

r/Paranormal

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Question

I keep feeling pressure on my bed as if something small is walking on it. Has anyone experienced a ghost cat or could it be a spirit manifesting as something small?

(self.Paranormal)

submitted 2 months ago by cantheereu

So, I've experienced this twice in the last few weeks and I'm not really sure what to make of it.

I'll preface this by saying that lately, my dog has been waking me up by gently scratching at the bathroom door in the early morning (4-5am) which is not unusual. I'm recently laid off due to covid, so my sleep schedule has been off and she normally takes medication daily around that time. It's usually wrapped in some sort of treat, so I assume she is just trying to get my attention for her morning snack.

I always take that opportunity to go to the bathroom, get a sip of water, give her medication and then I lay back down for another hour (or two) of sleep and so does she. However, I rarely fall right back into it and typically lay there for a few minutes thinking about my day ahead before I fall back to sleep. I also sleep with an eye mask because any amount of light will keep me up.

The first time it happened was about 3 weeks ago. I had done the usual early morning routine and had crawled back into bed, eye mask on, laying on my left side with my right hand gently resting on the mattress in front of me thinking about random to-do type things for the day. It didn't take long after laying down that I felt a pressure slowly pushing down on the blankets and then eventually the mattress

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right next to my hand. I felt the sheets come down on top of my hand first, then the mattress went down, and my fingers were drooping into the crater that was being formed. So it wasn't pushing down on my hand but it was RIGHT next to it.

The entire incident only lasted about 3 seconds before I silently freaked out and flung my hand up and away from me, as if I had a spider on my hand that I was trying to get off. I DID NOT want to take my mask off and tried not to think about it in order to go back to sleep. Which I eventually did.

The second time was just this morning. It was a little different but still very similar. Same time of the morning, dog meds, bathroom, sip of water. Two seconds after I lay down and pull my eye mask over my eyes, I feel a little shake of the bed and then a crater formed on the mattress right in front of my knees. A second passes before I feel pressure points making their way up toward my upper body as if something small was walking on the bed. I just froze and couldn't bring myself to look but it eventually stopped and the pressure points never made it past my lower torso.

Both times the pressure felt very dainty and graceful, and the only noise was the very quiet swishing sound of the sheets against each other. I know 100% that's it's not my dog, she's bigish, her collar makes a lot of noise and both times I had just heard her settle into her bed on the floor. She has not reacted to anything at the time of the incidents but will commonly stare at the upper walls and ceilings throughout the day.

Has anyone experienced an animal spirit before, maybe a cat? Or could it be something manifesting as a small creature to seem less menacing? It's really unnerving because of the proximity to my body in such a vulnerable state and I'm not a fan.

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hope it is one or both of them, so I invite whatever energy to come back.

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[–] [PartyName2](#) 1 point 2 months ago

For me it happens when air pockets under my blanket settle down. It can feel like the pressure of someone on my bed.

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

Growing up before I had my own dog I'd always feel a dog curling up in my bed. When I got my first dog it stopped. She passed away in 2018 but I had her for 16.5 years.

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

I'm sorry to hear that, but 16.5 years, that's great you had each other for so long. I know it never feels like long enough though! Thanks for your perspective, I'd like to think it's maybe a childhood cat that is visiting me.

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

Thanks :) our first friends are certainly special and ones in spirit too!

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

Did you happen to be very close to falling asleep? I used to have what you described happen to me chronically in a specific house - but always on the border of sleeping or waking. When I left that place, it stopped, and I figured maybe it was a ghost that was only perceptible to me when I was in that state of consciousness .

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

Well, both times it happened almost as soon as laid back down; within 20 seconds or so. I briefly considered that maybe I was dreaming, but I always lay there and fuss for 5-10 min because of some sensory processing issues. It also takes a bit to quiet my mind once I'm all set. As soon as I wake up, I'm thinking about things I can't forget to do that day, when I have to leave, what I have to bring, etc. You'd think it would exhaust me enough to fall asleep but it's not a good tactic.

I've had other experiences almost as long as I can remember but most could be explained away, sometimes I'd go years between experiences and no two experiences were the same.

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

This has happened to me a few times since my cat passed in 2015. Sometimes I can feel something small and lightweight walking on my bed and then it touches my leg right where my cat used to curl up next to me. I know its her because Ive never experienced this before her passing and she was my everything and I hers... Embrace it 💞

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

This sounds really comforting, thank you for sharing your story with me. I'm sorry you lost your kitty; it never feels like they are with us long enough. Maybe that's why she still visits you though! I'd love to think that maybe my childhood cat is coming for a visit, as long as it's not something more sinister. I've just never had a non-humanoid experience so I wasn't sure if it was common.

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[–] [hellabored408](#) 2 points 2 months ago

It's happened to me a couple of times. I used to think it was my little dog climbing on my bed and one night when I felt it, I called her to come lay by my face and when she didn't, I looked and no one was there. My dog was sleeping in my daughter's room with the door closed.

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[+] *[deleted]* 2 months ago* (2 children)

[–] [alicetrancy99](#) 6 points 2 months ago

As long as you aren't feeling malice or any energy that wants to hurt you it may be a lonely spirit (could be a cat or a child that can change shapes) that just finds comfort in you. If your dog doesn't react with barking or growling you are safe.

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

Yeah it doesn't feel negative, but because I'm laying in bed and it's happening so close to me, I get really unnerved.

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

You can ask the entity to leave you alone. Most of the times they will leave you alone after that.

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