

General Topics :: Sleep Paralysis

**Sleep Paralysis - posted by dann (), on: 2005/3/1 13:40**

The thread on panic attacks prompted me to begin a thread on hypnopompic paralysis - otherwise known as sleep paralysis, or 'paralyze dreams.'

What is sleep paralysis?

"The isolated sleep paralysis event occurs most often at sleep onset. An individual, even though aware and maintains that he is awake, is atonic, and has great difficulty moving. This atonic state is similar to the atonia experienced during REM sleep. This experience also may produce great anxiety and fear, while the individual struggles to 'wake up'

Individuals who experience sleep paralysis often report concurrent hypnagogic (that drowsiness that precedes sleep) hallucinations. A commonly reported hallucination is the feeling of a presence or entity in the room in which the individual sleeps. At times this presence may seem threatening and evil giving rise to the folklore belief of the 'night-mare,' the 'old hag,' and the 'incubi.' "

Personally, I used to experience these things all the time. Before I knew the Lord I would have these 'paralyze dreams' once or twice a night. As a young man, I became so used to having these, that I found if I could just move one limb I could 'get out of it.' When I was married, my wife learned that when I became rigid as a board, and my whole body began to tremble violently - it meant that I was having a paralysis dream, and she would shake me till I was free from it.

After a couple of years though, she stopped bothering. At first I think it freaked her out so much that she was willing to shake me awake every night - but after a few years, she got used to it, and stopped waking me up altogether.

When I came to the Lord, the phenomenon abruptly stopped. I still got them once in a while, but not every night. I could go months without an instance - and when they did come, I was not afraid.

In this altered state, I was often set upon by voices or images. Having been brought up in a mix of superstition and catholicism - I didn't know the Lord, but I did know about evil. I supposed (and still do) that whatever I was experiencing was of the devil or of his minions.

I say, I believe it is of the devil, because it stopped almost entirely when I became a Christian (considering it had been a nightly occurrence for decades prior to that), and because when they happen now, I simply call on the name of the Lord, and the voices or images blow themselves out - sometimes in a rage, sometimes in a whisper - I don't care which, but they always leave, and when I am 'released' I can praise the Lord.

Am I the only one who has ever experienced this on the board?

**Re: Sleep Paralysis - posted by philologos (), on: 2005/3/1 14:01**

Quote:  
-----"The isolated sleep paralysis event occurs most often at sleep onset. An individual, even though aware and maintains that he is awake, is atonic, and has great difficulty moving. This atonic state is similar to the atonia experienced during REM sleep. This experience also may produce great anxiety and fear, while the individual struggles to 'wake up'  
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Dann,  
This is interesting. I was talking to my son, who is a doctor, just last week about something quite similar. I get these physical symptoms every once in a while but with very little of the weirder stuff. He mentioned this as a possibility and also 'sleep apnea' which I understand may have some physical similarities.

Another difference is that I almost always know that I am dreaming. Throwing myself out of bed always succeeds in waking me up! :-P

I've sent my son your email. I'll keep you posted ! ;-)

meanwhile this article might interest you. Sleep Paralysis

**Re: - posted by dann (), on: 2005/3/1 14:08**

Yeah the weird stuff is, well,... weird.

The common factor seems to be lucidity - that is, it would be misleading to describe the state as 'sleep' since the individual is lucid.

Whatever the case, there is much on the internet about it.

Dan

**Re: Sleep Paralysis - posted by RobertW (), on: 2005/3/1 14:42**

Quote:

-----Am I the only one who has ever experienced this on the board?

-----

Hi Dann,

I thought I was reading my own experiences reading of yours. My wife would shake me also. It happened so much and for so long that I learned how to wake myself up by breathing very deeply. This would alert those around me as they saw me doing this. The only thing I could ever control in this 'state' was my breathing. It happened to me all my life since I was about 17. About 7 years ago they almost stopped completely. It was weird because there was a guy I worked with that was a good friend that also suffered from it. It stopped with him at the exact same time. It has happened maybe 10 more times in 7 years and they have been very violent episodes. It is definitely a demonic attack- but I believe it is set off by a physical problem. It is as though the enemy knows we are in that state and takes advantage. Thank God my wife still knows to wake me up if she hears it and will shake me real hard.

As Bro. Ron said I also knew it was a 'dream state.' I knew everything that was going on to me at the time. I could also sense that it was coming on when I went to bed and would ask the wife to stay up until I was good and asleep and 'watch me.'

God Bless,

-Robert

**Re: - posted by dann (), on: 2005/3/1 14:59**

Rob:

Like yourself, I developed a way to wake myself up. First I learned to open my eyes - if I could just... force... one... lid... open!

Then I learned to chatter my teeth - I laugh to think of it - but I was able to lay there wide eyed - chattering my teeth.

Eventually I learned to turn my head - but it was so violent to any onlooker - imagine a wide eyed, teeth chattering, man thrashing about on the bed, head turned violently to the left - now to the right - again and again. I am smiling as I write this knowing how ridiculous our odd it must sound to any who hasn't experienced it.

I never tried breathing differently - my efforts were always to 'break through' the paralysis.

Thanks for sharing!

Dan

**Re: night terrors - posted by moreofHim (), on: 2005/3/1 15:27**

Is this at all related to night terrors? My son who just turned 9 has had these off and on. Especially when he is sick and has a fever or is worn out. He awakes in the middle of the night dreaming, but his eyes are wide open. He can look right at me (actually it looks like he is looking through me). He is always seeing something happening that I can't see and it scares him badly. He can be sitting up and I can even get him out of bed, but he still is in the dream. I try and try to wake him up and I pray over him, but it takes a long time to wake him up out of it. He used to not have any memory of them the next morning, but lately he has remembered that he had a bad dream. It is frightening to us as well, to see him and his facial expressions knowing that he is frightened by something that we can't see.

His most recent ones have been about spinning or going very fast out of control. And now when he moves really fast in a turning or spinning motion, he says that he feels like the dream is coming back. In the night terror he said he felt like everything was moving at a lightening speed and he couldn't stop it.

Anyone know about these?

In Him, Chanin

**Re: - posted by philologos (), on: 2005/3/1 16:30**

I can see some folks being afraid to go to bed tonight if we keep this thread going! ;-) I have enough hits on all this symptoms to say 'yes, that's it' and enough misses to say 'no, that's not me'.

Here's something to tuck you up with...

How do Thy mercies close me round!  
For ever be Thy name adored!  
I blush in all things to abound;  
The servant is above his Lord.

Inured to poverty and pain.  
A suffering life my Master led;  
The Son of God, the Son of Man,  
He had not where to lay His head.

But, lo! A place He hath prepared  
For me, whom watchful angels keep;  
Nay, He Himself becomes my Guard,  
He smoothes my bed, and gives me sleep.

Jesus protects; my fears, be gone!  
What can the Rock of Ages move?  
Safe in Thy arms I lay me down,  
Thy everlasting arms of love!

While Thou art intimately nigh,  
Who, who shall violate my rest?  
Sin, earth and hell I now defy;  
I lean upon my Saviour's breast.

I rest beneath the Almighty's shade;  
My griefs expire, my troubles cease;  
Thou, Lord, on whom my soul is stayed,

Wilt keep me still in perfect peace.

Me for Thine own Thou lov'st to take  
In time and in eternity;  
Thou never, never wilt forsake  
A helpless worm that trusts in Thee.

Charles Wesley.

**Re: - posted by philologos (), on: 2005/3/1 17:05**

Ah, just received a note from my son, the doctor...  
Dad,

If these hypnopompic symptoms are strongly associated with sleeping on your back, then obstructive sleep apnoea is likely to be the cause and that is well worth a visit to the GP. The initial advice will always be to lose weight... Sleep apnoea has adverse effects on the heart long-term and so it is well worth getting it sorted out... This is interesting in that 'sleep apnoea' can, apparently, be a cause of hypnopompic symptoms...

**Re: sleep apnea - posted by moreofHim (), on: 2005/3/1 17:58**

This is not a joke, I was just watching our local news about 2 minutes ago and they were doing a spot on sleep apnea. The lady interviewed was very overweight and they showed from her tests (going to the sleep clinic and seeing how many times she stopped breathing for a second or so) that she stopped breathing over 100 times a night. She then had to wear a breathing mask at night. The risks of sleep apnea are :higher risk of stroke and heart attack, not to mention sleepiness during the day- and more weight gain because you feel hungry and unsatisfied because of the lack of good sleep.

Anyway, she was ordered to lose weight. That was 130 pounds ago. She only had to wear the mask for 2 months because after she lost some weight she could breathe much better. It has something to do with the circumference of the neck. The bigger it is, the harder to breathe at night.

Just thought that was weird that we got that 'news' at the same time.

In Him, Chanin

**Re:, on: 2005/3/2 3:12**

I have experienced 'sleep paralysis' many times and I seem to go through phases of it. It is similar to the things described below/ I wake up but I can't move, sometimes it feels as if I am being pinned down and I have tried to reach for my phone before in a moment of panic and I could see it but I couldn't move to get it. When I woke properly my phone was in the same place and I could move again. It is very strange and I am not sure whether it is spiritual or just some very light stage of sleep where it takes your body a while to wake up. I sometimes worry about it but it doesn't happen as often as it used to. Things like the poem that Ron posted below really help because it quickens my faith and helps me to realise that Jesus is with me and I just trust that he is looking after me and that nothing can happen to me when I trust in Him.

**Re:, on: 2005/3/2 3:21**

Quote

'Is this at all related to night terrors? My son who just turned 9 has had these off and on. Especially when he is sick and has a fever or is worn out. He awakes in the middle of the night dreaming, but his eyes are wide open. He can look right at me (actually it looks like he is looking through me). He is always seeing something happening that I can't see and it scares him badly. He can be sitting up and I can even get him out of bed, but he still is in the dream. I try and try to wake him up and I pray over him, but it takes a long time to wake him up out of it. He used to not have any memory of them the next morning, but lately he has remembered that he had a bad dream. It is frightening to us as well, to see him and his facial expressions knowing that he is frightened by something that we can't see.'

I remember my sister having this problem when she was about that age. It was the same as she wouldn't wake up but would sometimes appear to have woken up for quite a long time but then her whole facial expression would change and she would suddenly look completely horrified and start screaming again. It was a phase that lasted quite a while but it did

just seem to be a phase and she grew out of it.

**Re: sleep paralysis - posted by Spitfire, on: 2005/3/2 7:52**

I had an incident of this happening to me just last week. I was afraid to talk about it here on SI, but I believe I was "attacked" by some demonic entity as I slept. I am 46 and it has never happened before.

I was up at around 4 am praying in my living room and became very cold. I decided to go downstairs to my daughter's bedroom and get in her bed because she wasn't home that night. I intended to continue praying and just get in the bed to warm myself. As I entered the room, I felt a presence, but I ignored it and began to pray. I must have gotten warm and fell asleep. It felt like something pinned me to the bed. I was trying to say the name of Jesus, but all I could do was say some garbled "EE-Uh". It felt like something lifted me off the bed, like I levitated or something for just a few seconds. Finally I was able to wake up. I quickly exited the room and went back upstairs to settle myself down. As I have prayed about this, I believe it was definitely a demonic attack. I have been seeking God more than ever in my life. I believe the enemy is simply trying to turn me back. Once I was able to function after the attack, I went back downstairs and took authority over it and commanded it to leave. I've never had this happen before. Don't know if it's the same thing you all are talking about here, or not. Love, Dian.

**Re: - posted by RobertW (), on: 2005/3/2 8:22**

Quote:

-----I quickly exited the room and went back upstairs to settle myself down. As I have prayed about this, I believe it was definitely a demonic attack. I have been seeking God more than ever in my life. I believe the enemy is simply trying to turn me back.  
-----

Hi Dian,

If we can't discuss real issues why are we here? This is reality. Sounds like it is the same or near to it. I have found that it happens at times when I really seek the Lord in prayer and worship. I don't understand it though I have discussed the topic at some length with a dear Christian brother who is both an apologist and a sleep specialist. He runs sleep clinics around the Midwest. One thing he said to me years ago is that most people have only one or maybe two episodes in their lifetime of sleep paralysis. I said, "It happens to me all the time." He described the dynamics of sleep (which I have long forgotten) and I concluded that it is some sort of sleeping disorder that the enemy uses to attack us. In the time of Jesus there were demons that would throw people into the fire and cause them to dwell in cemeteries unable to bind them with chains; granted this is a lot different in that the New Testament issues were that of demon possession, yet I know that if they could do that they could attack me when I was stuck half asleep and half awake. I also have tried to rebuke and the words would come out in slow motion. People have heard me speaking in my sleep like this and said it was real faint-like a whisper. I once was laying in the living room floor with a house full of people when it happened and was yelling in my 'dream' "Wake me up!... Wake me up!..." I finally got awake and asked those near me why they did not wake me up? They said, we heard you whispering- but we thought you were just playing around. If I feel like I am going to have a bad night I pray for God's protection and then ask my wife to watch me until I am asleep.

I really think we ought to pray for one another in this thing. I'll be doing that today.

God Bless,

-Robert

**Re: Sleep Paralysis - posted by AsliEren, on: 2005/3/2 8:43**

Before I was saved I would experience something similar but probably not the same thing. My jaw would lock up and I could not open it and my neck would tighten up. I felt like I could not move. It was really frightening because my jaw would close up tighter and tighter and I would just have to wait until it ended. It seemed to be related to an overwhelming fear that consumed me.

Does this sound similar to what ya'll are talking about?

Re: wow... - posted by crsschk (), on: 2005/3/3 6:31

Dear saints....

This is mighty incredible to me. I saw this the other day and was practically floored by it.

"You too?"

I thought it was just my own bizzaree self. This has been happening over the years somewhat infrequently, both before and after coming into the Light.

It almost sounds if there is a couple of different things going on here but both Robert and Dian especially....whew, the similarities...

One of the blessings of not cleaning out old email is being able to find things. Dian, I thank you for sharing what happened to you, it has prompted me not to be afraid to put this up. The following is an email I sent to Greg last year as well as Ed and think Chanin as well. Didn't want to just take excerpts from it or clean it up and all the verbage came forth as I typed it within seconds of "waking up", it's raw but...

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Hey brother

Here's an attachment from this mornings violent, bizarre dealings...You, Chanin, Ed likely would be the only ones that I would likely share this with...Told the wife and...no reaction... I don't know what to make of it or if I even should, but the words are true

Mike

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What just happened Lord? Moments ago 6:30 A.M. Wed 6/9/04...

On my face before You in prayer, struggling, wrestling with You that you would bestow back upon me, Your Holy Spirit as it has been so strongly felt in these past weeks. I would not let go, no, not until You blessed me, I was knocking and knocking, would not give up..scriptures running through my mind...Jesus words to keep on asking...'command ye Me', Isaia h..."The kingdom of Heaven suffers violence and the violent take it by force" I resolved not to move until You Lord restored me, everything open and naked before You...everything..and my spirit was sorely distressed, but I would not give up, would wrestle like Jacob and pester like the Syrophoenician woman...

Yet, was still praying for others, for Lisa that this stronghold would be broken, for Chanin that restoration would come between her and her mother, for Ed and Greg.. about Chris Clark, dead and ? where is he now?...deep heavings of spirit, groanings without words, the spirit groans..thoughts of the greatness of our God, the powers that be are as nothing, the futility of mere men and even the hosts of hell are limited in their scope by Gods sovereign decree...for Revival...

Then, on my face I feel into a sleep, into a dream...was working in a warehouse of sorts, tile place maybe, two other guys..trying to find the right angle on something 22 and 1/2 degrees bevel, they went to check on something, was alone, trying to read the gauge, but it was obscure, couldn't see, went outside, everything was gray, dark gray, couldn't see to read it, kept walking toward the light away from the buildings, but it was evading me...still struggling to see...one of the guys walked by, could sense his presence, but I couldn't see him, couldn't see anything...eye's wide open, but it couldn't see..

.

Suddenly I became aware that I was here on my face..and I FELT a force pulling on me, down, down, down...FELT this.. aware that I was in this state...had to pull out somehow, then an opposite force pulling me back up I FELT this..it was through me, it was lifting me up....then the pull back downward...It was the devil pulling me...tried to say 'Jesus' and it was muffled, like a hand over my mouth...was trying to cry it out, may have said it outloud...this happened, this is not a dream, because I was aware of it, totally...It was a wrestling for my soul...Jesus save me...and I felt you physically pull me up as if by the shoulders, a lifting, felt You pulling me back...had to break this...Jesus...and it stopped, my eyes were open.... What just happened? got up rushed to my computer and typed these very words....Great God in Heaven, this happened..I physically felt this...as if ...how do I explain it?

What just happened? I don't understand...My God! The power that was going through me...I had no control over it...stunned, what to make of this? Lord? Who will believe this? Father you know me, this happened Lord..a dream partially yes, but this tug of war I FELT Lord, I was stationary I think in my physical body but I could feel the pull and the lift as if I was a foot or two feet off the ground, and it was You Lord it was You or an angel? I could feel You HOLDING me 'out of the body' like Paul said...I think I understand what he meant by "whether in the body or out of the body I do not know- God knows"

Certainly it was in the spiritual realm but I physically felt this...though it was out of the body...how to explain...Lord I knew that You would not leave me, it was not a lack of faith...it was so violent this force, completely out of my control to do anything about it, but only to speak Your Name.

But I called on you..my God it tried to stop me from saying Your name! From saying Jesus!  
I don't understand it...I am not afraid now...what mighty battle just transpired...O give me wisdom Father, I am not given to delusions, my discernment is not towards vain imaginations...This happened. Lord You pulled back up...what happened there? What am I to learn of this? And the faces...I saw something..trying to frighten me, eyes, vague, something evil and also eyes that were true..this while the contention over my body...thought that it was trying to drag me down to death, not sure, not to hell, no I don't think so...my God this was real...not afraid to die...but my time had not yet come...had no control over what was happening to me...right now I am neither afraid, nor full of peace..just stunned...flat emotionally..quiet in spirit...pondering the meaning of this..Show me Lord...perhaps there is nothing more to know..it just happened.

Thank you Lord for saving me, for pulling me back..I understand it not.

This has happened before Lord, but not like this. Where I have been aware of the fact that I am dreaming and want to wake up but can't break out of it, a force holding me in the dream... the need to break out of it and wake up, to break free from the dream or vision whatever it is...But Lord this was different in that it not only wanted to hold me there but take me down...It has taken me an hour to write this? But I haven't or it seems it has been but a few minutes and I am wide awake now! It is 7:37 a.m.

I am going to watch the Keith Daniel video now, perhaps...had watched a little earlier up to the 7:05 mark...just documenting.

I don't particularly care what anyone thinks because this happened there is no escaping that, every word here is true. Alright I just looked down again at my bible and wasn't sure of this and had looked back through the time and the scriptures, correlating the two time lines...won't make this say what it is not meant to be. But my eyes feel back to the bold type in the study section...John 6:30 "What sign will You perform" and the correlating 7:37..."On the last day, that great day of the feast, Jesus stood and CRIED OUT\*, saying, "If anyone thirsts, let him come to Me and drink." (\* "cried out" is highlighted in my bible)

Another note, prior to all this, the point I had gotten to in the video was of him reading Eph 6:10 :

Eph 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.

Eph 6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

Eph 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Eph 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Eph 6:14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

Eph 6:15 And your feet shod with the preparation of the gospel of peace;

Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

Eph 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

Eph 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

Had stopped right in the middle of brother Keith reading this, as it was early and felt that I needed to be in prayer first before watching this...going to start from the beginning... keep coming back to add and clarify as I am watching this...as the thoughts come back to what transpired, not to embellish, that would be a lie. No...



9:00 a.m. 24 minutes through the video...poof...everything goes down, computer, office...get up ask Lisa if the power went out in the bedroom, no...  
Just in here...hmmm, Jesses monitor blew up yesterday...hmmm, back to the video

**Re: Sleep Paralysis - posted by Agent001 (), on: 2005/3/3 15:25**

In Hong Kong and elsewhere in China, similar phenomena are usually attributed to demons by people (not just Christians). In our slang, this is sometimes called "crushed/pressed by a demon/ghost." (Actually, I just read Clueless's post, I think the best way of translating this Chinese expression is, "**pinned down by demon**")

In my culture, it is generally thought that people who suffer this have more contact with the (dark) spiritual realm. I know two brothers who are twins who were "dedicated" to the evil spirits in a temple as mediums, and they often experience this during their sleep -- while they were conscious, they could not move and sometimes found breathing to be difficult.

After they accepted Christ, the phenomenon stopped. It had maybe come back to haunt them once or twice, but once they prayed, they are fine. I was there on one occasion when he yelled in his sleep that he could not move his limbs. When a brother and I laid our hands on him and were about to pray, all of a sudden he seemed to be released.

I was never sure whether this is a medical condition or something of demonic origin. But the experience seemed real to me -- once I said "Lord Jesus..." my friend seemed to be immediately relieved.

So, to conclude, some of the symptoms described have long been known to Chinese people and quite often these symptoms were described as evil spirits "pinning down" or "pulling up" the sufferers, causing them to be immobilized while they are fully conscious in their beds. Are evil spirits the real cause? I don't know. But whatever's causing it, it's not healthy.

**Re: - posted by PreachParsly (), on: 2005/3/3 16:48**

Psa 4:8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Pro 3:24 When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.

Here are some scriptures. I pray they comfort you. I believe these are some promises of God that I pray will be yours.

**Re: Sleep Paralysis - posted by Ahra, on: 2005/3/6 16:30**

Hi everyone, i bumped into this topic via google. The last two days i've had two horrible sleep paralysis episodes, which confused me very much.

Many years ago, before i became a christian, i was involved in the occult. I don't want to tell any details, but this was when the sleep paralysis started. I woke up at night, unable to move, and frequently saw dark spirits circling around my room. This happened more and more often, and after a while they sometimes removed me out of my body, and threw me across the room. Or at least, that was what i experienced.

After a few years, after trying a lot of things to get rid of the sleep paralysis i tried to get rid of them by calling Jesus' name. It worked, they disappeared immediately.

Not long after this, i became a christian, and got baptized. The spirits disappeared. I threw away all my new age books, tarot cards, crystals, etcetera.

Every now and then the sleep paralysis came back, but not as often as before i invited Christ into my life.

The last two nights i got the paralysis again, and it's very confusing. This is why i started googling about it again. I don't really see what's causing it. Is it the demons again? I really prayed to be free of the demons, i confessed all my sins (the occult stuff) and threw away most of my stuff. A few days ago i threw away some books from the Jehovah Witnesses i still had in my closet. Maybe this is why they returned. Does actions like this make Satan angry? Does anyone recognize this?

Two days ago i woke up at night, and saw a young woman dressed in black (they're always black, or dressed in black). I was very afraid. But she was afraid too, 'cause she looked at me and said: "Please, don't wake up, no, don't wake up, please!"



She was obviously afraid that i would wake up. Meanwhile i was trying to wake up, 'cause i was very afraid that she might kill me. After a long struggle i could move my arm and touched her hand (she wore a black glove). When i touched her, she backed off and disappeared through my rooms door. I was able to move again.

Somehow praying is very difficult at those moments.

Last night it happened again, only this time it wasn't a woman, but a very tall dark spirit standing next to my bed. He seemed to destroy the lamp that stand next to my bed, but after i woke up there was nothing really broken.

Two days in a row. That hasn't happened in years! Why? I have to say that i also have an anxiety disorder (social fobia), probably caused by something that has happened in my youth (i can't remember what exactly happened, but it probably got to do with my parents hitting me).

I'm confused really. Sometimes i fear that i'm getting insane or something, when experiencing all this. I also fear that i might not be totally free of the occult influence.. but i must be free for i - and many others - prayed for this lots of times.

I'm not sure why i replied to this topic. This is the first time i see a christian topic about it, that might be the reason. Maybe i just seek some proof that i'm not getting insane.

Ah, one more thing. I often experience a headache the day after sleep paralysis, in the back of my head, near the neck area. Is this recognizable?

That's about it for now. Thanks for 'listening'.. And let's put our trust in the Lord.

**Re: Sleep Paralysis - posted by crsschk (), on: 2005/3/6 17:37**

Hi Ahra,

Hope while you are here you get to check out some of the messages, there is a lot to draw from.

Wish I had an easy answer for you but you can at least take comfort in knowing that you are not alone as well as knowing Him who is Sovereign over all principalities and powers.

Quote:

-----I often experience a headache the day after sleep paralysis, in the back of my head, near the neck area. Is this recognizable?  
-----

Wondering if this might not be from the straining to "snap out" of the dream state? The times that I had experienced this before very much recall trying to lift my head but it was as if it was pinned down or weighed a thousand pounds, impossible to lift.

Something else along these lines is within the dreams themselves, where I can barely walk or talk, this would be different than trying to wake up, where I am 'conscious', but still the laboring to move the limbs, lift the eye's or even speak... Strange things.

Do hope that none of these things frighten us inappropriately but that they would cause us to press in to the Lord in prayer and abiding in Him at all times, awake or asleep, the latter being something we might give more attention to before we doze off. I think your own words suffice:

Quote:

-----And let's put our trust in the Lord  
-----

**Re: Sleep Paralysis - posted by hillrunner, on: 2005/11/14 20:10**

Greetings!

Sleep paralysis is definitely a demonic attack. Ever since I was a small child I remember finding myself paralyzed for minutes at a time. It's something I got used to, but it began to frighten me when I heard someone refer to it as "the witch riding your back." They said someone was able to solve the problem by sleeping with a bible under their pillow. I tried it, but it never worked for me.

My paralysis problem continued on through college. During my senior year I got involved with New Age, and with my New Age "understanding" of Jesus, thought I had a relationship with Him and was safe. Boy was I wrong. About two years later while taking a nap, I felt something tugging at my ankles. Thinking it was a "higher spiritual being," I yielded and a demon jumped on my back, digging his sharp claws into my neck. I fought with him in my paralyzed state for what seemed like an hour trying to get him off. When I called on the name of Jesus all he did was mock me. Finally I stopped struggling and the situation ended. My fighting him only made him stronger. What I learned years later after coming to the Lord is that knowing the name of Jesus is not the same as knowing Him. The demon knew that I didn't really know Him, therefore I had no authority over him.

As a believer, the attacks come much less frequent. But when they do, I rebuke the presence in the name of Jesus and that is that. It's not always easy, though. I often have to stand strong and battle, but I do not waiver in my faith and the name of Jesus always causes them to back off. What I've found though is that the reason for these attacks on believers is not always because of sin, but because of the immense calling on our lives. They want us to abandon our faith, so they come against us with all they've got, and they don't back down until they know we firmly believe in the name we're using. We must know that no matter how vigorous their attack, we must stand strong in our faith and know beyond a shadow of a doubt that because of our relationship with Jesus we have the victory.

Today I had an unusual experience that resembled the experience of those with sleep apnea. I am convinced that some of those of us witnessing sleep apnea symptoms are really going through a demonic attack. As long as we are conscious of this we can counter the attack by calling on Jesus, even mentally if that's all we can do, instead of giving in to fear, which incapacitates us. Evil wants to steal the Word from us. In sleep paralysis we can still utter the Name. With sleep apnea, there is no breath, therefore the Name cannot be verbalized. Let us remember that as disciples of Christ, the Word lives within us, and in moments of crisis, if we yell it out within our innermost being, we can take control of any adverse situation.

Victory is ours...in Jesus' name!!!

**Re: - posted by jimbob, on: 2005/11/15 5:23**

I used to have attacks in my early twenties, I used a lot of drugs at the time and I'm sure that opened me up to them. The first one I had I saw two shadow figures climb through my second story bedroom window. The worst one I had was in broad daylight, I was pinned down as if someone was sitting on my chest and holding my wrists, and I felt someone get right in my face and say "I've got you right where I want you". Sleep apnea? NOT!

After I came to the Lord (after He came to me) I got caught up in a very legalistic church, and was still attacked from time to time. After I quit trying to obey God through my own good works and started to live by Grace the attacks stopped, I haven't had one in over 10 years.

I think our striving for righteousness in and of ourselves, opens us up for attack as surely as drugs or the occult. Letting God through Jesus Christ be my righteousness was in my experience an immediate victory over demonic forces.

**Re: Sleep Apnoea, on: 2005/11/15 6:20**

Quote:

-----I think our striving for righteousness in and of ourselves, opens us up for attack as surely as drugs or the occult. Letting God through Jesus Christ be my righteousness was in my experience an immediate victory over demonic forces.  
-----

This is a very interesting observation, which makes a lot of sense. Certainly (altho I have never had the kind of attacks discussed in this thread), my equivalent of them which have wakened me, has lessened to very rare, the more I have wholeheartedly placed my life in God's hands - and yes, believed into the meaning of 1 John 1:7.

**Re: - posted by letsgetbusy (), on: 2005/11/17 3:34**

Before I was converted I experienced these frequently. I was interested in the occult, but was pretty heavy into martial arts. Though I would read Scripture and pray, I was also living quite the sinful life (alcohol, pornography, etc). I remember many times feeling that presence of someone or something in the room. On one occasion I remember being pounded on, though I can't remember if it was part of the dream or if I was actually struck.

I have been woken up during the past three years as a Christian, though I have felt that it is God trying to speak to me. If there has been an occasion where I woke up and couldn't move since my salvation, I can't remember it. I did have a nightmare related to the video games I was playing for hours on end. And I remember one morning feeling as though I was under demonic attack while waking up, and that it was coming from someone, but I also felt that God's Spirit was abounding around me at the same time, protected me, but allowing me to see what was attempting to come against me.

I also got rid of a lot of occult related things a while back. New age, or anything related. It is strange that some things seem to have a grip on me, and I need to get rid of them, while other things of the occult I am free to take interest in for the glory of God (studying spiritual warfare)....I actually stopped typing and just threw some video games in the trash. Anything with graphic violence. I feel much better now. Wasn't easy, though. I was huge into playing the first person shooters over the internet up until about 8 or 9 months ago.

My dog woke me up tonight, so maybe that was God's way of saying I needed to get rid of those games once and for all.

I can't remember who wrote it, but someone spoke about their jaw tensing up and being unable to move it. While this has not happened to me, my sister described that experience to me years ago, actually called me on the phone at work, and did not want me to get off the phone while I was working. She said her whole upper torso was immobile, though, and sort of hunched over, while driving if I remember correctly. I really didn't know what to say. Sounded like a demonic attack, though I wouldn't have said that at the time, necessarily.

Two things demons don't like coming out of the mouth of a Christian: 1) the name of Jesus, and 2) the blood of Jesus. Lay aside those sins that so easily beset you and crush those demons in the name of the Lord. They want you to ignore them so don't do that. Stand up and be counted for His name's sake.

**Re: Sleep Paralysis, on: 2005/11/17 6:22**

Quote:

-----They want you to ignore them so don't do that. Stand up and be counted for His name's sake.  
-----

Definitely, the harder we press after a deeper knowledge of the Lord, we will 'hit' what feels like serious spiritual opposition. It's important to recognise it as such and ask the Lord for light as to its cause, or to break its power over us.

I too (long ago now) got rid of things which were associated with spiritual bondage, and although I couldn't say I felt better afterwards, I knew I'd done the right thing, and it was a foundational act of obedience on which the Lord could and did build. In fact, this is probably the hardest 'getting rid of things' event I can remember, as it made me sweat physically to overcome the emotional grip it had on my heart and spirit.

**Re: Sleep attacks - posted by crsschk (), on: 2007/4/7 11:48**

Quote:

-----About two years later while taking a nap, I felt something tugging at my ankles.  
-----

This thread had been dormant for awhile and actually happened on it again looking for something else. But this happened once again last night, the same as the above outtake and that uncanny physical ... pressure ... of being held down, it was more than one and even the realization that I knew what was happening, that I was in a dream state or was sleeping would be better because the 'dream' aspect was not even ... recognizable. It's vague but my response was something of the sort "Get off of me! ... Jesus!" And the strain of effort to push my way up and out of sleep, that force that hold

s you back and wishes to keep you in the state of sleep ... Just bizarre. Once I was 'out' I almost expected to see someone on top of me and another still yanking at the ankles. I was well cognizant of what had happened and lied there awhile praying, pondering my wife's face. Wondering and praying that this might be only my battle and not hers ... Was still quite sleepy and had to fight off the drift back but before doing so had the confidence that the Lord would allow whatever was necessary, not that this be necessarily taken away or thwarted but that His presence and strength be there come what may.

*For we wrestle not ...*

*(against flesh and blood)*

*... but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Eph 6:12*

**Re: The explanation (sorry, nothing fantastically demonic): - posted by PaulWest (), on: 2007/4/7 12:47**

I've suffered from sleep paralysis on and off all my life. I first remember experiencing it when I was like 8 or 9 years old. You're about to fall to sleep when suddenly your mind awakens and you are totally cognizant of where you are, how you are laying, everything - only, you can't move. You can hardly breathe. You can barely move a limb. Pressure builds upon your chest, like a weight, and you try to move your lips to make a sound. No air is able to come from your lungs. Everything is paralyzed, and the sensation you experience is one of intense growing terror.

Sound familiar?

It almost invariably occurs while you're on your back, drifting off to sleep. Sometimes, right before the paralysis sets in, you may experience something dark "leap" on your chest. The Scandinavians call this "being ridden by the witch" in their folklore. Othertimes, you may experience an unseen, dark force slowly pulling the blanket off your body. Extreme terror is always present...which may soon escalate into pure panic if you can't "shake out of it" soon.

This is actually a fairly common sleeping disorder, affecting men more than women for some strange reason. Ungodly, unsaved people experience it just as much as saved people; the same symptoms, the same moving of the blanket, the "leap" on the chest, the helpless terror. Apparently, when the body drifts into certain degrees of pre-sleep, muscle relaxation levels are altered. Just like your computer, the body has a "sleep mode" where the part of the brain controlling muscle response goes on standby. Your consciousness, however, is governed by another section of the brain, and if, for some reason, your consciousness is aroused before the muscle response can go off standby, you get the feeling of helpless detachment, or what doctors call sleep "paralysis".

Sorry to take away the all mysticism and sepulchral undertones. Although, I have always been curious about that strange "leap". Has anyone here experienced it? If not, you probably will, now that you've read about it! The mind is a tricky little rascal.

Brother Paul 8-)

**Re: Well ... almost - posted by crsschk (), on: 2007/4/7 19:39**

Quote:  
-----Sound familiar?  
-----

Almost ...

Hi brother,  
Quote:  
-----You're about to fall to sleep  
-----  
...

Wondering about that, all the times this has occurred have been in regular sleep from what I can recall. A lot of the other parts are indeed quite similar... There is a couple of other replies in here that also mention what I would describe as alm

ost a complete lethargy ... Walking for instance. It is in the 'dream' state but it is as if one is laboring in supper slow motion or the equivalent of trying to walk upstream in a moving river.

Quote:

-----Apparently, when the body drifts into certain degrees of pre-sleep, muscle relaxation levels are altered.  
-----

Again, you mention "pre-sleep" ... Maybe I am just misunderstanding but does this ever occur when you are in a deep sleep? Just curious. Most certainly am not one to attribute even something seemingly demonic as well, demonic ... but it is a very peculiar thing.

Quote:

-----Although, I have always been curious about that strange "leap". Has anyone here experienced it?  
-----

To tell you the truth I don't really recall it. Think there is an account in here somewhere when during a time of prayer I dozed off on my face and felt this incredible pull *downward*, like through the floor and as you mentioned, couldn't get the lips to move or the voice to force out ... *Jesus!* Without a mighty struggle ... once I finally did ... "it" let go and I pulled myself back out into pure consciousness again ...

Strange stuff!

**Re: - posted by PaulWest (), on: 2007/4/7 19:57**

Hi Mike,

Well, for me, this paralysis mostly occurs when I'm drifting off. It's occurred during regular sleep (like in the middle of the night), but those times have been far and few. Also, it seems to come in waves. I can go for, say, a year or two without experiencing it, and then have a whole week interspersed by bouts of paralysis. Very strange. I think it may be somehow linked to stress or fatigue.

I remember talking to my brother-in-law, who has also experienced this, and he claims it is a demonic attack. He tells me that when he says "Jesus" it all stops and he can wake up. But I also know that some unsaved people use sleep paralysis as a platform to astral project. When it happens to me, I just coolly identify it for the physiological abnormality that it is and it quickly goes away. This can burst bubbles as some people like to think these occurrences are due to them being super-spiritual and Satan tormenting them as a result. But it happens to atheists, gnostics, buddhists, taoists, muslims, mormons, you name it.

As far as the "slow motion" thing goes, that usually happens in dreams, where I'm either trying to fight or flee. I've dreamt I've been in boxing matches where the punches are...reaaaalll...sllllllllowww. Know what I mean? This, though, is different from what I've been describing with sleep paralysis. In sleep paralysis, my thoughts are lucid: I *know* what's going on. I know I'm in bed, and I know that my mind is awake and alert. I just can't shake off the paralysis.

**Re: Sleep wrestling ... - posted by crsschk (), on: 2007/4/7 20:21**

Quote:

----- He tells me that when he says "Jesus" it all stops and he can wake up.  
-----

Which is quite similar of my own experience. However, as you mentioned this has happened before in a variety of times, when I was much younger, "before" the Lord's true conversion though I always had something of a *desire* after God even young, ah, don't want to muddle this too much.

Quote:

-----But I also know that some unsaved people use sleep paralysis as a platform to astral project. Scary stuff.  
-----

Yikes! Agree. That's the thing, whatever is going on it certainly has a spiritual element about it even with the physiological. I know often as Christians we can jump to all kinds of conclusions and overt examinations and would likely be the first to raise a caution .. but still...

Actually your mention of tying some of this to stress or fatigue is interesting. Even the more overt spiritual attacks without fail come in these times ... am pretty well convinced these forces are cowards ultimately, not to be trifled with yet nor will they trifle when the Lord is present and showing Himself strong.

**Re: Sleep Paralysis, on: 2007/4/7 20:36**

Quote:  
-----A commonly reported hallucination is the feeling of a presence or entity in the room in which the individual sleeps  
-----  
This happened to me about 4 years ago. I would wake in the middle of the night scared to death, literally. I would squint in the dark looking in the corner and seeing this 'thing' that was laughing at me, I didn't hear anything, just saw it laughing. I couldn't get back to sleep.

The next Wednesday night bible study the Pastor was talking about Sadaam's torture chambers and how his son gave him a human meat grinding machine. My heart sunk to the floor, (I thought is this my destiny, is this the method to which I am to die) I was already filled with fear from these night occurrences. It was so bad that I even asked the Pastor's son if I could spend the night at his house. I ended up going home that night and faced my fears. I lay there wide awake, crying out to God, "Why can't I sleep". And a verse was quickened to me, "I have not given you a spirit of fear but of love and power and a sound mind". I grabbed the bible to search for that verse and gathered enough faith to rebuke that thing in the name of Jesus, and I fell off to sleep.

I was talking to my Pastor one day and in the discussion I mentioned what I was experiencing, and he immediately went from talking to being really bold in his speech and told me what to do when that happens again. I heeded his advice and I have never had that thing come back since.

Around this time, I even recorded myself sleeping. Freaky and creepy at the same time, but one encouraging thing that I heard myself say in my sleep was, "I love you Jesus".

**Re: Sleep attacks - posted by crsschk (), on: 2007/4/7 20:48**

Quote:  
-----This happened to me about 4 years ago. I would wake in the middle of the night scared to death, literally. I would squint in the dark looking in the corner and seeing this 'thing' that was laughing at me, I didn't hear anything, just saw it laughing. I couldn't get back to sleep.  
-----

Yes, had some very realistic experiences of demons laughing at me though I was in a drug induced state at the time ...

Quote:  
-----Around this time, I even recorded myself sleeping. Freaky and creepy at the same time, but one encouraging thing that I heard myself say in my sleep was, "I love you Jesus".  
-----

That's wonderful!

**Re: - posted by PaulWest (), on: 2007/4/7 20:53**

Quote:  
-----However, as you mentioned this has happened before in a variety of times, when I was much younger  
-----

Yes, this was when I first began experiencing it. And also in college when I was full of sin and hellbound. It used to terrify me...until I discovered the physiological reasoning behind it. Now, when it happens, I just think "Oh, it's just my mind" and it just goes away. I've heard different things about it, though. Apart from the popular demonic attack theory, some New Agers say that the feeling of paralysis is due to consciously waking up before your soul has made its way back to your body.

Want to hear an interesting story? When I was living in Moscow, I came home to my apartment one day and there was a strange man standing in the lobby of the first floor. As I walked to the elevator, I suddenly felt a sensation of pure hatred hit me squarely on the back. I turned around in shock and looked back to the lobby where he was standing and glaring at me. Later on, I told my girlfriend what had happened and she asked me to describe the man. I did, and she nodded, knowing who he was. As it turned out, this guy was a powerful Russian witch who had mastered astral projection.

Apparently, something terrible happened a few years ago, and his spirit got trapped on a different plane. She knew all the details because this guy was also a spiritual healer - a 'Tselitel', as they say in Russian - that her mother once hired to wave candles over her bad back. Evidently, he took a liking to her daughter, so when he found out her daughter was dating me, he projected his evil hatred at me in the lobby. I was not serving the Lord then, and the experience absolutely terrified me. I had never experienced anything like this back in the States, and even now, years later and soundly saved, I remember the incident clearly.

I said all that to say this: there is a very real sinister "power" that drifts and dwells in the mystical realms of sleep. The occurrences of sleep paralysis and lucid dreams can be used as doorways into this wicked world, and none of it is of God. But Jesus has dominion over every plane of existence and over any and every shark that swims these mysterious and dark waters of the subconscious.

Re: Warfare - posted by crsschk (), on: 2007/4/7 22:42

Quote:  
-----I said all that to say this: there is a very real sinister "power" that drifts and dwells in the mystical realms of sleep. The occurrences of sleep paralysis and lucid dreams can be used as doorways into this wicked world, and none of it is of God. But Jesus has dominion over every plane of existence and over any and every shark that swims these mysterious and dark waters of the subconscious.  
-----

Amen. Well said brother. That is a remarkable experience, once sat in a small group with a missionary who related something similar dealing with a witch doctor ... Can't recall the details exactly just that he felt something hit him as soon as he had walked into this guy's area. He was very easily believable as a man with great character and a firm grasp of the scriptures. Not only that but how he downplayed the whole incident to concentrate on Holiness, which incidentally was even more interesting being that the whole discussion was on spiritual warfare.

Re:, on: 2007/4/9 6:29

Jimbob said:

Quote:  
-----  
I think our **striving for righteousness in and of ourselves**, opens us up for attack as surely as drugs or the occult. Letting God through Jesus Christ be my righteousness was in my experience an immediate victory over demonic forces.  
-----

I believe you are right. We can't fight these things by ourselves, and trying to do so takes us away from the Lord's protection (unless He is gracious and helps us anyway).

That doesn't mean we should cease crying out to Him in such situations, or struggling to move physically, as some have described, but it is *the Lord* who fights for us.

I haven't had this kind of sleep attack, but did have bad dreams as a child. My mother had taught me about God, and to pray, and one day she said, "Why don't you pray about it?" I couldn't have been more than about 5 but I did and the dreams ceased within two weeks!



Of course it isn't always so simple. Maybe the Lord is quicker to answer the prayers of a child or someone who doesn't yet know Him? When we're more mature we often have to struggle - part of our training perhaps!

I used to suffer a lot from migraines, which in my case were definitely demonic attacks (though there were also physical triggers). But from these there was no instant deliverance, just a gradual learning process and a lessening of the severity and power of them, as (so it seems) the Lord dealt with certain things in my life which maybe made me vulnerable.

The Lord spoke to me once, from Isaiah 36, where the Rab Shakeh came with an Assyrian army, to destroy Jerusalem. He taunted king Hezekiah's servants and mocked God.

*...&#65279;8&#65279; "Now therefore, I urge you, give a pledge to my master the king of Assyria, and I will give you two thousand horses—if you are able on your part to put riders on them! &#65279;9&#65279; **How then will you repel one captain of the least of my master's servants...?"***

The Lord said that although I had no power over this "least servant" of Satan, that was causing the migraines, HE would fight for me.

Blessings

Jeannette

**Re: Re: The explanation (sorry, nothing fantastically demonic);, on: 2007/4/9 7:04**

Quote:

-----  
PaulWest wrote:

I've suffered from sleep paralysis on and off all my life. I first remember experiencing it when I was like 8 or 9 years old. You're about to fall to sleep when suddenly your mind awakens and you are totally cognizant of where you are, how you are laying, everything - only, you can't move. You can hardly breathe. You can barely move a limb. Pressure builds upon your chest, like a weight, and you try to move your lips to make a sound. No air is able to come from your lungs. Everything is paralyzed, and the sensation you experience is one of intense growing terror.

Sound familiar?

It almost invariably occurs while you're on your back, drifting off to sleep. Sometimes, right before the paralysis sets in, you may experience something dark "leap" on your chest. The Scandinavians call this "being ridden by the witch" in their folklore. Other times, you may experience an unseen, dark force slowly pulling the blanket off your body. Extreme terror is always present...which may soon escalate into pure panic if you can't "shake out of it" soon.

This is actually a fairly common sleeping disorder, affecting men more than women for some strange reason. Ungodly, unsaved people experience it just as much as saved people; the same symptoms, the same moving of the blanket, the "leap" on the chest, the helpless terror. Apparently, when the body drifts into certain degrees of pre-sleep, muscle relaxation levels are altered. Just like your computer, the body has a "sleep mode" where the part of the brain controlling muscle response goes on standby. Your consciousness, however, is governed by another section of the brain, and if, for some reason, your consciousness is aroused before the muscle response can go off standby, you get the feeling of helpless detachment, or what doctors call sleep "paralysis".

Sorry to take away the all mysticism and sepulchral undertones. Although, I have always been curious about that strange "leap". Has anyone here experienced it? If not, you probably will, now that you've read about it! The mind is a tricky little rascal.

Brother Paul 8-)  
-----

Hi again Brother Paul

Just the sort of thing one of us scientific types *would* say!

Yes, many of these things have a natural explanation, but that doesn't mean they aren't due to demonic attack **as well!**

You would agree that before the Fall these kinds of experiences didn't exist? So us giving in to Satan is the cause of all sickness and troubles of whatever kind. Here's a very good cartoon on it, (wish I could just post it but here's the link) <http://www.answersingenesis.org/aftereden/view.aspx?id=164>

In the Gospels, Jesus healed many illnesses and cases of demonic possession or oppression. Some demonic problems had physical effects. For example, the woman with a spirit of infirmity, who was bent double. There was probably a physical

sical change in her spine, either caused by the demon or a result of the posture itself. But that doesn't mean that everyone with similar back trouble needs prayer for deliverance!

Another example is epilepsy, which can have either a physical or demonic cause. Or maybe both? People also sometimes become schizophrenic as a result of brain damage. Maybe it's physical but maybe the damage simply allowed a demon access (while the person was unconscious?) If they didn't know the Lord they wouldn't necessarily be protected against such unwanted intrusion.

In the Gospels, Jesus often healed people who were deaf or dumb or both. Only once does it say this was due to a demon. There is a clear difference between physical and "hysterical" deafness or dumbness, which even untrained or non-Christians can see. When working in a psychiatric home I helped care for two ladies classed as schizophrenic. One had physical deafness - nothing to do with her mental/spiritual problems. The other was deaf and dumb because of (I believe) demonic influence. There was no known organic cause but she was deaf and dumb all the same.

Love in Him

jeannette

**Re: - posted by PaulWest (), on: 2007/4/9 8:18**

Quote:

-----Yes, many of these things have a natural explanation, but that doesn't mean they aren't due to demonic attack as well!  
-----

Hi Sister!

My wife and I had a discussion along these very lines yesterday morning, while getting ready for church. Science today seems to have an explanation for just about everything; we know all about myelin sheaths, abnormal chromosomal cell mitosis, the growth of malignant neoplasms, blood diseases, the hereditary etiology of certain mental illnesses, etc. But where science and religion are irreconcilable is when a person believes that supernatural powers can be the cause of, say, myelin sheaths eroding, leaving doctors *only then* with the observable diagnosis of MS or whatever else they determine it is. Science observes the sheath erosion, but can only speculate as to how and why it began to malfunction. Medical science can only reduce structure so far - to base molecular chemistry levels - but after that, they're forced to venture into uncharted metaphysical waters. Science will not and can not do that. I happen to believe these mysterious waters are actually shark-infested and can impose influence upon the physical if God so permits. And this is where religion and science part ways.

I want you to know that I believe in demonology, and the Satanic manipulation of the spiritual manifesting in the physical. The pinnacle example of this being classic demonic possession! Jesus Christ, like you said, showed us that the powers of hell can indeed inflict various physical infirmities and take physiological and mental control of a human host. I'm just not sure I believe that *all* sickness and disease have an identical demonic etiology. Liver disease can be caused by excessive drinking, lung cancer by smoking, HIV acquired by a promiscuous lifestyle. Heavy eating before bedtime can influence dream patterns; stress has been linked to acne outbreaks. You also have the hereditary factor, abnormal genotypes - which can be caused by a host of extraneous factors such as radiation exposure, chemical inhalation, etc. Of course, we can break this down further and venture again into what caused an altering of a person's biochemical balance. What gives chemicals their influence - what is the *property behind chemical properties*. What causes the electrons of nitrogen and potassium to behave the way they do, causing at times aberrations in covalent bonding?

Why do men experience "sleep paralysis" and hardly any women? It's fascinating! I'm not saying it *can't* be demonic, because everything we experience, I believe, is case sensitive. I just think we just shouldn't go looking for little demons every time a person sneezes or has a nightmare or a baby is born with autism. Though Jesus and Peter and Paul healed sickness, it wasn't always demons they were rebuking - most of the time it was the "sickness" itself!

I feel sometimes we give demons too much credit!

Brother Paul

Re:, on: 2007/4/9 18:22

Quote:

-----  
PaulWest wrote:

...I'm just not sure I believe that *all* sickness and disease have an identical demonic etiology. Liver disease can be caused by excessive drinking, lung cancer by smoking, HIV acquired by a promiscuous lifestyle. Heavy eating before bedtime can influence dream patterns; stress has been linked to acne outbreaks...

...Why do men experience "sleep paralysis" and hardly any women? It's fascinating! I'm not saying it *can't* be demonic, because everything we experience, I believe, is case sensitive. I just think we just shouldn't go looking for little demons every time a person sneezes or has a nightmare or a baby is born with autism. Though Jesus and Peter and Paul healed sickness, it wasn't always demons they were rebuking - most of the time it was the "sickness" itself!

I feel sometimes we give demons too much credit!  
-----

Hi again

Nice to know we do agree on these things, ;-)

I did wonder if you were being a bit too "scientific" and disbelieve in the existence of demons, so glad of the correction on that.

I find the different ways Jesus dealt with different problems fascinating. Luke I think, (being a doctor) gives more accounts and details of sicknesses healed than other Gospels. He makes clear distinctions between different ailments and their causes - which should silence the mockers who think that belief in the existence of demons is a result of mere superstition in a "primitive" society.

I suppose demon-caused ailments could be classed as due to "spiritual parasitism"...

I didn't realise that sleep paralysis is more common in men, though I have read that we all become "paralysed" while dreaming (normally only during the dream). But this of course is a protective thing (to stop us physically acting out the dreams - which might be awkward, or even dangerous!) Perhaps some sleep paralysis (such as you experience?) is simply an inappropriate manifestation of this process, not directly demonic.

...And migraines are more common in women...

Mmmm, but this doesn't help those who suffer from those conditions...

Blessings

Jeannette

Re: - posted by PaulWest (), on: 2007/4/9 20:13

Here's an interesting article I found on the net regarding sleep paralysis. It's interesting that most cultures describe it in their own language as a kind of paranormal "pressing." Only Finland seems to attribute it to sleep sensory effects. It seems that men and women experience this disorder in equal proportion; though I found that a recent study showed more men are found suffering from narcolepsy, as opposed to women suffering from insomnia - and narcolepsy is somehow linked to sleep paralysis. In any case, this should be pretty interesting for those that have experienced this:

The primary symptom of sleep paralysis is partial or complete skeletal muscle paralysis during the hypnopompic or hypnagogic states. In other words, it is the sense of being aware that one is unable to move or speak while falling asleep or waking up. Sleep paralysis may also be accompanied by hypnagogic hallucinations.

These hallucinations can be auditory, tactile, and/or visual. If a polysomnograph is taken, at least one of the following will be shown: skeletal muscle tone suppression, REM sleep at sleep onset, or dissociated REM sleep. The sleep

paralysis persists anywhere from a few seconds to a few minutes before the person is able to either return to REM sleep or to become fully awake.

#### Possible causes

Sleep paralysis occurs during REM sleep in order to prevent the body from manifesting movements made in the subject's dreams. Little is known about the physiology of sleep paralysis. However, some have suggested that it may be linked to post-synaptic inhibition of motor neurons in the pons region of the brain. In particular, low levels of melatonin may stop the depolarization current in the nerves, which prevents the stimulation of the muscles, to prevent the body from enacting the dreamt activity (e.g. preventing a sleeper from flailing his legs when dreaming about running).

Many people who commonly enter sleep paralysis also suffer from narcolepsy. However, various studies suggest that many or most people will experience sleep paralysis at least once or twice in their lives.

Some reports read that various factors increase the likelihood of both paralysis and hallucinations. These include:

Sleeping in a supine position (facing upwards)

Irregular sleeping schedules; naps, sleeping in, sleep deprivation

Increased stress

Sudden environmental/lifestyle changes

A lucid dream that immediately precedes the episode. Also conscious induction of sleep paralysis is a common technique to enter a state of lucid dreams.

Artificial sleeping aids, ADD medications and/or antihistamines

#### Cultural references

In Chinese folk culture, sleep paralysis is referred as "gēng yā chǎng" or, literally: "Ghost press bed" - The belief is that a spirit or ghost is sitting or lying on top of the sleeping individual, causing the sleep paralysis. This is thought to be a minor body possession by the forces from the dead, and usually doesn't cause any harm to the victim.

In Japan, sleep paralysis is referred to as "kanashibari" - Literally "bound or fastened in metal."

In Thailand, this condition is said to be caused by a spirit or "pee um" which sits or lie atop of the victim causing him or her to be immobile. The spirit causes no harm to the victim and is said to only be playing pranks.

In Scandanavian mythology, sleep paralysis was caused by a Mara - a kind of malignant female wraith who can also cause nightmares. She appears as early as in the Norse Ynglinga saga, but the belief itself is probably even older. "Mara" is the Old Norse, Swedish and Icelandic name, "mare" is Norwegian and Danish.

In Newfoundland, as a visit from the "old hag."

In Mexico, as "subida del muerto" - the dead climbing on top).

In Greek, as mora (in Greek: μόρα; μωρα; μωρα; μωρα), the name has a Slavic root.

In German as Hexendrücken (witch pressing).

In Turkish, as karabasan (literally: "dark presser": kara: "dark/black";, basan: "pusher, presser". Most Turkish people believe that it's a metaphysical incident, and especially religious people believe that it's a jini that causes the discomfort; so generally some kind of prayer is advised).

In Hazaragi, as Shazia Zer Kado (pressing ink).

In the Southern United States, people have described it as "The witch riding your back".

In the Western United States, the Sleep Paralysis is commonly called "Scissor Lock".

In Korea, it is referred as "Gawinullim," literally in English: "To be pressed by Gawi." The meaning of Gawi is clear, generally known to mean "spirits" or "demons." Another word in Korean "Gawi" is a homonym that means "scissors". Such occurrences are usually referenced as "scissor lock" in English.

In Indonesia, Javanese people call it tindihan, spelled traditionally as "tindhihen" (To be laid upon). Also in Sundanese, people call it ereup-ereup. In the Philippines, Sleep paralysis is often associated with Bangungot.

In Malaysia, known as "kena himpap", meaning being pressed down.

In Vietnam, sleep paralysis is known as "ma đè", meaning a ghost or spirit lying on top of or pressing down on the person.

In the West Indies, being "ridden by a duppy".

In medieval times of Europe, attacks of sleep paralysis may have given rise to the belief in mara, incubi, succubi, other demons and witchcraft. People in England believed that witches or hags rode on men's chests as they slept, and the feeling of being unable to breathe was attributed to a hag. This is why people who have had very little sleep may be described as looking "hag-ridden".

In traditional Russian belief symptoms reminiscent of sleep paralysis were attributed to the anger of domovoi, the home spirit, punishing people for bad husbandship or betrayal.

According to traditional Hmong beliefs, various states of sleep paralysis are thought to be the processes in which an evil spirit or demon sits down on a person usually in retaliation to wrongdoings. Some Hmong have deemed it as the process of getting 'squashed'.

Traditional Islamic cultures would usually interpret this as an encounter with a Jinn (or "djinn"); a race of beings, similar to humans which inhabit the earth. The word "jinn" literally means anything which has the connotation of concealment, invisibility, seclusion and remoteness, and is one of the two beings (the other being Human) addressed directly in the Quran. In Islamic text, and scholarship, Jinns are considered beings, which like humans are accountable for their deeds and thus have free will. They are considered to have life and death, society, culture and religion.

In Laotian culture, it is called "pee um" translated as "ghost silencing you". The ghost or spirit is thought to visit you in the night, hold your arms and legs down, and even cover your mouth up so that no sound would come out when you scream.

In Finnish a nightmare is called painajainen, but literally it means "pressing" and is thought to be originating from sleep paralysis sensory effects.

In Hungarian folk culture sleep paralysis is called "lidszorítás" ("lid pressing") and can be attributed to a number of supernatural entities like "lid", "boszorkány" (witch), "tündér" (fairy) or "árny" (shadow). The word "boszorkány" itself stems from the Turkish root "basz-", meaning "to press". New-age practitioners have argued that sleep paralysis might be the point of separation of the "dream body" from the physical body and out-of-body travel then begins.

Scientists believe that many supposed occurrences of alien abduction, out-of-body travel, and other seemingly paranormal events may actually be due to misinterpreting the sensory effects of sleep paralysis.

**I was asked... - posted by theopenlife, on: 2007/4/18 15:46**

I was asked by a moderator to copy my post into this thread. I may expound on it later, but since posting it I received much information and feel settled concerning it now...

----- Original Post

I have sought an answer in the scriptures but am uncertain, does the enemy have power to influence the dreams of true believers? Or should a believer assume that the evil dream is a product of the flesh only?

In the past four months I have experienced a series of seemingly demonic nightmares which seemed to crescendo last night.

I have prayed frequently about them. The passage between instances has become about a month at a time. But last night I had two such nightmares in three hours.

Each time I feel just as coherent and awake as when not sleeping at all. I am also fully aware of the sensation of being in the presence of a demonic power, as it is always the same: a form like a man but composed of and emanating darkness and hate which is visible and felt. The power is directed upon me and flows with the force and fluidity of a waterfall. Though deeply concerned, I have never feared that I was outside of Christ's protection. Then within the dream I pray to Christ and it ends just as quickly. I find myself lying on my bed concerned but not fearful.

I am at a loss to be certain now if this is actually the enemy or rather a powerful resistance of the flesh, or even a business of my spirit? I always assumed it to be of the enemy but the fact that the experience has persisted and that I have not heard of such things discussed by Christians who seem grounded in the word has raised concerns and mild confusion.

I know that Christ was taken probably in a vision to the top of a mountain to view all the kingdoms of the world in a moment. This seems to be an example of Satan having power to influence and alter perception in a godly (God, even!) soul.

I should mention that I am at peace and am comfortable going to sleep. But, admittedly, that isn't how I felt at six this morning when I woke from the most recent one.

Thank you and God bless. I appreciate your prayers and scriptural wisdom.

Michael Spotts:  
[www.theopenlife.com](http://www.theopenlife.com)

**Re: I was asked..., on: 2007/4/18 16:25**

Quote:

-----  
theopenlife wrote:

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Michael Spotts:  
www.theopenlife.com

Dear Brother Michael

I don't have much direct experience with this, Except for being delivered from bad dreams as a child - mentioned on this thread - and maybe one or two experiences of dreaming of an evil presence, but not so serious as yours. I resisted, in the dream, and it went away. The only serious attacks while asleep seem to be migraines, though much less than they used to be. Those are more difficult to resist, but sometimes I'm able to cry out to the Lord and they don't take hold.

Your nightmares certainly sound like Enemy attack. Which is not surprising because he hates God and therefore hates those who belong to Him.

It is encouraging that you feel no fear in these dreams. It certainly confirms that you are the Lord's, and that He is protecting you.

The question you should maybe be focussing on is *why*? What is the Lord wanting to show you, or do in your life, through these experiences? This is a positive question, rather than the question "Why am I under attack?" which is the negative version the Enemy probably wants you to ask, in order to bring confusion and condemnation.

Have you asked the Lord this question specifically? Whatever the Enemy is trying to do through these nightmares, HE is wanting to use what is happening to lead you on in *His* ways and knowledge of Him.

Blessings

Jeannette

**Re: I was asked... - posted by RobertW (), on: 2007/4/18 16:39**

Quote:  
-----I should mention that I am at peace and am comfortable going to sleep. But, admittedly, that isn't how I felt at six this morning when I woke from the most recent one.  
-----

Hi Michael,

I suffered from this phenomena for a number of years sometimes several times per week. So frequent were the episodes that my wife learned to listen for me and shake me awake. I would have her watch me get off to sleep because I could tell when the episode was coming on.

Somehow you get stuck in the sleep process and your body becomes paralyzed and your mind is still active. When this happens (and I think this is a physical problem), it seems to me that the enemy identifies the situation and comes with tremendous violence. He cannot hurt us, but he can sure make you think so. This happens to people from time to time but for a small percentage of people the problem is almost chronic.

Generally you can still control your breathing and by doing that you can either wake yourself up or alert people around you to shake you. A number of years ago God healed me from this and I only have rare episodes of it. I can still tell when it is trying to come on and I prepare for it if possible. So I think it is a physical problem that the enemy tries to take advantage of. Why? I have no idea. I only know that I am never injured from it- only stunned. Sometimes it has angered me at the enemy and increased my resolve. The attacks seemed personal. Whatever the case, our trust and hope is in God and the enemy can go so far and no farther.



**Re: - posted by myfirstLove (), on: 2007/4/18 18:41**

Sleep paralysis is definitely demonic. I use to have them several times a week before becoming a christian.

It really does feel like some force is pinning you down.

I know it is very demonic and I know the reason I use to have it because I was in all types of demonic religions, that was opening more doors for attacks. Whatever I get into, I go all the way! Not only did I have these, but I was possess with many spirits. I literally saw demons and was attack by them in my sleep too. I remember when I was 15 yrs old I got attacked by this demon and he had his hands around my neck choking me then I was lifted off the ground. I know this sounds really crazy, but it did happend. I'm not sure if my physical body was up off the ground or what, but I was in the air. I was so freaked out that I called on the name of Jesus, having heard the name many times when growing up. When I cried out to Him it stopped. Yeah, at 15 I got into a lot of weird stuff, and also my mom was like the queen of spirits. I grew up with her calling all kinds of spirits to dwell in the house. Art was another thing that open the door to more demonic s. Whatever I do I really feel it with my mind because I love meditation and goes deeper into the heart, into the soul. A lot of art has a lot of new age and other spirited things tied into it.

Right after I got saved I went into this convulsion. I went thru this throwing up mode every few minute for 24 hrs. My body was not getting any rest it was kept wanting to vomit every few minutes, but nothing came out, I really thought I was going to die. But, after I was done, I sense peace. I didn't understand it at the time, but now I do. Demons were coming out of me. The demons had to leave because the Holy Spirit was taking over! After that my sleep paralysis was gone. I haven't had any since. Praise God!

If it wasn't for the Lord, seriously I would of been like one of those colombine kids. I was filled with murderous hate that could easily kill others, I even plotted murder on my dad. I look back and I soooooo thank God! He truly saved my life and gave me LIFE! I love Him so much because He first love me! I share this with you all only because I know it gives God all the glory and others hope. He is truly a deliverer to those who put their trust in Him. And He will deliver you all the way, not half way! Nothing is too hard for Him, thats for sure!

God You are so glorious and so merciful!

**Re:, on: 2007/4/24 12:17**

i am not comfortable sharing my personal experience with this. but, there is a small unknown book published around 1970 in Nigeria, of a brother by the name "Emmanuel eni" i think entitled "Delivered from the power of Darkness". i for one am convinced this happens to Christians for a reason,- by the consent of the Lord. now, i don't really know about non-believers though

**Re: - posted by obi, on: 2007/4/25 9:22**

Hi All,

thought i should delete my earlier post. no offense meant.  
Obi

**Re: Sleep Paralysis - posted by Nile (), on: 2007/4/25 9:49**

I have a story to share.

My fiance and I used to listen to heavy metal music and gothic music. About a month ago we realized that this type of music was not glorifying to God and so we threw out our cds and stopped listening to it. We also carried out many more reforms in our lives (reminds me of the Old Testament Kings who would find the Law of Moses, suddenly realize they were living in wickedness, and tear down all their idols).

Just about a week ago my fiance had what we believe was a demonic attack. She was in her room doing homework, when she started to hear some music playing. It started out faint but got louder and louder. She described it as the most horrible, grungy, ugly music she'd ever heard. It had grating guitars and screeching vocals. Well, she thought it was coming

ng from the tv in the other room which her dad was watching - but she went out and saw that it wasn't!!! At this point she was getting scared, and the music kept getting louder and louder until it hurt her ears. She laid down on her bed and was hit by the sleep paralysis described in this thread. She said it only lasted for about 15 seconds, but she couldn't move or talk. She tried to call on the name of Jesus, but couldn't speak. All she could do was cry out to Him in her mind. Thankfully, that was enough: the music immediately stopped and she was able to move again.

Very interesting...we're not entirely sure what to make of it. She dealt in the occult only a tiny tiny bit before she was a Christian, but she does have friends in the occult. Her previous boyfriend from before she was a Christian is also into the occult, and he had cast spells on her in the past without her knowing at the time (to remove bad dreams and other things). In any event, I believe this attack to be the devil's response to such a great step towards holiness in our lives.

In Christ,  
Nile

**Re: - posted by RobertW (), on: 2007/4/25 10:15**

Quote:  
-----She said it only lasted for about 15 seconds, but she couldn't move or talk. She tried to call on the name of Jesus, but couldn't speak. All she could do was cry out to Him in her mind. Thankfully, that was enough: the music immediately stopped and she was able to move again.  
-----

Could it be that the whole event happened while she was trying to go to sleep? Sort of like a nightmare transitioning into sleep paralysis?

Quote:  
-----In any event, I believe this attack to be the devil's response to such a great step towards holiness in our lives.  
-----

I have been told this type of thing many times by youth especially. I don't doubt that they are experiencing 'something'. But I would encourage you to not give place to this in your lives and allow it to become an issue. Just continue to seek God and pray and wash your minds with the word. Remember II Corinthians 10:4, *For the weapons of our warfare are not carnal....* Greater is He that is in you than He that is in the world if so be that Christ dwells in your heart by faith. Truly, there is nothing to fear but God and He is a loving Father to His children. Renounce the hidden works of darkness and any ties to them. Leave no leaven that can leaven again the whole lump. Pull the evil up by the roots.

Submit yourself therefore unto God- resist the Devil and he will flee from you. As you renounce these other things and submit to God you can resist the Devil and he will flee.

**Re: - posted by PaulWest (), on: 2007/4/25 13:34**

I know that there's a certain 'spiritual pride' element that can diffuse from experiencing episodes of sleep paralysis, a notion that can manifest itself in the person thinking Satan has deigned him worthy of torment. They may think that they suffer from sleep paralysis solely because they are Christ's.

But this is not entirely true. Most people you speak to (Christian or not) have experienced this disorder. If someone wants to accuse demons or witches, this is fine. If it helps them rationalize and give occasion to call on the name of Jesus for deliverance - who am I to judge otherwise! I think we *should* call on Jesus when we're overcome by fear - I certainly do!

However, I have found that a solid, physiological understanding of this disorder works also. When I experience the harbingers of S.P. approaching, I immediately recollect the physiological etiology and the whole occurrence is over as quickly as it began. No more irrational fear, no sepulchral undertones.

Which isn't to say a minion of hell *couldn't* enter your bedroom to torment you with fear; I'm just making the same point people now make concerning autism and schizophrenia and a host of other psycho-abnormalities/disorders/diseases that in the past had been attributed to full-blown demon possession.

Brother Paul

**Re: - posted by RobertW (), on: 2007/4/25 13:37**

Quote:  
-----When I experience the harbingers of S.P. approaching, I immediately recollect the physiological etiology and the whole occurrence i  
s over as quickly as it began  
-----

Hi Paul,

Would you mind to share some basic points along this linne as I think it may be helpful and edifying to those of us who h  
ave had this and at times deal with it again. Maybe you already shared on this, if so my apology.

Thanks,

-Robert

**Re: - posted by Nile (), on: 2007/4/25 13:50**

Robert said:

Quote:  
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darkness and any ties to them. Leave no leaven that can leaven again the whole lump. Pull the evil up by the roots.

Submit yourself therefor unto God- resist the Devil and he will flee from you. As you renounce these other things and submit to God you can resist the  
Devil and he will flee.

Amen!

Paul said:

Quote:  
-----I know that there's a certain 'spiritual pride' element that can diffuse from experiencing episodes of sleep paralysis, a notion that can  
manifest itself in the person thinking Satan has deigned him worthy of torment. They may think that they suffer from sleep paralysis soley because the  
y are Christ's.

Good point. We must never cease to examine ourselves for pride.

**Re: - posted by PaulWest (), on: 2007/4/25 14:10**

Quote:  
-----Would you mind to share some basic points along this linne as I think it may be helpful and edifying to those of us who have had thi  
s and at times deal with it again. Maybe you already shared on this, if so my apology.  
-----

No problem, I'll be glad to share it again.

Apparently, our minds go into a kind of "sleep mode" - like the feature on our computers - where the part of your brain go  
verning muscle movement is put on a type of standby. This prevents us from actually "acting out" our dreams (which is w  
hy sleepwalking is another disorder - not demon possession). When sleep paralysis occurs, the part of your mind govern

ing active, lucid consciousness comes out of sleep mode while the part of your brain governing muscle activity is still on standby. This is why you get the sensation of awareness, yet helplessness as far as muscle commands go. Like I mentioned before, this state is supposedly ideal for astral projection and other ungodly, metaphysical activities, but for those who fight against the sensation, it can be a terrifying, asphyxiating battle.

Well, the trick to "snapping-out" of it, as I have found, is to just try to *remember* the physiological reason why you feel paralyzed. It's a mind thing; if you can understand it for what it is, it suddenly loses all its wicked mysticism. It's kind of like suddenly coming to the knowledge in the middle of a nightmare *that you're having a nightmare*. I think everyone here can relate to that. You're having a terrible dream, you've lost your car, someone you loved has died, etc....and suddenly *while still dreaming* you come to the realization that it is all a dream.

What usually happens after this?

The dream ends. It's all over. The mystical, convincing power is gone. The same thing happens with sleep paralysis. Try it next time. I actually had a bout about three weeks ago, and as soon as I understood what was happening, it ended. The thing is getting to the point where you can remember that it is a physiological disorder. Sometimes the fear takes over and you can't immediately grasp this fact. Next time it happens, just try to relax and remember this post.

Hope this helps someone!

Brother Paul

**Re: - posted by myfirstLove (), on: 2007/4/25 16:24**

Paul, I'm not really understanding what your saying.

Are you saying you believe that it is demonic and that you should use pshycology to snap out of it? Or are you saying it is a disorder and that you should use psychology to snap out of it?

I am not trying to be insisitive to others by calling this sleep thing demonic. I am just calling it for what it is and not what America wants to call it.

America got so many names to replace demonic activity and then we wonder why we don't see miracles while other countries will call it for what it is and many miracles are happening.

**Re: - posted by RobertW (), on: 2007/4/25 16:54**

Quote:

-----Like I mentioned before, this state is supposedly ideal for astral projection and other ungodly, metaphysical activities, but for those who fight against the sensation, it can be a terrifying, asphyxiating battle.  
-----

Thanks for sharing Paul. When I was a teen I suffered from this and it was more of a nuisance than anything- though it did have a notion of panic, etc. However as time has gone on it seems my experience has become increasingly 'violent'. I would know I was in the state as you mentioned and even that I was 'stuck' there. Yet last year I suffered an attack that was a little more difficult to explain. I didn't feel particularly spiritual or worthy of a beating from the devil or anything. It just seemed that somehow the enemy took notice of my state and somehow attacked. I can't explain it, but just in case others have suffered something similar.

**Re: - posted by myfirstLove (), on: 2007/4/25 17:39**

I want to make it clear with my last post that I do not think those who are believers if they are experiencing Sleep Paralysis they are possessed. I don't believe that Christians can be possessed by demons. They can be attacked or influenced by them only.

**Re: - posted by PaulWest (), on: 2007/4/25 17:47**

If you want to believe this is demonic, fine. I won't rain on anyone's parade. Technically, I suppose one can attribute all sickness and disorders and nightmares somehow to demons. But you need to understand that our bodies are defective, and things like stress and bad eating habits can often trigger symptoms. Everything bad that happens isn't always demonic. You eat poorly, you expose yourself to heart disease. Satan didn't do it. You eat heavily before you go to sleep, you increase the chances of having a nightmare. Demons aren't necessarily standing over your bed sprinkling spooky dust on your head each time you have a bad dream.

There are quirks in our bodies. I don't know why our minds sometimes wake up before our skeletal muscle system does - just like I don't know why some kids are born with autism and can recite an entire phone book. But understand that I am presenting nothing new here; Doctors have already observed the phenomenon of sleep paralysis in clinical observations and have noticed changes in brain waves and neuron patterns. There is a wealth of information out there.

I repeat: This isn't to say *every single account of sleep paralysis cannot be demonic*. All that I am saying is there is a *physiological* explanation. Just like there is one for cancer and Hansen's disease (leprosy) and MS. When we became Christians, we didn't discard medical science and become cookie-cutting ranters of old wives tales and folklore junkies.

At least I hope we didn't. Demons are real, demonic activity is real. Please understand that I've seen demonic manifestations both in the church building and on the streets while preaching. I've seen instant healing take place, and I am in no way discrediting the supernatural. I am, after all, a Pentecostal Christian. But I am also not so foolish as to give Satan instant credit for everything seemingly inexplicable and disquieting.

My method of escaping sleep paralysis works for me; if you feel you need to call on Jesus to rebuke the paralysis demons, by all means - do it! I would only ask that you not get apprehensive at the possibility of someone shooting down the fantastic theory of the supposed demon and witch culprits behind all cases of sleep paralysis.

Brother Paul

**Re: A Good Link - posted by PaulWest (), on: 2007/4/25 18:15**

For anyone that's interested, here is pretty good page from Stanford with a bunch of links to sleep paralysis:

What is sleep paralysis?

Sleep paralysis consists of a period of inability to perform voluntary movements either at sleep onset (called hypnagogic or predormital form) or upon awakening (called hypnopompic or postdormital form).

Sleep paralysis may also be referred to as isolated sleep paralysis, familial sleep paralysis, hypnagogic or hypnopompic paralysis, predormital or postdormital paralysis

What are the symptoms?

A complaint of inability to move the trunk or limbs at sleep onset or upon awakening

Presence of brief episodes of partial or complete skeletal muscle paralysis

Episodes can be associated with hypnagogic hallucinations or dream-like mentation (act or use of the brain)

Polysomnography (a sleep recording) shows at least one of the following:

suppression of skeletal muscle tone

a sleep onset REM period

dissociated REM sleep

Is it harmful?

Sleep paralysis is most often associated with narcolepsy, a neurological condition in which the person has uncontrollable naps. However, there are many people who experience sleep paralysis without having signs of narcolepsy. Sometimes it runs in families. There is no known explanation why some people experience this paralysis. It is not harmful, although most people report feeling very afraid because they do not know what is happening, and within minutes they gradually or abruptly are able to move again; the episode is often terminated by a sound or a touch on the body.

In some cases, when hypnagogic hallucinations are present, people feel that someone is in the room with them, some experience the feeling that someone or something is sitting on their chest and they feel impending death and suffocation. That has been called the "Hag Phenomena"; and has been happening to people over the centuries. These things cause people much anxiety and terror, but there is no physical harm.

What else can you tell me about sleep paralysis?

Some people with disrupted sleep schedules or circadian rhythm disturbances experience sleep paralysis. A study found that 35% of subjects with isolated sleep paralysis also reported a history of wake panic attacks unrelated to the experience of paralysis. Sixteen percent of these persons with isolated sleep paralysis met the criteria for panic disorder. How can I stop the sleep paralysis?

In severe cases, where episodes take place at least once a week for 6 months, medication may be used.

You may be able to minimize the episodes by following good sleep hygiene:

- getting enough sleep
- reduce stress
- exercise regularly (but not too close to bedtime)
- keep a regular sleep schedule

<http://www.stanford.edu/~dement/paralysis.html>

**Re: - posted by myfirstLove (), on: 2007/4/25 18:32**

Paul, I understand that our bodies are defective. Things like heart disease and stuff that bad eating can cause, I do believe it is from our eating habits and it's not demonic. But things that you can't really explain are more likely demonic. The doctors will want to try to explain it, and of course they will say it's something that has to do with your body because man, especially America has to have an answer to everything.

Only America will and maybe Europe will call sleep paralysis something else besides demonic.

Many Christians will say that's demonic if it is making the person acting psycho, but when it comes to everything else, it has a medical name.

I believe there is more demonic activity and possession going on a lot more than any other generation. Look at our society, the music, violence in music and t.v., fashion, pornography, video games, the many false churches. Many children are being raised in this and we wonder why there's shootings in schools!

Paul, please know I am not trying to get you upset. I really didn't understand what you were saying in that post. You use quite a few words I didn't understand. You have to dumb it down for this Asian :)

God bless

Re: - posted by PaulWest (), on: 2007/4/25 18:37

Quote:  
-----It just seemed that somehow the enemy took notice of my state and somehow attacked. I can't explain it, but just in case others have suffered something similar.  
-----

Absolutely, I understand this. I believe that being stuck in this state would give great advantage for a wicked spirit to launch an attack. And maybe the spirit was able to even induce the state of paralysis. All I am saying is that sleep paralysis, in general, is considered a neurological sleeping disorder. The same idea could be said if a person is given to sleep walking. I suppose this again would be prime occasion for an opportunistic wicked spirit to strike, though sleep walking in itself is not demonic, per se. It is a neurological disorder that the Lord can heal.

Re: - posted by PaulWest (), on: 2007/4/25 18:52

Hi Lisa!

Quote:  
-----I believe there are more demonic activity and possession going on a lot more than any other generation. Look at our society, the music, violence in music and t.v., fashion, pornography, video games, the many false churches. Many children are being raised in this and we wonder why there are shootings in schools!  
-----

Yes and amen. The prince of this world is Satan.

Quote:  
-----Paul, please know I am not trying to get you upset.  
-----

I know this, sister, and I hope I have not upset you. I really believe that sleep paralysis can be a doorway through which a wicked spirit can torment. All I was trying to say was that the etiology (the cause) for the skeletal muscle paralysis has been pin-pointed to a certain neurological disorder occurring during various stages of REM sleep, and this has been clinically observed. Most everybody who suffers from sleep paralysis - saved or unsaved - exhibits the same global symptoms. But this in no way implies that the disorder *cannot* be demonically induced or used as a doorway through which a spirit can torment. We know, for example, that people are able to astral project through this doorway. It therefore certainly appears to be a gateway of some sort leading into an ethereal, supernatural realm.

Quote:  
-----You use quite a few words I didn't understand  
-----

I apologize, sister! I am now looking over this post with a scrutinizing eye. I guess I'm just so used to dealing with science and all the terminology that goes along with it, that sometimes I forget that not everyone here has taken college microbiology and pathology and chemistry. I had all that stuff ruthlessly drilled into me in mortuary science school - and it sticks with you! You should hear my wife talk, you think I'm bad. She's an RN and uses terms and talks about diseases I've never even heard of. Alas, I'm just a lowly mortician. If anyone should have stories of demon activity and be quick to relegate everything to the macabre and fantastically wicked, it should be me! All alone in the morgue, working long nights, etc.

Quote:



-----You have to dumb it down for this asian  
-----

No way, sister! I've read your posts and you articulate yourself just fine. I'll certainly try to be more conscientious when it comes to scientific terminology, though.

With love and respect to my sister,

Brother Paul

**Re: - posted by letsgetbusy (), on: 2012/12/13 17:45**

I have had some more of these type of experiences lately. While I am a sinner, saved by grace, I would say that I am more conservative than my Christian friends as far as what movies I watch, games I play, etc. While years back I felt I had a lot of things in my life that could have been causing the episodes, it doesn't seem to be the case now. I have prayed for restful sleep before dozing off, but telling God, "nevertheless, whatever Your will be."

Not to freak anyone out or make myself seem like someone I'm not, I just want to tell what has happened to me recently so if one of you experience something similar, you will know you're not the only one. The other night I woke up during sleep paralysis, and it still felt like a force was trying to choke me. Honestly, I was thinking, "you've got to be kidding me." But I just prayed and trusted The Lord and it eventually went away. I have had a couple more episodes of less interest, so I just woke up and did prayer and Bible study. So I figure, the enemy is getting the worst of it whether it's just a medical condition, or an attack of darkness.

I like to think about when Wigglesworth woke up and saw Satan manifest next to him, but just remarked something like, "oh, it's just you", then rolled over and went to sleep. Awesome!