

## r/Paranormal

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6

**Experience** A Very Curious Two

Weeks (self.Paranormal)

submitted 2 months ago by scaryterry86

I've always loved the paranormal. I grew up in a haunted house and grew to become comfortable with it.

However, the last two weeks have been odd, and I have been trying to debunk these experiences before I start to think we have a ghostly visitor.

It started two weeks ago with heavy footsteps. My family lives in a larger home and it has three flights of stairs. I heard the steps coming up from my basement and headed towards my bedroom on the top floor. I looked to see if it was my husband or son coming up to see me but, alas, no one was there. I didn't mention it to my husband or kids. Then my 2 daughter came to me a few days later saying they also heard the same footsteps.

Here's where it gets fun. Around 4am last week, I was laying in bed sleeping. I knew it was 4ish because thats when my husband gets up for work. Two very cold hand grabbed my ankles and yanked me down the bed. This obviously woke me up. I waited til my husband got out of the shower and asked him why he was pulling on my feet. He insisted he didn't. Annoyed, I asked again why he was yanking my feet, again he said he hadn't because he had been in the shower. Thats when I started worrying. I later found bruises on both my ankles After he left, I stayed awake. I watched him get into his truck and drive off. I was at the top of my bedroom steps when I heard a loud slam in the basement. I recognized the sound as my washing machine door - which

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6

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we keep open when not in use. I went down to check it out and like it was closed.

Since then, food has been flung from plates, pictures thrown off walls, game dvds being thrown across rooms, dresser drawers being opened, and banging and voices in our garage.

I'm hoping you guys can help explain this one.

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[–] **HankCapone777** 0 points 2 months ago

Pray to JESUS CHRIST and read The BIBLE like you believe EVERY WORD if you want it to stop

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[–] **EdwardJogg** 2 points 2 months ago

Very creepy. I would get a priest / minister in to deal with it. Someone experienced in hoofing these things out.

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[–] **scaryterry86** [S] 1 point 2 months ago

I've definitely had spirits in this house before and some I had to get rid of - and did so successfully.

This just feels different though. I have my routine of floor washing, salt spreading, brick dust, Palo Santo and white sage burnings.

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[–] **exPottheadThrowaway** 6 points 2 months ago

Sounds like a haunting to me. Try performing a banishing ritual. You might need deities for that. If that fails, try starting a spiritual practice like metta meditation. The meanies seem to hate loving-kindness, so give it to them good.

Oh, yeah, also try getting it on camera to show us here. :)

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[–] [scaryterry86](#) [S] 2 points 2 months ago

I'll definitely try to capture it on camera to show all you you. But its always very sporadic and takes us by surprise.

The picture and DVD incident happened around 2ish according to my son. It happened in his room. I found him this morning sleeping in my daughters room.

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