points 2 months ago

Did you buy something that was used? Antique? Lately Did you get a knock on your door. Then open the door and nobody is there? Did you find anything unusual in your apartment that you haven't seen before? When where out and about one day recently. Did you get a feeling you where sick, weirded out or like something was wrong?

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[–] [Delicious_Necessary3](#) 4 points 2 months ago

Can you explain the knocking with nobody there and the weird object in apt that wasn't there before questions?

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[–] [NeverMindTheCarrots](#) [\[S\]](#) 13 points 2 months ago

Ah... yes I did get a buzz on the door. Checked the videocom before buzzing in. And there was no one there.

(sometimes neighbours or delivery people buzz to be buzzed in or to leave packages when the designated person is not in)

This time there was no one there. I thought nothing of it.

Then it happened again this time late evening - again this time no one at all.

Since this happened I have had bouts of insomnia but no nightmares (that I can remember),

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[–] [lofihofi](#) 8 points 2 months ago

Such good questions. Definitely do a sage cleanse and be careful

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[–] [Ajamu36](#) 10 points 2 months ago

The only thing that sounds slightly worrisome is the face of hatred. How long have you been there? Keep us updated if anything else happens this is really kinda fascinating

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[–] [NeverMindTheCarrots](#) [\[S\]](#) 5 points 2 months ago

I have been here almost 5 years. Before that I lived in a rented house in another, older part of the city. I will do some more investigation. I am not going to be as silly as mess around with a spirit board. Back to you if there are other instances - it could be a one off or the start of something...

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