

r/Paranormal

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Discussion Shadow figures around me and in my dreams

(self.Paranormal)

submitted 2 months ago by [Stock-Winner-2025](#)

I often have dreams where i communicate with a dead loved one or someone brings me a message and these tend to be calmly but last night i had a horrible dream, my mom called me downstairs so i went, but as i looked over at the railing and behind me there were multiple shadow figures. i then rushed down the staircase, and my mom was there. ahead of us was a shadow figure, this one wasn't transparent. it wasn't like the rest. it was a shadow figure of a man with a hat. we then rushed past him going down the steps, into the living room and were huddled on the couch he followed us and then i asked my mom if we should pray (my family's not that religious and while I understand that it was a dream it was just weird) my mom agreed and once we started praying in my dream i woke up.

Anyways, Ive been seeing orbs/ ink blot looking shadows recently fly and zip around me and while i havent experienced sleep paralysis it worries me that I'm seeing shadows fly across and even some in my dreams. Lmk what you think and feel free to tell about your own experiences but i would love some insight into this/ what i should do.

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When I close my eyes, I can see/feel when things are in front of my face. Their light is almost that of when you close your eyes and look at the sun; the energy and the light from the sun hitting your face and placing light in a circle. As for the shadows in your dreams, I've never experienced things like that in my dreams, especially since I can never remember my dreams.

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