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Unexplained I Might Be Haunted

(self.Paranormal)

submitted 2 months ago * by Mercys_Messenger 🙌 4 🗨️ 3 🐾

I've recently been having some crazy experiences. Two nights ago, I lost several hours of sleep because I felt like something was standing over my bed. I've never felt something like this before. I laid there for hours, tossing and turning, before I finally passed out. Between then and now, I've been constantly waking up and night, multiple times a night, for no apparent reason.

Just tonight, around an hour ago, I let my cat into my room and he stayed with me for a bit. We were both pretty chill until he went past me into the corner of my room beside my closet door and sniffed it. He then sniffed my closet door, hissed and started growling. He ran under my bed and refused to come out. Of course, I noticed what was going on and checked under my bed where he was. He was wide-eyed and kept looking between me and the corner of my room by my closet door. Research says it could be anything, but he comes in my room all the time at night and he's never done this before. I find it extremely strange that this happened two nights after I felt like something was standing over my bed. Does anyone have any explanation to what's going on or advice on what to do? I'm lost here. I've tried calling out to any ghosts and telling them they aren't welcome and need to leave, but the feeling that something's in here with me hasn't left.

I'll change the flair if needed.

Update: I slept through the night, but I still woke up multiple times during the night. I think it was three times, but my memory is

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hazy. I felt like I was being watched, and quite intensely. I might have something wrong with my sleep, but I find it strange that this has only happened in the past few days, between the night when I first felt there was something by my bed.

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[~] ghost-ink 2 points 2 months ago
Hey, I don't have much of an explanation for this but I have been having similar experiences for a little over a year now. I have recently joined Reddit so I'm sorry if I'm not the best at helping, but if I may ask... Have you been doing anything out of the ordinary lately? I had just started investigating a new church when I started having the same or rather similar experiences. I have learned to come to terms with it now, although recently it has been getting worse. So if you could let me know what is going on I might be able to help both of us. Thanks.

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[~] Mercys_Messenger [S] 2 points 2 months ago
I recently cut my hair if that makes a difference. From long to extremely short. So that may have something to do with it. That was a week ago, though, so I don't know if it counts.

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[~] ghost-ink 2 points 2 months ago
Hmm, maybe it didn't like that then... I'm going to do some deep diving, keep me posted on the situation and whether or not it gets better with the sage burning.

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[~] Mercys_Messenger [S] 2 points 2 months ago

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It's feeling a bit better. The air feels really clean and empty. But I'll keep you updated for sure.

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[\[-\]](#) [getmeoffthisplanet9](#) 3 points 2 months ago

It is very likely there is something otherworldly hanging around. I experience it regularly and so do my kids. Not sure if you have any spiritual beliefs or practices, but I either recommend burning some sage and when asking it to leave you must say it with conviction! If there is any hesitation the spirits tend to either get more active or simply just won't leave. Make sure you open your windows when smudging so they leave. If you are Christian you can make your own holy water or oil and pray over your home. If you have no practices or beliefs, demand them to leave with full conviction. I highly suggest refraining from asking it any questions of why it's there or to give you a sign. You know the way these fake ghost hunters instigate them on TV. Because you ultimately are inviting it to stay at that point.

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

We just burned some sage in my room. My mother did it, she does stuff like this a lot. It feels a bit better, but I'll see if it comes back. I really hope it doesn't, I've lost sleep over this.

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[\[-\]](#) [getmeoffthisplanet9](#) 2 points 2 months ago

Oh awesome! Glad you have someone that understands how what's up. I understand the no sleep and just the overall energy of spirits in the home. Just have taught myself how to deal with them regularly. They don't ever scare me, but they affect my physical health. I get heavy feeling. I explain it like the movie The Grudge where the girl was sitting on his shoulders. I also get bad headaches and dizzy. So I have learned how to get rid of them. I have a portal in my kids closet upstairs. My youngest daughter likes to invite them in and make friends :/ Anyways, hope the sage helped and you get some sleep. You're cat will definitely let you know whether or not it's gone.

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[\[-\]](#) [cmanderson23](#) 3 points 2 months ago

How did you know you had a portal? Super curious I was just told by someone my home has one but I know nothing about them.

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[\[-\]](#) [getmeoffthisplanet9](#) 3 points 2 months ago

At first the closet just had a vibe. Then my daughter started talking about her "friends" that come in through the closet. Also the closet walls are about 10 degrees warmer with no logical cause than the wall right outside of the door. If that makes sense. None of my kids will sleep in that bedroom either. I have literally piled storage bins in front of the door to keep it shut and next thing I know they are moved and the door is open again. My youngest daughter definitely is clairvoyant. I almost feel like she's a gatekeeper. That's the only way I can think to describe what she experiences. The struggle is she literally has no fear and befriends whatever comes through the portal. One specific entity she told me "downloads into her brain like a computer and pushes her to the side. And it makes her do bad things." She called it "the black" That was when she was 6. She's 7 now. Can't make this shit up! I could go on and on with stories. Let's just say, my babysitter has been scared and ready to quit more than once. She gets creeped out when she finds her carrying on a conversation with something she can't see. I get sleep paralysis when I know something negative has come into the house. We have what I call "shadow kids" that are here regularly. They are child size shadow figures. They typically aren't super active. But when I rearrange furniture or do a deep clean and organize they dart around like I moved their hiding place. They can be mischievous. Like tugging on the back of my sweater repeatedly. I usually just acknowledge them and tell them to stop. And they do. Like I said, I could literally go on and on. Last night with the full moon I dozed off in my lazy boy and woke up to one of my crystals that I have in a bowl on my end table being thrown at me. Not hard. But definitely got my attention. Again I just told them to stop.

I say trust your instincts. They never lie. I've had people doubt me for a long time so I doubted also. I struggled the most with feeling overwhelmed by it all until I just accepted that this is my reality. And unless someone has experienced the otherworldly they can't possibly understand.

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[\[-\]](#) [cmanderson23](#) 2 points 2 months ago

Thank you so much for your explanation. Your daughter is lucky to have such an aware mama for sure

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Aww..thank you! It's definitely not always easy. But, it has also been amazing watching her gifts blossom instead of being suppressed or dismissed. She never ceases to amaze me.

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

Since you seem to know something about all this, definitely more than me, I've got a question that's really been irking me lately. It could just be sleep paralysis, but it's only happened twice in all my life and once I was awake while it happened. Anyway, I've been in bed before - once I was woken up by it and the other time I was lying in bed about to go to sleep but was awake when it started. I've heard of people having similar experiences and it being caused by stuff like people moving or the land shifting, but my bed has begun shaking. And it couldn't be either of those things because first of all, I live in my house with just my parents in the middle of the forest and I'm on the top floor. Secondly, I don't just mean a little vibration. It is violent. Like whatever it is wants my attention badly. The thing is, I can never move or speak when it

happens. I can only lie there while it shakes and pass out again when it's over. It feels like someone has both sides of my bed and is violently yanking it back and forth. It might be sleep paralysis, but I don't have any other symptoms of it and it's only happened twice in my life, neither of the times being recent. I'm always faced towards the wall when it happens, as well. One side of my bed is pressed up against the wall, and when it happened I was always facing towards the wall. Do you or does anyone else have an explanation for this? Is it sleep paralysis or could it be something else?

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I'm going to guess it's sleep paralysis. But I also don't believe that sleep paralysis can just be passed off as a medical phenomenon. Mostly because I have seen it happening to my husband and saw an entity floating over him. Also my sleep paralysis shows me stuff I see in my waking moments too. However that's just my perspective. It's very possible too that you have poltergeist activity happening. If you believe there's a portal in your house it is very likely. Have you every researched the land you live on? I live in a town built over native land and believe that is why this particular house is so active and has a portal. Just something to think about.

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

I live in the forest on my family's generation land. This place was just a forest, but my family came to live here and we've been here since. My family says it might be

my grandfather, but I really don't think it is. Something in my gut is saying that it's not him. I've never thought that a portal might be here, especially since my parents built this house, but I suppose that might be it.

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Sorry I was thinking of the other guy that asked me about the portal. I say follow your gut feeling. Typically if it's the spirit of a loved one, the chances of poltergeist behavior is rare. At least that's my opinion based off of research I've done and experiences I've had.

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[\[-\]](#) [Mercys_Messenger](#) [\[S\]](#)
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I wouldn't think that I'd feel unsafe and tense if it were a relative or loved one. I just have this awful feeling that whatever it is isn't good.

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

He seems alright now, and the air feels much cleaner. I'll update this if it comes back, but thanks for the help!

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[\[-\]](#) [getmeoffthisplanet9](#) 2 points 2 months ago

No problem! Glad to help! Have a good night

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