

r/Paranormal

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Shadow People Weird experience, can't really explain it

(self.Paranormal)

submitted 2 months ago by [jgiroux4](#)

Hello everyone so this just happened to me about 45 minutes ago. I'm kinda shook from it just because I have zero explanation for it.

My wife and I have two cats who sleep with us most nights. I woke up to go to the bathroom but was like pulled awake for some reason, like I didn't NEED to go to the bathroom but I just woke up and immediately went there. When I was getting out of bed I saw the outline of one of our cats sitting on my wife while she slept, which is normal and thought nothing of it. On my way to the bathroom I see one of our cats sleeping, dead asleep on the couch, and then I get a little closer to the bathroom and notice our other cat, the one who typically sleeps with my wife, sitting behind her food bowl in the kitchen. For her to get there I would have had to share space on my walk to the kitchen with her and would have seen her run by me. Now I'm 100% positive I saw an outline of a cat laying on my wife. It's head even followed me as I was getting up out of bed. When it hit me that both cats weren't in the room I got like a blast of goosebumps. Very unsettling and I feel uneasy now haha. Anyone have any idea how to explain this? My wife does get sleep paralysis sometimes and I have had an experience in the past where I wake up quickly and find something above us but it was gone rather quickly.

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[–] [ayun-moon-xiv](#) 3 points 2 months ago 🐾
Sounds like you saw your wife's sleep paralysis demon. Lots of stores here talk about being woken up needing to pee so the spirit can get a better look at you, but often at 3 am. This has been my experience as well. More unusual that the cats who would normally be in the room where not. It sent all 3 of you out. You can get rid of it, there are ways. Hope this is helpful! Ask if you want more help:) otherwise good luck

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[–] [marslander-boggart](#) 0 points 2 months ago
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