

r/Paranormal

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Unexplained I need some help here...

(self.Paranormal)

submitted 2 months ago by [ghost-ink](#)

So where should I start? Well, about a year ago I started investigating a church when I started to have weird experiences after. The first one I deeply remember was being in a state of sleep paralysis maybe, where I was laying there with a dark shadow over me possibly. There were hands on every inch of my body pulling me down and nearly suffocating me. I blanked out for a while after... When I woke up I was the coldest I've been in a long time and covered in sweat. I have had similar experiences since then but this is by a wide margin the most extreme. These things only seem to happen when I'm home alone. I will often hear talking or footsteps when I'm home alone. Feel free to ask me any questions, just don't discriminate because of religion. Please, these things have gotten worse recently, and even when I'm not home alone. I feel like I need some advice here...

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[\[-\]](#) [exmoandgladofit](#) 1 point 2 months ago
Being an ex-Mormon, I think the timing is just a coincidence. Sage (or have someone sage) your place.
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[\[-\]](#) [Nerevars_Bobcat](#) 2 points 2 months ago
Catholic occultist here ('occult' meaning secret, not Satan...). Can you tell me anything more about the church? Its approximate age, state of use, etc.?
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It's the Church of Jesus Christ of Latter-Day Saints aka Mormons
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[\[-\]](#) [Nerevars_Bobcat](#) 2 points 2 months ago
Ah, that complicates things. Normally this would be explainable as a church grim, holy soul, or unkempt rituals. As far as I know, Mormons don't do anything like that. It seems likelier that the congregation itself is under some form of demonic oppression. If you grab yourself a Blessed Saint Benedict medal and pray the Litany of Loreto, whatever's bothering you will take the hint.
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I'm not sure what you meant by "state of use"
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[\[-\]](#) [Nerevars_Bobcat](#) 2 points 2 months ago
Whether the church building you went to is in use or not.
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Yeah, I suppose it's in use. Why?
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[\[-\]](#) [Nerevars_Bobcat](#) 1 point 2 months ago
If it was abandoned there'd be more possible explanations, but I think that the congregation is under demonic oppression.
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What do you mean exactly?

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

The people who gather at that church building have attracted the attention of a demon. It is oppressing them (i.e. causing trouble). It targeted you because it doesn't want you going back to them.

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

Hmmmmm... very interesting. So what would one do to fight this demon? And how can I be sure that this is what I'm up against? Out of the few church members that I have talked to about this no one seems to know anything other than one friend of mine who has been experiencing these things since he was little.

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

A couple different options, depending how serious it is:

- 1) Pray 1 Angel of God prayer and 1 Saint Gertrude Prayer for the Holy Souls in Purgatory. If a demon isn't 100% committed to bothering you, it will take a hint and leave at this point.
- 2) Pray a Litany of Loreto and a Saint Michael the Archangel Prayer while incensing yourself with

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frankincense incense.
Then recite Saint
Patrick's Breastplate
or Psalm 91 before
going to sleep each
day.

3) Invoke Mother
Mary as Empress of
Hell. This is a fun one,
as most people don't
know that she is the
Empress of Hell (by
conquest). But it's an
old medieval devotion
I've used to great
success in the past.
Demons are terrified
of the Virgin of
Virgins.

They can oppress
families too. It may
be the family that
brought the church to
its attention.

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