

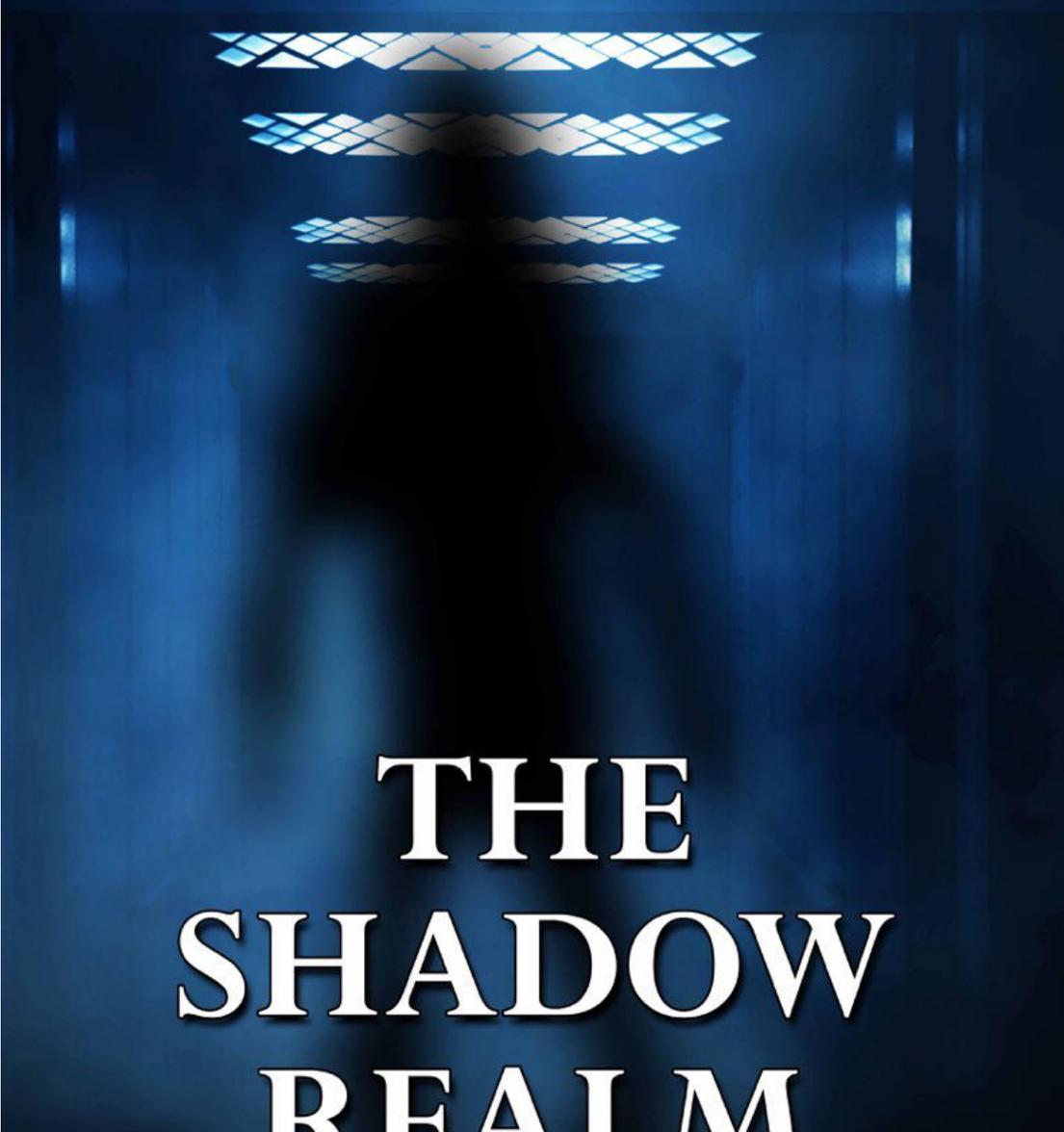
MONIQUE JOINER SIEDLAK



**THE
SHADOW
REALM**

**A Journey into the Mysterious World of
Shadow People**

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Introduction

There are several reasons you could find yourself here, reading this book. The human mind has a natural tendency, for one, to ponder on thoughts of the unexplained and mysterious. No one will blame you if you are quenching that intrepid curiosity—the same one urging you to know more and more. I am someone who has always been fascinated by the strange and dark mysteriousness of these supernatural beings.

Or, you could be here because you've had unsettling or puzzling experiences, and you're seeking answers. Many people share these instances with you, so there is no shame in admitting you may have encountered a shadow person. Whether you've seen a strange figure in your room at night, gone through an episode of sleep paralysis, or noticed creepy events unfolding throughout your house, you likely have questions.

Many scientists and theorists have examined, evaluated, and cross-examined the subject of shadow people. The first thing to come to your mind when you imagine a shadow person might be something you would see during sleep paralysis. Still, there are a multitude of various types of shadow people as well as explanations for them. While there is still some mystery surrounding them, there is some comfort in the knowledge you have available.

Waiting within these pages is a trove of fascinating, compelling, and valuable information on what shadow people are what they mean, where they come from, and what their place has been throughout history.

There are many explanations and stories involving shadow people, from science, mythology, and religion. We can learn a great deal by examining the cultures of others and listening to their advice. There are also more kinds of shadow people than you may realize. We will also talk about omens, demons, ghosts, wisps, and other paranormal beings you may or may not have heard about.

What we will delve into throughout these chapters could be crucial for your life right now - or it may not. Whether you're seeking to resolve a spiritual issue you're going through in your own life or simply trying to soak up all the knowledge you can, it may likely be relevant to you at some point in your life. You never know when you need to consult words once again or when a loved one might turn to you looking for advice. It's better to be safe than sorry and better to be aware than ignorant, contrary to popular belief.

You must understand, however, not to take this information lightly as you proceed. These matters can often be serious, as fun and intriguing as they can be to casually study.

I caution you to treat paranormal beings and the subject of them, whether you fully believe in their existence or not, as weighty and significant. Don't go carelessly dabbling or experimenting with things or places you don't understand, for you do not want to invite something sinister into your life.

With this in mind, I'd like to bolster you in going forth and drinking up the whole world of knowledge that awaits you!

Chapter 1

What Are Shadow People?

Have you ever experienced an old-fashioned fear of the dark? Are you a little terrified at the thought of walking out into the night, surrounded by pitch blackness with nothing so much as a candle or phone light to comfort yourself? Many children, of course, struggle with these feelings even more than adults. It's part of the reason "nightlights" became popularized. Most adults, though, still feel at least a little twinge of discomfort in complete darkness.

Many researchers agree that this comes from an evolutionary trait our ancestors used many years ago when they weren't so high up on the food chain. Because there were so many nocturnal predators, the dark of night was associated with danger. Our lack of efficient eyesight in the darkness doesn't help either.

For most people, this doesn't necessarily translate into a full-blown panic. Still, it's uneasy enough to keep us on our toes. When we look out into the dark and feel that instinctive prickling on the back of our neck, we are simply afraid of the unknown. Our minds like to conjure up potential threats, predators, and monsters. This could very well have something to do with the presence of these shadow people being so unnerving.

Fact or Fiction?

There is a great deal of debate around whether shadow people are truly supernatural beings, whether they are figments of the imagination from an overactive brain or simply nothing.

As I mentioned, many people deal with at least a certain level of discomfort in the dark or when facing unknown things. I can shed light on the truth of what shadow people are and when to recognize an actual encounter with

one versus paranoia. It will help you in dealing with any level of fear surrounding them. After all, coming to know the truth of something lessens the power its mystery holds over you and empowers you to take action.

Some believe that shadow people don't exist and are created when our mind tricks us into the dark. Sometimes, we can work ourselves up enough to begin seeing strange figures and shapes in the shadows where they are not. A good indicator for determining if what you are experiencing is real is analyzing your environment and emotional condition before the experience.

Some good questions to ask yourself may include the following:

Where have my thoughts been the past few hours before seeing this figure?

Have I watched media that disturbed me, made me fearful, or creeped out?

Have I participated in any discussions within the last day or two that involved the paranormal or something otherwise frightening?

Sometimes things we watch, say, or think can predispose us to look for specific threatening visuals. This may be partly due to our evolutionary tendency to be alert to predators. Suppose you find that you are seeing these shadowy figures consistently without any of the previously mentioned factors. In that case, you may very well have encountered a shadow person.

The existence of these beings isn't completely deniable, whether popular perceptions of them are accurate or not. Many people have gone through supernatural experiences and witnessed these shadowy phenomena on more than one occasion. Some have even seen their shadow-like silhouettes seem to move across the room or slink into a corner. Whatever your personal experience has been, it and you are valid.

Next, we'll delve into what these beings may look like and the patterns they typically exhibit.

Appearance

Many who have encountered shadow people would describe them as something akin to a dark, not quite discernible, shadowy figure. Often they are said to look like a person, explaining why they are labeled as shadow people.

There are reports of shadow people with some variations. Some have threatening, glowing red eyes, and others appear to don a hat or cloak, while some take on more of a mist like a non-humanoid figure.

These figures are mostly seen out of the corner of your eye when you aren't looking directly at them but at a passing glance. This could be explained by their mysterious nature; perhaps they don't want to be seen most of the time.

Many people witness figures like these during bouts of sleep paralysis. Still, they have been seen often during waking hours, which makes them all the more mysterious. Some people report seeing them move across walls, often strangely and unnaturally. Sometimes when they move, they take on an amorphous sort of misshapen look, gliding out of their predetermined shape during movement.

This factor is even more interesting because we usually glimpse them through our peripherals. More rods are gathered in the peripheral sections of our eyes than cones; rods are responsible for picking up signs of movement rather than detail. This could very well mean that perceiving a shadow person from the corner of your eye denotes they have already been moving. Whether you witnessed it or not, a little bit creepy.

Generally speaking, shadow people inspire a sense of unease in most people. It makes sense when you consider our predisposition towards fearing the unknown. Another interesting theory, the uncanny valley, could come into play here. Essentially, this phenomenon references the collective discomfort many people feel when they see something somewhat humanoid or bearing human-like characteristics that are not fully human. This effect has been observed in robots, dolls, and even animated characters in movies. Shadow people come across as ambiguous; it's hard to ascertain what they are just by looking at them. This is why I will be breaking down the many possibilities, origins, explanations, and even types of shadow people.

Behaviors

There are various types of paranormal beings, some of which may have already come to your mind before you began your research. There are theories of ghosts, demons, interdimensional creatures, and even time travelers - all of these things have interesting characteristics and dimensions. No one has decided for certain what these shadow people are.

Different forms of shadow people exist, stemming, perhaps, from any or all of these life forms. They could encompass a trace of energy or essence left behind by one of these entities.

This could lend some explanation to the fact that people have witnessed many different types of behavior from shadow people. While it seems, in most cases, they display passive tendencies, appearing to watch from a distance like an eerie stalker, they have also been known to show aggression. Some people have even reported being attacked.

People experience different feelings around them, too, mainly when their appearance differs from the “plain” black shadow people you may picture automatically. Some carry strange auras that radiate ill intent, curiosity, or even hatred.

Sometimes the presence of shadow people also seems to cause dreams. Begin experiencing nightmares or sudden terrors in the night after spotting one. It may be a reason for concern. This could be a sign of the shadow person’s intent and nature. Of course, there’s the phenomenon of sleep paralysis outside of dreams. While many scientists agree this is most likely due to neurological processes, it is still a frightening experience and not one to be minimized. Even science doesn’t have a complete explanation for this, so we can’t really rule out shadow people having an influence.

While there is undoubtedly much to speculate about these unsightly beings, tracing their presence back through time can be incredibly useful for learning more about them. From now on, we’ll look at their history to build an even more comprehensive view of what they truly are.

Chapter 2

History and Folklore

“The modern term “shadow people” was apparently coined by paranormal researcher and book author Heidi Hollis, who claims that shadow people have been around since the beginning of time...” (Kahn, 2021).

While Heidi Hollis is a contemporary author, shadow people have been mentioned throughout history in folklore and personal experiences for at least millennia. Heidi has also said they’ve been around since the beginning of time. It is also interesting to see them show up in mythology from continents across the globe. Although there are some variations in their legends and stories, this seems to point to the genuine possibility these entities are real and don’t only exist in mind.

As we delve into the many winding paths of the history of shadow people, we will explore several different origins within mythology and compile all the roots so we can observe how they cross and intertwine. History is a great indicator of the past. Still, it also helps us understand the present and prepare for the future.

Japanese Folklore

In Japanese folklore, there is a belief in the nukekubi, a type of yōkai or supernatural creature. The nukekubi is said to be able to detach its head from its body and fly around as a shadowy figure.

African Culture

In many African cultures, there is a belief in the ancestors, who are believed to exist in a separate realm from the physical world. The ancestors are said to be able to appear to their descendants as shadowy figures.

Choctaw Mythology

It is estimated that the Choctaw people and their descendants have inhabited the Mississippi region for between 4000 and 8000 years. Their culture is rich in history, folklore, and stories. In the current day, they have three distinct and federally recognized tribes. When we dig into their mythology, there are clear connections between a particular entity called Nalusa Chito and what we dub “shadow people.”

The Choctaw people have stories of this being, which is also known to them as an Impa Shilup. They call him the “soul-eater,” and his appearance was identified as being long and black, with small eyes and pointed ears. This creature seems closely connected to a person’s inner being and state of mind. They believed he would creep inside somebody’s mind if they were overcome by depression or evil thoughts and eat their soul. This idea is unnerving, to say the least.

The Nalusa Chito has a lot to do with a person’s inner being because the Choctaw believed that men have two shadows: outside and inside. Shilup is a man’s inside shadow. Similar to the concept of a soul, and is said to depart to a sort of afterlife called the land of ghosts. However, they say a man’s outside shadow, the shilombish, would be left behind on Earth. Shilombish is the outside shadow. It would be left to wander around their old home to frighten those who remained there. An eerie fact about this creature is that it would often imitate the sound of various animals. The Choctaw people knew how to differentiate it from real animals by discerning if it received a response.

The similarities between this entity and the shadow people many have witnessed are somewhat chilling—it would certainly explain why most experiences carry a malevolent undertone. The idea of a person’s inner shadow, or soul, being left behind is very similar to mainstream concepts of ghosts and widely accepted definitions.

Cherokee Mythology

Within the Cherokee myths, there is said to be a creature known as the Raven Mocker. Although they are identified as witches, they still exhibit characteristics reminiscent of anthropomorphic shadows. It takes the shape of a bird as it moves through the air, giving it its title, and makes a piercing raven-like cry to announce its intentions. This introduces perhaps their most terrifying characteristic; their purpose is to go into the house of someone ill or dying and reap their soul. When people hear its cry, they understand what is about to transpire.

They appear as either human-like shadowy figures or invisibly to whoever is sick, and crowd around them in groups typically to torment and frighten them as they pass. There are stories about these monsters, including one about people who could keep them from coming into sick peoples' houses because they possessed knowledge of the right medicine. If no one was there with this medicine, they believed these witches would take the heart out of the sick person's body. Because they weren't visible, no one else in the room could see them and would only notice the heart was gone after they had left.

Egyptian Mythology

There are also stories of shadow people within Egyptian folklore. They believed that a person's soul had seven distinct parts within them. Each of these parts are presented as physical manifestations performing different tasks, even after death.

The particular piece of the soul they identified these shadow people as is called Khaibut. It is said to take the shape of a shadowy man, able to move around on its accord. These beliefs also led the Egyptians to conclude that a person's shadow contains an essence-like piece of them within it.

Greek and Roman Mythology

There are other sources of mythology that describe a person's shadow as a completely separate entity. Science would regard our shadows as simply a natural occurrence from the sun shining over us. Still, there are many ideas

in folklore about a person's shadow either coming alive or having sentient characteristics.

The people of Greece and Rome had very interesting beliefs regarding shadows; they both saw a person's shadow as being able to be separated from their physical body. The Greeks, for instance, believed a person could give up their shadows to one of the gods. Some sinister parts of this process involved Zeus Lycaeus, the origin of werewolves. They believed that "if a person went to the temple or sanctuary of Zeus Lycaeus, they would lose their shadows" (The Crowin' Hen, 2009). This ties into the medieval idea that creatures such as werewolves and vampires could not produce a shadow.

In Roman mythology, they called a person's shadow (or ghost) a shade. They believed these shades journeyed down into the Underworld after they died. They were also known by the word "Umbra." Not everyone, according to their beliefs, was sent there. Similar to the Christian ideas of heaven and hell, they said that a select group of people would not be reduced to shades and would instead live in the divine sphere.

European Folklore

There were some interesting European beliefs as well regarding shadows and the soul. Their mindset contributed to assumptions about witches and how they thought they could identify one.

Because they believed that a person who had sold their soul to the devil had no shadow, they'd corner women suspected of witchcraft to see whether or not they still had a shadow. This is yet another instance of shadows being linked to someone's soul.

There were also many superstitions in Europe revolving around a person's shadow, such as warnings to not let it fall over a grave or come too close to a cliff.

Perhaps their most frightening folklore about shadow people is their belief "that the shadow beings desired blood and without it, couldn't be reborn"

(The Crowin' Hen, 2009).

The Djinn

In Middle-Eastern culture, there are stories of beings called the Djinn. Arabian lore says that these creatures were created from the winds and out of the smokeless fire. They were generally regarded as having various intentions and personalities; some people viewed them as benevolent, although they typically sought after something in return for their help. In this way, they weren't truly positive beings, as they were most sought after for their own well-being and benefit.

Djinn are said to be similar to demons because they have a sort of agenda against us humans. Their tendency to mischief leads them to willingly and intentionally cause havoc and confusion; this stems from the fact that they have free will. In other words, Djinn can display good or evil behavior of their own volition.

One major reason people connect Djinn to shadow people is that they can shapeshifter. Typically, they cannot perfectly change themselves into a human likeness; some part of their body betrays their true nature. There are also dozens of stories about the Djinn making contact with humans, sometimes going out of their way or sometimes after being summoned ritualistically. Both of these things tie into the shadow people we're studying.

After all, if it is possible for some of them to actually be Djinn in disguise. It might make sense that they have made themselves known to humans repeatedly.

Paganism

When we look at traditional Pagan beliefs regarding shadow people, we can see a stark difference in the connotations. Rather than thinking shadows are malevolent beings seeking harm or signifying a restless soul, they believed this person had achieved everlasting peace. They viewed these entities as people free to wander, unencumbered by any needs.

Not all Pagans think this way, but some view shadow people similarly to many others. With this in mind, most of these beings likely have some negative energy or intent. I can't stress enough how important it is to be careful when dealing with or researching them. What you expose yourself to in the spiritual realm can reap various outcomes, some being unsavory.

Gender

A side note about the typical encounters people have had with shadow people is that nobody ever sees a feminine-looking figure. Reportedly, they always have either a masculine body structure, sometimes with a hat and coat, or appear unidentifiable. It is still being determined if this is significant to what shadow people truly are. Still, it could clue us into the nature of non-corporeal beings and even the human soul.

Chapter 3

Scientific Explanations

When we look to the scientific community for answers on this subject, it's a mixed bag. There are, however, general ideas most scientists have reached a consensus on. Science would affirm that these shadowy people and ghostly encounters have no factual basis in evidence and are created in our minds. I can't say for certain one way or another which is true, but we will take a closer look so you can evaluate and weigh them for yourself.

Scientists would say that some of these experiences, at least in your waking hours, could result from heightened senses, emotions, and nerves.

Essentially, you may see an odd shape in the darkness that turns out to be a cluster of items on your chair or dresser. We've all been here before, regardless of what we believe about shadow people. They also might bring up intentional blindness, a term used in psychology that means failing to notice visible objects or people. At the same time, your attention is entirely focused on something else. How often, when we are absorbed in paying attention to one thing, might we miss entirely something else happening around us? In other words, we might spy on strange movements or see a door left mysteriously open without realizing somebody else come into the room moments before and opened it.

There is an interesting idea in psychology known as confirmation bias. Many people tend to subconsciously seek "evidence" or information that confirms pre-existing beliefs or expectations. In other words, seeing something akin to a shadow person could be possible simply because the idea has been planted in your mind. You either want to or are fearful of encountering one.

People frequently witness shadowy figures when they fall into a deeply unsettling event known as sleep paralysis. During these events, the person will find themselves in a state between sleep and consciousness but unable to move their body. Most reports of shadow people in modern times occur

while someone is in this state. Usually, the witness will see a shadowy, humanoid figure standing somewhere in the room or even next to their bed. They become terrified for a moment as they helplessly observe, then slip back into sleep.

There are several scientific explanations for sleep paralysis. According to many sleep researchers, “in most cases, sleep paralysis is simply a sign that your body is not moving smoothly through the stages of sleep” (Felson, 2020). It could also indicate a lack of sleep, sudden changes in your sleep schedule, or increased stress.

One study in Switzerland in 2006 found that certain brain stimulation in the left temporoparietal junction can cause a person to feel an ominous shadowy presence around them. The young woman being examined spoke of feeling the shadow person behind her, at one point even touching her. She claimed to know, too, what he wanted from her. These findings were interesting because scientists sometimes link witnessing shadow figures with certain psychiatric and neurological disorders.

When a person enters sleep paralysis during the REM (Rapid Eye Movement) stage, it can feel like dreaming while awake. Because we experience dreams during this stage of the sleep cycle, our bodies seem to shut down our muscles as an almost protective measure to keep us from moving around and possibly hurting ourselves while dreaming. This ties into why sleep paralysis involves the inability to move or react to what we see. At this point, people often experience what science calls hallucinations, where they may see a shadow person in the room. Scientists call this a result of your brain working hard to interpret any signals your eyes pick up in this confusing state of consciousness. Whether this is true or not, the experience can be completely terrifying.

Chapter 4

The Future of Shadow People Research

Despite the many reports of sightings of Shadow People, much still needs to be understood about these entities. Now we'll explore the future of Shadow People research and what may be possible.

Scientific Study

One area where there is room for more research is in the scientific study of Shadow People. While some researchers have explored the possibility of sleep paralysis and hallucinations as explanations for Shadow People encounters, much is still not understood about these entities. Subsequent scientific studies may explore the brain activity associated with Shadow People encounters or investigate the potential for these entities to exist in other realms or alternate realities.

Parapsychological Investigation

Parapsychology studies paranormal phenomena, including encounters with supernatural entities such as Shadow People. While parapsychology is not widely accepted as a legitimate field of study, there is still the possibility for more examination of these wonders. Parapsychologists may explore the possibility of telepathy or extrasensory perception as explanations for Shadow People encounters.

Integration with Spiritual and Occult Traditions

Shadow People encounters are often associated with spiritual and occult traditions. Future research may explore the connections between these encounters and traditional spiritual practices, such as shamanism, or magical practices, such as witchcraft or demonology. Researchers may

explore the potential for Shadow People encounters to be used as a tool for spiritual growth or healing.

Anthropological Investigation

Another area where there is room for more research is in the anthropological investigation of Shadow People encounters. Anthropologists may explore the cultural beliefs and traditions surrounding Shadow People encounters in different societies or explore the potential for Shadow People encounters to be used as a form of cultural expression or resistance.

Community Outreach and Support

Finally, as research into Shadow People encounters continues, there is a need for community outreach and support. Encounters with Shadow People can be traumatic and isolating, and it's important for people who have had these experiences to have access to resources and support. Future research may focus on developing interventions or support networks for people with these encounters.

While much still needs to be understood about Shadow People encounters, there is potential for future research to shed more light on these phenomena. Through scientific study, parapsychological investigation, integration with spiritual and occult traditions, anthropological investigation, and community outreach and support, we may better understand these entities and the experiences of those who have encountered them.

Chapter 5

Types of Shadow People

Now that we've gone over general information and the history of these strange beings, we can dissect some more of the specifics. By looking at the various experiences and legends surrounding shadow people, we can make one specific judgment call—not all of them act the same. In fact, it seems there are different types of shadow entities with differing behaviors and outward intentions.

Though I would not necessarily advise making friends with any of these entities, documenting their actions can help us as a general populace better understand what they are, where they come from, and how to handle them.

Dangerous or Aggressive Shadow People

Almost every person who has come in contact with one of these shadow people experienced an ominous or threatening sensation during the encounter. Whether or not the figure actually displayed outright aggression or ill intent. However, many recorded instances have mysterious or clearly violent circumstances.

First, we'll briefly review some of the shadow creatures mentioned from different mythological backgrounds with malicious objectives. The shadow beings mentioned in Choctaw, Cherokee, and Middle Eastern stories all display violent or, at the least, selfish behavior. The Nalusa Chito, mentioned earlier, are set on chasing the remaining family members out of the home. Raven Mockers from Cherokee legends literally steal the souls of those dying. Djinn are known to be self-centered beings that provide favors while looking for ways to trip up the humans they help.

Some shadow people, though they look the same as many non-aggressive, featureless shadow people you may have seen before, have been known to

target sleeping individuals. These creatures have “beaten, choked, and even picked up and dropped” people in their sleep (Maggie Clendenin, 2021).

Science has shown that during sleep paralysis, it is possible to experience a choking sensation, so some have dismissed these encounters. It is difficult to say whether this explanation suffices. For those who have gone through these traumatic situations, it must have felt as real as another person in the room placing their hands on them.

Others exhibit stalker-like activity, watching obsessively and unrelentingly from your house’s walls, corners, and crevices. They may not attack, but in these cases, people report seeing them repeatedly, and when they do, the shadow creature does not waver or hide from view. Why do they observe with such interest? That question remains unanswered.

One person who shared their story online described a shadow person seemingly bent on inciting terror. They described how while taking a midday nap, the entity appeared during what felt like an inescapable, lucid dream. During this episode, they began hearing the sounds of a television show beside their bed, even though nothing was there.

Then, they heard a knock at the window. Behind the glass, pane crouched a dark, faceless figure. The second figure of identical stature entered through the bedroom door and sat at the edge of the bed. The shadow person spoke, “I would be afraid too. This is what nightmares are made from (Audrey Webster, 2018).

Whether this was a dream or not, it is evident that whatever being they encountered did not have benevolent intent.

There is another story worth mentioning. It’s of a particular apartment complex in Knoxville, Tennessee. In current times residents there have spoken of encounters with shadow people. There is a reasonable amount of questioning about whether this is connected to a mysterious death that took place there in 1928. The case involved a woman named Lillian Haynes, who suffered a bloody death within the estate that used to stand on the grounds of the current complex. Suspicions arose because of the multitude of unanswered questions and the fervent way her son insisted on it being

suicide rather than murder. Some suspect the shadow people seen throughout this apartment complex could be restless spirits connected to this brutal and somewhat ambiguous death.

Visitors and Transient Shadow People

Some theorize that shadow people are more closely connected to humans than we may think. Still, others believe they could be aliens—pun intended. These ideas are more prevalent among those seeking scientific explanations, yet in a way, seem the most inexplicable.

One of these theories suggests that shadow people are time-traveling visitors, coming to our place from another point in the future, explaining their human-like form. Brandon Hall says, “It is the nature in which they travel that makes them unable to materialize as fully formed humans when manipulating the space time continuum” (Hall, 2019). They believe these beings are simply a trace of the people passing through and observing.

It is interesting to think what this would imply if it were true. If all shadow people are time travelers, we have to wonder about the violent behavior some have exhibited. It seems a bit questionable unless some people from the future are simply looking to play tricks and let out their anger on unaware civilians—or maybe ancestors? It seems more likely that if time travelers in the form of shadowy specters exist, they are just one type of shadow person.

Another theory is that these entities are actually extraterrestrials, and there is a connection between their appearances and alleged alien abductions. People who have spoken of encounters with aliens typically noted unsettling behavior, such as passing through walls or disappearing and reappearing at will. An episode on the show “Ancient Aliens” talks about shadow people and their potential otherworldly origins. It is certainly unnerving to consider these very real possibilities and how you would react if you ever encounter one yourself.

One more interesting possibility involves the concept of astral projection—in other words, out-of-body experiences. Some believe that when we sleep,

we all travel in these astral channels, projecting a piece of ourselves outward and unconsciously moving about. Some wonder if these shadow people could be a manifestation of this projection and if we are witnessing others wander about during their sleep.

Sometimes transient shadows may be shadowy figures that appear to be traveling to a particular destination, not paying any attention to the people who observe them. These exude an intense air of mystery, considering it is nearly impossible to tell where they are from or what they want. People may also call these rambling shadows because they move from one place to another with no pausing in between and no consideration for any humans who may be around. Considering these theories of time travelers and extraterrestrial beings alongside this behavior, it is possible to infer some connection between them.

Shadow Figures as Omens

The word “omen” itself carries many connotations, just as the word “shadow” does. Omens are events that people believe signify the coming of something, either good or evil. The term may initially trigger negative ideas and foretelling, but it could also prophesy positively. However, in most cases where shadow people are associated, it seems more likely they are warnings of illness. Possibly even death.

Typically, omen-bearing shadow people are tied to a single person, sometimes witnessed multiple times, and then disappearing after an unfortunate or traumatic event. There have even been sightings of shadow people inside hospitals; the amount of foreboding energy must be unmatched for those who witness them while waiting at the bedside of a loved one.

Haunting Shadow Figures

Unlike the shadow people who appear as omens, those who haunt are usually tied to a specific place, such as a house, building, or other types of location. Many would agree these hauntings stem from an event, almost

always something negative, violent, or traumatic. This thought brings me back to the story of Lillian Haynes in Knoxville, Tennessee.

Whether you believe the ruling of Lillian's death is truly a suicide, or if you agree with those who think there is something more to the story and an even more sinister explanation, there is very likely a connection between her tragedy and the current shadow figure sightings. Could the shadow people witnessed by the inhabitants of this apartment complex be there due to Lillian's death, haunting the grounds? We don't know, but we can't rule out anything.

These entities tend to display more aggressive behavior, ranging from negative and intimidating energy to physical attacks and, in extreme cases, possessions. Shadow figures this malicious and intent on harm are usually tied into the demonic and can be incredibly dangerous to encounter. Some people enjoy exploring and investigating places that haunt harbor presences. Still, I'd strongly advise you to be very careful and think twice before putting yourself in these situations.

If you have found yourself living somewhere you've witnessed a repeatedly aggressive entity, there are certain steps you may want to consider. If the being starts making moves to physically harm you, make sure to either take steps to remove the being or remove yourself from the premises. We will further explore some methods of protection and spiritual cleansing in the book.

Chapter 6

Main Types of Shadow People

We have looked extensively into the different behaviors, general patterns, and theories of shadow people and where they come from. Now, we will identify them with some distinct differences. These types of shadow people are partially why we know there are different groups and not just one kind of entity. They look different in appearance and also give off very recognizable auras.

Human Shaped Shadow People

The most commonly known shadow people are the human-shaped ones. This is likely because they are the most often observed and talked about. Especially online and on social media. There are also different types of human-shaped shadows and multiple causes people attribute to their sightings. People have seen these shadow beings awake, dreaming, or in sleep paralysis.

They are often seen with no sort of adornment, visible clothing, or features. They will appear on walls or in dark corners, though some have reported standing beside their bed at night.

While they carry an undeniable negative energy, and most people feel uneasy or even frightened upon glimpsing one, this type of shadow person isn't typically harmful. They will usually watch someone from a distance, exhibiting a sort of curiosity. It is possible; too, that they are in some way leeching off the energy people exude. This could very well contribute to the negative and fearful feelings they inspire.

The Hat Man

There is a type of human-shaped figure known as the Hat Man. While most shadow people appear genderless, featureless, and without clothing, the Hat Man is known by adding some coat and hat. People have described them as wearing varieties of trench coats, capes, and cloaks, as well as top hats, fedoras, and cowboy hats. The variation here is interesting because it automatically implies that there are multiple Hat Men instead of just one visiting numerous people.

Similarly to other shadow people, the Hat Man has been seen both awake and asleep. Some even claim to feel and see the Hat Man on top of them in their bed during sleep paralysis, pinning them down. There have even been times the Hat Man acts as an ill omen, appearing to someone right before a traumatic event. Other than this behavior, they are known to observe from the sidelines rather than interact closely with the people they visit. Interestingly enough, while some have only encountered them once, others claim to have been stalked by a Hat Man for years.

These Hat Men exude negative and intimidating energy wherever they go, leaving those who see them feeling threatened and vulnerable. Many even report being left with an unexplainable feeling that they will see the Hat Man again. Because of their attire, there is speculation that these are intelligent entities, intentionally keeping us from understanding their origins because we are not ready to access that knowledge. Some people even think they may be aliens, time travelers, or people from another dimension collecting information and knowingly instilling a sense of fear in us. The thought of an entity like this watching you for years and gathering information about you is sure to be disturbing...

Hooded Shadows

One more interesting form of a human-shaped shadow figure is known as a hooded shadow. These beings are similar to the Hat Man in that they are less ambiguous than other shadow people. Instead of wearing a hat or a coat, though, they don a hood over their head. They aren't known as being aggressive but seemingly curious as they observe.

Being around one of these can still be frightening because they radiate sheer hatred. We'll talk even more about these guys further.

Black Mass Shadow People

It is hard to say which is more ominous: a shadow person with a distinguishable human shape or one that seems to move and contort less clearly in a blurry haze. Black mass shadow people don't hold true to one rigid form as the human-shaped ones do; instead, they resemble more of a shadowy cloud. However, their essence makes it clear to anyone in the room that an entity is present.

When we look at the beliefs surrounding these shadow figures, they become even more foreboding. Many think these shadow figures were once negative human spirits that have begun losing their humanity and growing in power. In a way, they are a step between human-shaped shadow people and the aggressive demonic shadow people we will discuss next.

Somehow these beings absorb negative energy, perhaps from lingering around the places they originated from or even the humans they encounter. The fear they instill produces negative energy for them to feed from. As they build this energy, their link to humanity weakens, and they fade more and more into a distorted version of what they once were. If you see these beings several times, you should be watchful and think about taking action sooner rather than later. You never know when they can morph into a more dangerous life form.

Red-Eyed and Demonic

These entities are some of the most dangerous and fear-inspiring shadow people there are. Molded from evil and ill intentions, they target the individuals they encounter with pure malice.

You can spot these shadow figures by their glowing red eyes and typically exaggerated yet somewhat human-like appearance. They may have a large stature, elongated limbs, or even wings and horns. This visual alone is terrifying, and if you spot one even once, I won't blame you for leaving

and/or moving away immediately. They are most commonly tied to one location, which makes it easier to leave them behind.

They can also sense fear, and the stronger someone's fear grows while in the presence of a red-eyed shadow person, the stronger this entity grows in power.

Some say these demonic creatures are created when a particularly evil human passes away and transforms "into this dark, ominous form to continue their evil, malevolent ways" (Natalia Kuna, n.d.). These evil spirits may also be the product of a regular human-shaped shadow person devolving over time as they grow more and more distant from their original human identity.

While most shadow people observe or aim to frighten whoever comes across them, demonic spirits are incredibly prone to aggression and much more likely to physically attack and harm you. This is one reason everyone should proceed with utmost caution if they enter any area known for high levels of spiritual activity. It is certainly ill-advised to look for these entities or participate in risky activities such as using a Ouija board or holding a séance. You never honestly know what you might stir up and encounter.

Chapter 7

Other Forms of Shadow People

With all the information we've discussed already, the paranormal realms seem nearly endless. There are even more entities that fall under the category of shadow people. These creatures may not look like the typical human-shaped shadow person that first comes to mind at the mention of shadow people. Still, they exhibit some similar behaviors and characteristics.

Some of the creatures we will cover here are encountered more regularly than others. Some are elusive and stuff of old legends that may have only been seen by very few. A closer look will help us further unveil and demystify the supernatural landscape.

The Mist

Some shadow people don't even have a solid or corporeal form, let alone a human-shaped one. These shadows of the mist appear like clouds of shadow or vapor, moving like a billow of mist across the room.

Despite their seemingly insentient nature, with no features causing them to appear either human or even like any particular creature, those who have reported witnessing them claim they give off an aura of intelligence. It is interesting since they could be mistaken for an inanimate force of nature.

Some who have encountered them also report that they are more attracted to negative emotions. They seem more likely to show up after or during high stress, sorrow, anger, or trauma.

The Wisp

Will-o-wisps are one type of shadow figure that seems to portray an eerie kind of beauty. These wisps are recorded in folktales from multiple European countries, tales of travelers spotting them in swamps, bogs, graveyards, and other paths. These travelers would come across them while traversing an unknown place at night and the wisps shone through the dark like a beacon of security and hope. However, these beings aren't as helpful as they seem, and most often, in all stories, carry malicious intentions.

Will-o-wisps have been described in several different forms. Some stories talk about them appearing as small, floating blue flames or lanterns giving off an ethereal light. They have also been known to look like floating orbs of ghostly lights; one nickname for them is "ghost lights," a nod to this description.

There have been many other names for will-o-wisps throughout time. They can be called "hobby lanterns," "spook-lights," "jack-o-lanterns," "foolish fire," and even "ghost candles" when found inside a graveyard.

In some versions of the will-o-wisp's tale, they are spirits forced to wander amongst the marsh with only a light, signifying some misdeed they committed while alive. Other European stories describe them as wicked fairies or other supernatural beings. They use this light to lure travelers down the wrong path, ultimately causing their demise. There are a few similar variations of this story, though.

There is one spin on the tale from Ireland, in which an evil-doer named Jack strikes a bargain with the devil, tricks him, and is ultimately denied entrance into both heaven and hell because of his deeds. The devil gives him a single ember to use within a makeshift lantern, and he is forever doomed to wander in the twilight world with other lost souls.

Welsh folklore says that the lights we identify with wisps are carried by malevolent creatures rather than spirits. They call them "fairy fires;" they are held in the hands of a goblin-like creature, which tricks travelers by leading them off the path and leaving them lost in the dark. Similarly, Devon and Cornwall produced stories of the pixy light, another glowing light known to lead wanderers astray and away from safety.

There are even renditions of these stories in Asia. One example is the marsh ghost-light, named by the Bengalis, which are strange orbs of light seen hovering over the marsh at night. They are considered some apparitions living in the gasses of the marsh, striving to confuse fishermen and make them stumble into the marsh—causing them to drown.

However, modern science says that some of these sightings may be caused by the gasses of decaying plants and shining phosphorescent light.

We can't say with absolute certainty whether some of these spirits are the same entities found in different parts of the world, but their similarities are striking. Either way, they are yet another mysterious and malicious creature of the night looking for nothing but mischief.

The Crawler

Not much is known about this entity, unlike many of the others we've discussed here. Still, we will delve as much as possible into what a Crawler is.

A 2012 episode of the show "My Ghost Story" features a story of the Crawler, a strange being that haunted the halls of a church in Oklahoma. In his book "A Walk in the Shadows," Mike Ricksecker also details this event.

The bizarre Crawler made its home inside an abandoned and run-down church, even though Crawlers are said to most often dwell in the forests. They have the appearance of a somewhat humanoid figure adorned in taut white or gray skin and sunken eyes. They are one of the most disturbing shadow beings to see and one of the scariest. Crawlers are incredibly aggressive and dangerous, with sharp claws and teeth made to harm. They move around on all fours with incredible speed, making it very hard to view one clearly as they run so fast they can look like a streaky blur.

Crawlers almost seem more like anthropomorphic monsters than kin to the other shadow people. Still, we can't rule out any relation because it is unknown just what they are or where they come from.

Shadow Animals

A less frightening, creepy shadow specter is witnessed here, and there is the shadow animal. They can come in multiple species, like dogs, rats, and apparently apes, but are most commonly spotted as cats. If you are an animal lover, encountering one of these may be almost thrilling. They are, however, one of the most challenging shadow figures to find. They are usually low to the ground and move incredibly quickly, exhibiting elusive behavior. This makes them exponentially less likely to seek out interaction with humans than many other types of shadow beings.

From what we know, these beings are not particularly dangerous or certainly not as much as other aggressive shadow figures. They pose no more threat than the living animals we share our space with. They can carry various intentions, though, so they could be set on creating mischief. They have even been known on rare occasions to target people or other animals they dislike and go out of their way to annoy them.

The Old Hag

The Old Hag, otherwise called Night Hag, is closely associated with sleep paralysis in modern science. Health professionals will almost certainly tell you they are merely a product of this sleep-time phenomenon, but how can we know? We've dug into every other topic with a need for information and a questioning mindset, so we will do the same for this one.

Those who have seen The Old Hag describe her as an old witch with long white hair, all dressed in black. She is almost always experienced sitting on the chest of her victims, pressing down on them with actual weight and understandably bringing an undeniable sensation of dread. Science chalks these experiences to simple sleep paralysis hallucinations, as with most shadow people's visitations. There are multiple cultures, however, with legends surrounding this creature.

Nigerian stories speak of a demon-woman rendering you motionless by jumping on you during your dreams. Japanese people believe it is a spirit seeking vengeance. Brazilians have lore about a crone called Pisadeira

attacking people in their sleep when they lie on their backs. Again, it seems a strange coincidence that so many people worldwide share similar experiences and legends. These aren't the only ones; stories of the Night Hag and similar entities come from Scandinavia, Fiji, Turkey, Thailand, China, Korea, the Philippines, and many others.

Some have even witnessed the Old Hag without hearing stories of her or what she does to those she visits. The similarities between stories shared online are truly uncanny. One detail that separates these stories from regular shadow people encounters is that the Old Hag always has distinct facial and/or clothing features. Witnesses can describe their faces, hair, and clothing—much more than can be said about undistinguishable human-shaped figures.

One person, upon recounting their story, says:

It happened for the first time when I was 14. I couldn't move, didn't understand what it was. The most prominent time having to experience sleep paralysis was last year while lying in bed. I fell asleep quickly but then woke up with the pressure of a hand on my right shoulder. When I turned around, I saw the old hag! She had long, craggy gray hair, a pale greenish face, a long nose, and—creepiest of all—her eyes were all black (Wagner, 2019).

Some have described this witch-like creature as biting or strangling them or others with them in the room.

Whether the Night Hag is truly just a symptom of sleep paralysis or an entity of her own, she would be terrified to encounter it.

Chapter 8

Just a Dream

It's no wonder that scientists don't know everything there is to know about sleep and dreaming; who's to say if they ever will? There is so much about the dreamscape that is, by nature, elusive and fantastical. It's hard to know the meaning of the people, things, and creatures we witness while asleep or half awake.

It is possible to study the nature of dreams from a scientific standpoint. Certain parts of our brain activate while we're dreaming, "like the hippocampus, involved in the formation of long-term memories, and the amygdala, which governs responses to fear" (Orlando, 2020). Many agree that dreams generally stem from our experiences and wishes during waking hours.

There is an interesting theory about the reason we have dreams which strongly relates to shadow figures. This is called the threat simulation theory of dreaming, and it stipulates that our dreams can be used as a biological, evolutionary defense mechanism. Many dreams involve a threat of some kind, whether physical, mental, or social. Granted, some dreams may seem like silly nonsense. However, when we consider this idea, it gives us another glimpse into the world of shadow people and why some people dream about them.

When we dream about these threats, as mentioned earlier, this theory says it is our brain's way of practicing our responses to them. Because there are no consequences or "actual" dangers during our sleep state, it is a safe environment to rehearse and encounter threats. Throughout this chapter, we will discuss a few aspects of sleep and non-sleep, how they relate to this theory, and a few more interesting types of shadow people you may encounter.

Sleep Paralysis

As we again come back to the idea of sleep paralysis. We must confront the reality that it currently poses as the most popular explanation for shadow people sightings in the scientific community. Because of this, it is primarily accepted by the general public, which makes sense when you consider the sensibility behind it and the implications we'd need to consider if shadow people truly are real. The idea that all these experiences can be explained away by an intriguing bodily phenomenon is comforting, understandably, to many. There is a good reason behind this, as the realm of shadow people and figures isn't one to be trifled with.

For those who do see or feel the presence of shadow people during episodes of sleep paralysis, what then does this mean? Well, we can ascertain another possibility when we look at it through the lens of the threat simulation theory of dreaming—mentioned in the previous chapter.

Even if these encounters with shadow people are not completely real, just something concocted by our brains during this half-conscious state of being, it doesn't necessarily mean these entities don't exist. Sleep paralysis typically occurs during the REM cycle of sleep. When dreams occur, the resulting hallucinations could be part of a dream. If our dreams are a defense mechanism built into us through evolution, perhaps our brains show us shadow figures to prepare us for the ones we could encounter in the real world.

As I talked about early on in this book, shadow figures have been witnessed and observed since the beginning of time worldwide. Some may have even been present on this Earth before humans came to be as they are today. Deep within us, our brain still knows of these beings and understands they are a threat. It conjures up images of them in our dreams to keep us in practice and make us aware of what we are dealing with.

After all, dreams and sleep paralysis aren't the only times people have seen these shadow figures. This thought, combined with the previously mentioned theory, almost perfectly discards the opinion that shadow people do not exist in any sense. If nothing else, shadow people stumbled upon in our waking hours merit some investigation.

Outside of Sleep Paralysis

By understanding our experiences with shadow people during sleep paralysis, we can better understand those that occur outside of sleep paralysis and vice versa. Continuing to discuss the threat simulation theory of dreaming and how it ties into this topic will help us identify the reality of shadow people in our world.

Almost all types of shadow figures we have discussed thus far have been encountered and talked about in stories that occur either during sleep paralysis and while awake or just while awake. Many nonhuman-shaped beings, especially the will-o-wisps and Djinn, are known for their activity and interactions with conscious human beings. Certain types, like regular human-shaped shadow people and the Hat Man, have been witnessed in both situations. Only the Old Hag is referenced explicitly as a sleep paralysis creature. Even then, some people have stories of Night Hag sightings while not paralyzed.

Plenty of people have observed shadow people awake at night in their homes, in the daytime, or outside of their houses. This is further discussed in the section “Shadows in The Wild.” If our brains use sleep paralysis to prepare us for real-world threats, these entities seen while awake could very well be real and worth avoiding.

Deep Shadows

In the following few sections, we will explore more types of shadow figures and people, exploring the deeper meanings of their presence and what they mean for us in the waking world.

These beings are a bit different from many others we have dissected. They each instigate thoughtful analysis not only of them and their properties but of ourselves and the society we live in. As you read through these, you may find yourself asking some questions internally:

What does this entity have to do with me?

Why did they get this way, and why are they here?

Does their existence offer any knowledge or new perspective on the world around me?

Take your time for the rest of this chapter—there is no need to rush. As you dive deeper, you can also think about the ideas we've discussed, such as the threat simulation theory, and how they may apply to each subject.

Not Like Other Ghosts

Ghosts are a tricky subject and definitely a complicated one. So many cultures have different ideas of what ghosts are, whether they exist, and what forms they may take on. Most people do have generally similar preconceived notions about what ghosts are, though, and what they might look like. This chapter has yet to discuss that; these shadow people are a bit different.

When you think of ghosts initially, you may likely think of a person who has died and whose soul, or a fragment of their soul, is left here on Earth. Your ideas and knowledge on the meaning of souls or spirits will certainly be challenged and possibly expanded as you read about the next few shadow figures.

These beings are worth pondering because their existence in our world could significantly impact our views on the supernatural and how our souls are affected by the lives we lead as humans.

Wild Shadows

Shadow people haven't only been seen inside homes or other buildings. In fact, shadowy figures, sometimes human-shaped, also exist in places in the wilderness.

We talked about will-o-wisps earlier, which have been witnessed in the wild, in marshes and swamps, in every story they're in. Legends from years' worth of folklore across multiple countries place them in either these

settings or graveyards. Their location seems to play a great role in their behavior.

Just like these wisps, there are also human-shaped shadows at home in the forests. Unlike will-o-wisps, these beings don't exhibit any harmful or aggressive behavior and don't really interact much with people. They watch and observe silently, occasionally mimicking the behavior of living humans, posing no real threat. They will sometimes imitate the way a person walks or walk at the same time as them. A fun fact about these shadows is that their movement doesn't create any sound, like a normal human walking through the woods and stepping on leaves or twigs would. In this way, they are almost like a person's actual shadow.

There are a few different theories about what these beings are and why they live in the forest. After all, these shadows, in particular, remain in one location instead of following any human home or even out of the woods. Some believe they are guardians of some kind, watching passively over the trees and wildlife. This would certainly explain their connection to the woods; perhaps they are spirits seeking to keep the peace between wilderness and humans. Those that believe in this call them "shadow stalkers."

If this idea is based on truth, I have to wonder what this means regarding land conservation efforts and environmental protection. Something may be learned from these beings and their dedication to wildlife. Even the possibility of them serving this role on their land provokes thought about our society's efforts to preserve nature.

Others speculate that they may actually be lost souls, doomed to wander the woods forever because they were previously lost as humans. This is slightly eerier, as it means they aren't confined to the forests of their own accord but instead trapped there.

Shadow Anomalies

Some peoples' experience with shadow people hasn't fallen neatly into the categories we've discussed thus far. In fact, there are many miscellaneous

encounters where the supposed shadow person had distinct features or even closely resembled a deceased family member. Still, more people have seen shadow creatures that look like horrifying monsters.

One person's story from childhood details a shadow man they witnessed standing by their bedroom. They described him as "a Native American man standing in the frame. He stood at about 6'5", wore a black suit with an old-fashioned top hat, and had long hair and sharp blue eyes" (Webster, 2018). Later on, this person found out from their father that this description sounded eerily similar to the appearance of his late great-uncle. The thought that the spirit of a long-gone relative could be in your house brings a lot of conflicting feelings. It makes me wonder what exactly causes a person's soul to be left behind like that.

One person also remembered seeing a shadow at the young age of two or three years old. We talked about shadows with red eyes, but this figure on their wall had glowing white eyes and seemed to move toward them.

Another unusual thing about these unexplainable shadows is that some have been caught performing human-like activities. Some have seen them sitting in rocking chairs in their living room, acting as if they live there themselves. Others report hearing the sounds of breathing coming from them and even whispers. Hearing a voice transmitted from one of these otherworldly, frightening beings has got to rank up there with the most disturbing of possible encounters.

Chapter 9

Interdimensional Shadows

What's bigger than a planet? A solar system. What's bigger than a solar system? A galaxy. What's bigger than a galaxy? A universe. The next question may surprise you, but... what's bigger than a universe?

A multiverse.

There are so many big and understandably hard-to-understand topics and unbreached places in our world. The idea that there could be more than one universe is difficult to wrap the mind around. There is much more to learn about our oceans and galaxy, let alone other dimensions. If you've ever felt so small while gazing up at the bedazzled night sky, just pondering the depths of space and all those stars and planets above. Imagine how tiny you might feel if you knew there were other universes and dimensions aside from our own. I know I feel it.

There are, in fact, some who believe in a multiverse theory. I understand if this idea seems too unbelievable to be based on science. However, some interesting thoughts about physics attempt to explain how this may be possible. While some believe in one or a few parallel universes, others think there could be a great multitude or an infinite number of them.

The Big Bang Theory says that our universe was created when it expanded and grew extremely rapidly; they call this process inflation. This inflation continued for a certain amount before eventually slowing and supposedly ending. However, theories of the multiverse wonder if this inflation could have continued in certain, far-off parts of the universe since inflation didn't end everywhere simultaneously. Paul Sutter wrote, "Individual universes can "pinch off" of larger inflating, expanding universes, creating an infinite sea of eternal inflation, filled with numerous individual universes" (Sutter, 2021).

With this theory, it would not be easy to suppose there is an overlap between these universes. This is because of infinite expansion and the idea that the edges of our universe and possibly others would be continuously moving away, making it nearly impossible to ever reach the next one. When we look at occurrences of the supernatural, however, the question tends to arise whether there truly are other dimensions outside of our own and if there are times when they tear or collide?

Some theorists talk about other dimensions existing very close to the ones we know of, like height, length, and width, but are invisible to us. Some also consider time a dimension of its own, opening up possibly interesting takes on time-traveling shadows. Suppose there truly are dimensions invisible to the naked eye, moving and shifting around us or parallel to us. Could other beings slip through and make themselves visible?

This brings us around to the possibility of interdimensional shadows. We've talked so far about time-traveling and extraterrestrial shadows. Still, shadows perceived to be from another dimension fall into a whole other ballpark of theory and scientific thought. While you may think this is a farfetched idea, I would encourage you to dwell on how outlandish some of these other stories and tales from folklore may have seemed before you learned more about them. As we dive into the explanations for these entities, I urge you to keep an open mind.

Another train of thought involving multiple dimensions suggests that they could sometimes overlap or "mesh" with ours through vibrating particles. As the particles move around each other and intersect, it could open up small pathways for interdimensional beings to slip through or even cast a "shadow" through.

The shadow figures we sometimes see at night, cast on our wall like a disembodied human shadow, slinking across our room unearthly, may not even be physically present spirits or entities. What if they were just a trace left or leaked from a doorway into another dimension? Maybe the real being is on the other side; maybe they are just as puzzled as we are because they might observe the shadows we cast ourselves.

This could be a very likely possibility for those shadow people who appear to “ramble” or act as if they are locked on to their destination. These shadow figures we’ve talked about already have been seen walking (or floating) determinedly in one direction, giving no acknowledgment to any of the people around them. Maybe this is because the shadow we see is similar to our own when the sun shines over us. Maybe we are seeing their shadow leak through between dimensions, giving us a glimpse into their world without truly knowing what it looks like.

Suppose these shadow figures are from another dimension. In that case, this could explain why some of them display intentions of their own and sometimes even take action. There could be aggressive beings in a dimension close to ours who, by nature, seek to harm others. Perhaps they could just be seeking a way to get back home, though, because too much of their essence has crossed over, and they don’t know where they are. They may think they are in danger, surrounded by unfamiliar surroundings and people they do not recognize.

This thought may draw you to sympathy or to want to figure out why a shadow person might repeatedly be showing up around your house. Though an aggressive or foreboding shadow may only be reacting out of fear or survival instincts, protecting yourself first and foremost is important. I would discourage you from trying to communicate with these beings in any way, especially if they have displayed negative behaviors already. If these actions seem to progress or start trying to harm you, you should take the necessary steps to either rid them of your home or leave. I have brought this up a few times throughout this book, but I cannot stress it enough.

I also mentioned time being a supposed dimension, but this doesn’t have to relate to the idea of time travelers. If it is a dimension, it does open up the possibility for time travel in the future, with people finding a way to travel along that dimension. Some theorize, though, that people may also unintentionally project along this dimension.

They question whether the shadow figure they are seeing could be a future version of themselves, leaving some visible trace of their spirit. If it is tied more strongly to location, though, it might even have to do with future residents of your home. The shadow could even be a relative, somewhere

down your family line, visible to you either because of your blood connection or their physical presence in your home.

Previously we discussed the possibility of shadow people being aliens and extraterrestrials visiting us from outer space. I didn't mention then that some believe there are already shadows here on Earth, either in disguise or living in another dimension very close to us. Perhaps the shadows we see are alien figures in disguise, trying to emulate our appearance but failing to get it right. Some of them could be seeking to study us, explaining why some people are stalked by these shadows and carefully watched. They could also be slipping in from another dimension, unknowingly leaving marks on our world.

It is uncertain what their purpose for coming here and watching us could be if they truly are alien life forms. Only time will tell; maybe one day, they'll decide to make themselves known for what they really are.

Some religions also believe in a spiritual realm, separate but closely connected with the one we inhabit. In Christianity particularly, they believe in demonic entities (as well as angels) that exist at times all around us in a dimension we cannot see. If you share these beliefs, you might suppose shadow beings are a kind of manifestation of these entities leaking through into our own realm and showing up, whether intentionally or not.

The unknown factor of these shadow beings makes it extremely important to be careful in researching or seeking them out. A greater understanding of what they are and all the possible explanations for them is infinitely helpful in recognizing this. I also understand that many curious souls like me are craving more information and a fuller view of the world around them. As we progress scientifically as a society, we may uncover even more knowledge about these mysterious beings. Who knows? One day, we will be advanced enough to cross knowingly over into other dimensions ourselves.

Chapter 10

Ghosts

What are ghosts, really?

For starters, they could be a possible explanation for the presence of shadow people, or they could be simply one out of many types of shadow figures. Before examining these ideas, we need to cover the basic concepts of ghosts and where they come from.

One of the simplest and most common definitions of a ghost is the soul of a once-living human or animal left behind on Earth. Many people have seen and experienced ghost sightings for years upon years. It is so common a phenomenon, in fact, that there are extensive resources for finding stories of ghostly encounters. There are dozens of TV shows, movies, and video games centered around paranormal activity — ghosts specifically.

To believe in ghosts implies the existence of some form of afterlife. After all, the ghosts I am writing about here are the souls of people who have passed on, left behind to dwell in an indeterminable state of being on this Earth. Considering that not every person who passes on remains here in this ghostly state, there must be somewhere else their souls are going. That, my friend, is a conversation for another day. Many cultures believe that the soul exists separately from the body and can linger after death.

Though there is no consensus on the scientific proof for the existence of ghosts, there is also nothing granting science the ability to disprove them. With so many shared experiences, evidence, and documented accounts, it makes sense that so many people still believe in them. Even more difficult to disprove is the idea that every human has a soul, or spirit, occupying their body. As many would attest to, we are much more than the physical flesh we inhabit. The complex emotions, memories, values, cultures, and ideals that make the human race different have been around for centuries.

As with the shadow figures we've discussed, ghosts can be tied to locations, objects, and people. When it comes to places, they typically haunt areas where a significant event has occurred. If the ghost seems restless or aggressive, something traumatic or violent happens in the place they are tied to. There are many stories of haunted homes plagued by a ghost who died a tragic or malicious death, stuck in that place and lashing out because of their trauma and grief. There have even been sightings of phantom armies on famous battlefields like the site of the American Civil War battle of Gettysburg and spectral sightings on a retired British Navy boat-turned-cruise ship known as Queen Mary.

When ghosts are attached to a particular person, it usually either means something traumatic has happened to them, or they somehow surround themselves with a great deal of negative energy. There could also be some connection between the living person and the ghost; for example, a family member having difficulty passing on and into the afterlife, clinging to their relative. There is also the possibility a person might "pick up" a ghost after encountering them inside their house, interacting with them repeatedly, and leaving. This situation doesn't appear to be very common, though.

Ghosts have been known to be passive or aggressive; there are even a few different ghostly entities. Another popularly known form of ghost is the poltergeist. These beings have been experienced since Ancient Roman times, generally exhibiting the same behaviors for each haunting.

Poltergeist hauntings can be some of the most frightening because they definitely make their presence known in loud and obnoxious ways. Though multiple people in the same house will usually witness their activity, they tend to center or focus on one specific person, acting up the most when they are around. Poltergeists show themselves by sliding furniture around, knocking over objects, tapping on walls and other surfaces, and even throwing items through the air.

Usually, these occurrences will only intensify over time as the poltergeist proceeds to shake windows and beds, make loud noises, speak in an audible voice, and on rare occasions, physically manifest with images of a present apparition. While these are some of the rarest haunting experiences, it doesn't make them any less terrifying. Many TV shows and movies like to

portray hauntings by these entities, capitalizing on the intensity and palpability of their presence. Even a series of films go by their namesake (Poltergeist from 1982).

In extreme cases, these hauntings can result in physical harm being done to the people living there. Some have been left with wounds and scratches on their arms or legs after an attack, amplifying the true seriousness of these situations.

Some think poltergeist activity could stem from a large quantity of negative energy surrounding a person. This is interesting when we consider the centrally targeted person in a household is usually a teenager or adolescent. One interesting theory about poltergeist activity is that it is actually psychokinetic energy stemming from this central individual. This theory suggests that the objects being moved and thrown around could actually be caused by a human; it is an interesting sort of unwitting telekinesis brought on by stress and hormones. When we consider that multiple household members usually witness paranormal outbursts, the probability of this being true falters.

Now that we've adequately analyzed and digested some of the most important facts about ghosts and their behaviors, we can begin comparing them to shadow people. There are actually many notable differences between the two, which is where the idea that all (or most) shadow people are simply ghosts begins to fall apart.

In most cases, we know that shadow figures do not leave anything behind. Many of them are non-corporeal beings in general, and they certainly are not known to leave behind traces of viscous substances like ectoplasm as ghosts are. This is one of many differences; on a very basic level, ghosts and shadow people usually look entirely different.

As discussed, the typical shadow person encountered most frequently is a dark and shadowy human-shaped figure. However, some aren't even defined shapes. These beings usually do not have distinguishable facial features or clothing, except for the Hat Man. Most recordings of ghosts tell a different story.

As told by both documented sightings and even photographs, ghosts are usually known for their lighter, white-colored, and vapory appearance. When their image isn't sharply defined, they still don't look like shadow people because they aren't dark. In most descriptions, they are somewhat grainy looking but more akin to fog than a black shadow. Shadow figures typically don't have apparent genders, while ghosts look like regular humans.

Many people who have encountered ghosts are able to discern very specific facial features (eyes, nose shape, mouth, etc.), hairstyle and length, and the exact type of dress. This makes it clear that ghosts have to do with the human spirit and must result from a person passing away. In a way, it can be easier to guess why a ghost is present or what causes them to show up in the places they do. People can more easily look back in history and see who has lived and died in a house or on a property, for example. They can see the ghost's appearance and trace it back to a specific person using old photos and documents. The behavior of a ghost can also clue someone into what happened to them while living.

Because the human spirit has a sense of intelligence and sentience, ghosts usually display clear signs of awareness. They may try to communicate with the living, respond to events happening in the house, or feed off your reactions. Because of this awareness, it can be easier for you to get them to leave. Depending on the ghost, it can also be more difficult if they are set in their intentions. In a later chapter, we will talk more specifically about ways to make shadow people leave, which will also have information about ghosts.

Some people would also say that while ghosts were once human, shadow people never were. They argue that shadow people have been around since the beginning of time as strange entities that feed off negative energy.

If you are dealing with a ghost in your home, I suggest you reach out for help and tell others about what you are experiencing. The same can be said of shadow people encounters. Of course, an inner circle of support can be greatly beneficial in gaining valuable information and resources. You may also want a friend to stay the night with you if you live alone and feel frightened. This can also allow others to witness what you have, serving as

a confirmation of sorts. If you begin to feel afraid for your safety, you may also need a safe place to go so you can get away from your house.

Ghosts aren't even the most frightening entities to some people; there is even more ground to cover. Prepare yourself mentally. If you are easily frightened or freaked out, you may not want to read this next chapter at night.

Chapter 11

Demons

Another common speculation on the presence and identity of shadow people is that they could be demonic forces, showing themselves in sometimes obscure ways with mysterious intentions. This is certainly an intriguing idea, especially for those who hold Christian beliefs. Many Christians strongly believe in the presence of another spiritual realm closely connected to ours, where demonic entities are commonplace. Before we dig into the idea of shadow people being demonic, let's talk about what demons truly are.

Many connotations come along with just the word “demons.” Of course, this depends somewhat on your upbringing, as well as the beliefs you continue to harbor into adulthood and your daily life practices. Many people experience strong negative feelings attached to the concept of a demon, while others are innately curious. Still, some are deeply disturbed or repulsed, associating demons with violence, grotesqueness, and anger.

By their nature, demons are supernatural entities steeped in evil and malice. There is nothing good or light about them. Unlike some shadow people we've discussed, there is no ambiguity surrounding their intentions. They aren't only present in the Christian religion, however, as some might think. There have been tales of demons, including Ancient Eastern religions, early Judaism, and Islam. These beings are negative and dangerous all across the board, being associated with possessions and spiritual aggression in every instance.

In Christianity, it is believed that demons are underlings of the devil, an extremely malevolent and sadistic entity set out to harm, kill, and manipulate humans. The devil is opposed in nature to the Christian God, who is said to have cast the devil out of heaven—he wanted to gain more power than God, so he started an uprising.

The demons Catholics and Christians believe in do the work of the devil, otherwise known as Satan, throughout the Earth. They seek to cause mayhem and tragedy wherever they go, preying on people who may be highly traumatized or spiritually wounded. Some even theorize; based on the thoughts of Michael Psellos, there are multiple varieties of demons. This includes the types of demons who inhabit the land, the water, and places beneath the earth. Christians also believe that exposure to the occult and attempting to communicate with supernatural beings can lead to a demon latching on to that person and targeting them.

You've very likely heard of Catholic priests and bishops performing exorcisms on demon-possessed people. While this is the formal process used by their church to get rid of evil spirits, many Christians also practice using prayer to cast them away.

Christians believe that if you are a Christian, you cannot be fully possessed by a demon because of the Holy Spirit (a part of the divine trinity of God) dwelling within you. There are instances of Christians experiencing demonic encounters or even dealing with one remaining in their home.

In other religions and occultist views, demons can exist without an overarching entity like the devil ruling over them. They believe demons are powerfully negative spiritual beings that can be conjured up and controlled.

There are some other interesting beliefs and stories about demons throughout other religions. For example, in Hinduism, they believe demons were once gods themselves but were tricked into leaving heaven and defeated by the gods and humans to be sent down into the underworld. Zoroastrian stories of demons say they are embodiments of spite, evil, and the fierceness of nature. They were called Daevas and were said to prey on souls on their way to heaven, trying to capture them and bring them down into hell. Those who failed to ward against them would be captured and taken down to suffer.

Native North Americans have stories of a specific type of demon you may have heard of before, known as the Wendigo. Tales of this malevolent spirit say it would possess humans and turn them into cannibals. Original folklore describes this creature as a large humanoid with an icy heart and a potent

stench. Although popular media typically portrays them as having antlers, this depiction doesn't originate from traditional legends. Their habits of possessing humans certainly sound similar to other kinds of demons and display their propensity for evil.

It is always interesting to see where the paranormal and scientific studies collide or intersect. You may be intrigued to know there is a man named Richard Gallagher, a board-certified psychiatrist and professor of clinical psychiatry, who sometimes works with exorcists in determining demonic possession. He began in the late 1980s when he was approached by a Catholic priest seeking help. Ever since then, he's been helping clergymen by "discerning attacks by what I believe are evil spirits and, just as critically, differentiating these extremely rare events from medical conditions" (Gallagher, 2016).

Some people speculate that shadow people are, in fact, demons on Earth. This makes one wonder: just what are their intentions? Why would they show themselves so brazenly? If all shadow figures are demons, why are they not all aggressive? This discussion is ultimately very nuanced, and we may never truly know whether this theory is correct.

One of the reasons people relate demons to shadow people are because of their obvious negative energy. Demons seem to be more attracted to locations and people with high amounts of negative energy, whether resulting from traumatic events, abuse, violence, or otherwise. Shadow people are known to radiate negative energy, causing those who see them to feel strong sensations of fear or hatred. Shadow people may also be attracted to high amounts of negative energy, given that some feed off it. Looking at demons and shadow figures through this line of thinking makes it more believable that at least some shadow people could have demonic origins.

Of course, you could also factor in ideas of where demons come from and what their purpose is. This will vary slightly depending on your personal beliefs, so it's hard to say whether or not these characteristics line up.

When you picture a demon, what do you see? Throughout history, they have been depicted in various ways, but the most popular perception of

them usually includes the following:

Horns.

A large and intimidating (but somewhat humanoid) stature.

Often weapon-like attributes like sharp claws.

While there are certainly other depictions of these entities, I'm not sure anyone really presents them as amorphous black shadows or featureless shadow people. This is another thought to ponder over. If any shadow figures are demonic, maybe their appearance results from only a piece or trickling of essence leaking into our dimension from another spiritual space. Demonic entities don't always enter our realm intentionally but cast a shadow due to their physical presence being so close by in another dimension.

Ultimately, it needs to be clarified whether shadow people are truly demons or if these entities are altogether separate. You might even be tempted to consider demons a subset of shadow figures, which could make sense as well. The more likely scenario is that some shadow people might be demonic and others not. The supernatural realm is complex and difficult to decipher; when in doubt, tread carefully.

Chapter 12

Negative Shadows

Most shadow figures are classified and evaluated based on the aura, or energy, that they radiate. While there aren't necessarily any "positive" shadows we can compare others to, I think everyone can agree we can tell clearly enough when negative energy is being released. We can usually tell what kind of energy a shadow gives off by the emotions we experience around them. I'm sure you know this can also happen with other humans. Have you ever felt a little creeped out or deeply uncomfortable around someone you've just met? Do you sometimes feel something not quite right in the air during a first impression? Shadow people are much the same but amplified.

Negative feelings are more nuanced than you might think. Many human-shaped shadows cause the person they show themselves to feel, at the least, uneasy and slightly fearful. Some people may even inspire stronger panicked and more disturbing feelings. Different types of shadow people can display very specific emotions associated with their particular kind, something we will explore in the rest of this chapter.

While regular human-shaped shadows typically inspire negative feelings and can even portray negative will, the shadows in this chapter are characterized by how their negative energy displays their own feelings and influences those of whoever sees them. In this way, they are not ambiguous like other shadows can be.

Red-Eyed Shadows

Earlier in the book, in chapter five, as you may or may not recall, we went over red-eyed shadows and the details of what they are. These are the most common out of the negative shadows and one of the most menacing. Earlier

I spoke of demonic entities with red eyes specifically. At the same time, I will go into the more common red-eyed shadows here.

Red-eyed shadow people usually retain a fairly normal human shape, with mostly indistinguishable features aside from their strikingly red, glowing eyes. They aren't generally very dangerous, as they mostly like watching from the sidelines. Not interacting with humans doesn't stop them from being frightening, though.

It is said that red-eyed shadows can sense fear and may even grow more powerful by absorbing the fear radiated by humans. I don't know about you, but I would have difficulty controlling my fright if I came face to face with one of these monstrosities. Looking into their red gaze generates undeniably strong feelings of terror; the malice practically shoots out of their eyes like a laser beam.

Even if these beings never actually lay a hand on you, their malevolent presence and continuous growth of their negative energy. The more frightened you become can be enough to debilitate you. This powerful sense of negativity in the air is precisely why they are one of the most unpleasant shadow people to encounter. I wouldn't wish that experience on anyone.

Buzzing Shadows

Buzzing shadow figures are intriguing because there isn't much differentiating them from regular human-shaped shadow people. In fact, regarding appearance, there is nothing different about buzzing shadows from regular ones. They are dark, human-shaped entities with the unsettling appearance of a disembodied shadow.

The one main signifier that you have encountered a buzzing shadow is stated in their name. As you come near one, you will begin to hear a low buzzing sound. Increase in volume the closer you get or, the longer they are around. It's possible to even hear the sound before you see them, which is handy even though it's scary because it alerts you to its presence.

Some say these figures can be more benevolent than other shadow people. They claim their energy can feel benign rather than negative, signifying they may even have a message for you. Suppose you feel comfortable around a shadow like this. In that case, it might indicate that your prayers or intentions have been heard, and you must carefully watch what happens around you.

If you feel more uneasy and its energy comes off as more negative, the message it has for you may involve a change needing to be made in your life. It could also mean you need to become less resistant to necessary change. Either way, if the negative feeling keeps growing, you are likely not ready to use the message it wants to give you, so it would be best to take steps toward getting it to leave.

Angry Hooded Shadows

Hooded shadows are another negative shadow I wrote about in chapter five. They are another human-shaped shadow, similar to the Hat Man we learned about, yet different in appearance and energy. They are entirely void of features, their only distinguishable trait being the dark hood over their face. Just as with the red-eyed shadow people, they do not attack humans physically. Instead, they choose to watch, usually from relatively close proximity, by doorways and beside beds.

People who have witnessed them describe their countenance as curious and watchful—a bit less negative and malicious than their red-eyed counterparts. They also, however, aren't exactly friendly.

Despite their curiosity, these beings are also 'cloaked' in negative energy. Anyone who has seen one testifies that they seethe with hatred out of their very being. It makes one wonder: what or who do they hate? This feeling alone is enough to be concerning or unsettling. Even though they are not very likely to strike out, that precise aura of hatred and loathing must make their victims wonder if they will be the exception.

Of course, it is also possible that these spirits are plagued by a general hatred for their own existence or the world around them. I can't help

wondering where they come from and their purpose. Maybe they are lost souls troubled by some dark or traumatic experiences from a past life. Perhaps they were sent here from another dimension to observe us but are doing so begrudgingly. Maybe they are even like the hypothetical interdimensional beings I mentioned earlier. Partially trapped within our dimension and angry because they don't know how to make it back home.

Surely the reason for their hatred matters because it affects how they act toward whatever humans they encounter. I'm apt to believe their hate isn't directed toward us, considering they aren't known to be violent. If anything, they may be some of the most sympathetic shadow beings mentioned in this book.

Watchmen Shadows

Watchmen shadows are incredibly interesting to analyze because their behavior makes me wonder about their origins. They are some of the least negative of these figures, but how they act is still mildly concerning. Watchmen are almost like stalkers; they have been known to repeatedly visit humans similarly, showing up throughout their homes and watching nearly constantly. They definitely have an air of obsession about them.

Unlike some other shadow people, these don't seem to care if you spot them or know they're observing you. Some shadow figures disappear when you catch a glimpse or move out of your eyesight. They don't care. They stand there calmly, carefully watching everything you do. They are human-shaped shadow figures, making the experience even more unsettling because it is almost like having a stranger following you inside your home.

What makes these entities negative, though, is their viscerally creepy vibe. Everyone who's come across them reports terrifying and unsettling energy about them; this could, of course, have to do with how they watch them. It is similar to meeting another person who gives you the creeps after a few minutes of knowing them. Most of us get those gut feelings and responses to the people and energies around us. So, in the case of the watchmen shadow people, I'd say the energy they provide is still heavily negative.

Shadows That Attack

While none of those, as mentioned earlier, shadows above are known to outright attack a human, physical and spiritual attacks can happen. It is hard to say whether these aggressive shadows are a particular type of shadow person or if some are angrier than others. We know now there are many theories and stories in folklore about the origins of shadow people; the endless possibilities almost make the answer more unclear.

The process of sleep paralysis could very well be a spiritual attack on an individual. Many people who experience this report feeling incredibly afraid, overwhelmed, and/or confused. This kind of attack seems rooted in the intent to scare the victim. There are reports of shadow people standing menacingly next to a person's bed or even sitting on their chests. Having one of these figures seemingly hold you down and restrain you from movement proves they don't have to physically harm you to damage you mentally. Even without repeat offenses, an event like this can leave lingering traces of fear and hesitation. When I experienced this myself, I was sometimes afraid to go to bed at night, the suspenseful question hanging over me, "will this happen again?"

Some shadow people do initiate physical violence as well. We discussed this a bit in the section about aggressive shadow people. As previously mentioned, some people have been strangled, shoved, hit, and even left with scratch marks or bruises on their bodies.

Typically, the ones who attack radiate the most negative energies, which is another good reason to approach these entities carefully. You can discern how negative a shadow person's energy is by gauging how you feel around them. If you experience intense fear or malice when around one, it might be a good idea to exit the premises to get somewhere safe.

Chapter 13

Why Do Only Some People See Them?

It is no mystery that not everyone alive will see a shadow figure at some point. Whether or not more or fewer people see shadow figures are still being determined. In fact, I'd like to start this chapter by encouraging you to conduct a simple social experiment.

If you feel comfortable discussing shadow people, please start talking about them with friends and family. Not only will this further the experiment I am setting up for you, but it might also broaden your knowledge scope even more. Come to find that some people around you have shared similar experiences with shadow figures. It will give you somebody to talk to nearby about these mind-bending and interesting ideas. If you don't have any experiences of your own, at the least, hearing from someone who has seen them will deepen your understanding.

Community is vital for the future when you might need encouragement and support or an understanding ear that knows exactly where you're coming from. You may even realize there are fellow enthusiasts around you, closer than you think. Considering this topic isn't very often openly discussed in casual conversation. It's likely someone you know has also spent time looking into information on these shadowy specters.

My experiment for you doesn't entail any extreme measurements, analyses, or hypotheses, for that matter. I encourage you to start asking people you come in contact with or are in some relationship with whether they know of shadow people. As a follow-up question, if they've ever seen one. You can either take mental note of their responses or jot them down in a notebook if you want to decipher the statistics. If you are into social media, you might even be keen on taking this further.

Suppose you decide to examine your responses and turn them into data. In that case, you can carry this experiment on a little longer by posting your

results on a social media page and opening the discussion up to whoever may stumble across it. Again, this is all in the name of knowledge and community. You might meet new friends or hear new stories that develop a well-rounded perspective on shadow figures.

As you look at the difference in numbers of how many have seen a shadow person versus how many haven't, one question might arise: why do some people see them and not others? There is no definite answer to this, but we can use the theories we've talked about thus far to begin formulating some ideas.

One important aspect of shadow people I've gone over multiple times is the negative energy they produce. While some shadows lean more on the neutral side of the energized fence, most still appear negative. Even non-aggressive shadows can be classified as having negative energy, which we can recognize by...? That's right! The feelings they incite in us. Most people who report having seen or come in contact with a shadow figure claim the unsightly beings stirred up emotions of mild to extreme distress, uneasiness, or even terror.

Many shadow people feed off negative energy; it almost seems to be their life energy. The argument could be made that they even seek it out. If this is the case, people who carry around a heap of negative energy all the time may be more prone to shadow person encounters. Negative energy can result from trauma, grief, unprocessed negative emotions, or dwelling on any number of these things. As you develop and hold on to negative energy without spending time to shed or replace it with positive and self-loving energy, it will also seep into your home.

Shadow figures may be drawn to people with greater negative energy. They seek these types of people out because they thrive off them, and for entities like the red-eyed shadow figures, their power may grow from being around them. It may even be their house if they are not attracted to the person radiating negative energy. As I said, their location will naturally soak up the energy they carry; the more and more time they spend there, the more energy they absorb. Negative shadow people looking for somewhere to dwell may find a space like this attractive.

Another plausible explanation for why some people see shadow people and others don't could be that they were exposed to spiritual ideas and practices from an early age. Depending on your viewpoint, this could come from religious practices or exposure to spirituality in general. Some spiritual ventures have become somewhat of a trend in recent years, especially with more common portrayals in media.

One example of this is using a Ouija board at a young age, an infamous tool for contacting the dead that tends to arouse all sorts of spirits. The paranormal realm is not one to be trifled with, and anyone seeking to explore it further should be extremely cautious. As some entities are known for latching on to a specific person, participating in spiritual affairs is likely to open a door for these beings to slip through. Tarot readings and fortune telling could fall under this category, along with popular challenges used to "summon" or call on spirits and demons. More on this later—a couple chapters down, I will go into detail about inviting shadows into your life through intentional practices.

Aside from participating in spiritual rituals like these, some people are naturally more in tune with all that is spiritual. I've always considered myself a curious soul with a very open mind regarding the supernatural. I know there are many others like me as well. Certain people have always found themselves more sensitive to the spiritual goings-on around us. If another dimension is closely connected to our own, perhaps people like these can feel and recognize this closeness more strongly.

It is hard to say why certain people may be more spiritually sensitive than others. It ties into the nature versus nurture debate in psychology. Were we born this way, or were we conditioned into it? Psychology generally indicates it is a combination of both things in other areas of life, so it is probably the same for this too.

I remember thinking about ghosts and other spirits for about my whole life. Sometimes I would even make up stories of ghosts living around me—that's how fascinated I was by them. I don't know which came first, but I watched dozens of TV episodes about paranormal situations and hauntings. It was almost like an addiction. There was something scary but deeply

intriguing about them, creating an even stronger longing to learn as much as possible.

For people like me who are more interested in the supernatural and more sensitive to the spiritual essence around us, it is likely for us to notice otherworldly entities around us. The way their presence shifts the energy and emotions in a room is acute and precise. Still, it is almost easy to perceive for people like us who have been seeking out the spiritual for a long time.

We may have an overactive imagination, too, making us more prone to seeing things that aren't there. This means we will usually look more closely at suspicious shadows or movement instead of disregarding something out of the normal. This would undoubtedly make us more likely to spot a shadow person.

Growing up in a religious household can also affect this, especially if your family was very open to the idea of spiritual and paranormal beings. Many humans are prone to an innate curiosity about this subject. When ignited at a young age, it only grows stronger.

It is a fact that there are others on the completely opposite side of the spectrum. If this is you, that's perfectly okay. They may not have grown up in a religious household or been exposed to anything spiritual, or they may struggle with awareness of themselves and their surroundings. Some people are more skeptical than others too.

Self-awareness matters because it helps you become more in tune with your feelings and how your feelings are perceived by others around you. It also lets you understand how your actions and words look or sound to others. You are better at inferring a person's intentions through body language and speech. These things apply to shadow people because their presence is usually signified by the feelings they radiate and the ones they project onto you. Self-awareness is something you can practice and get better at. If you don't feel very self-aware, don't lower your spirits (pun intended). And suppose you find yourself a generally skeptical person. In that case, hopefully, the information and stories in this book will open your mind a little bit more.

Essentially, the personalities and capabilities of perceiving emotions can play a role in who sees shadow people versus who doesn't. Remember that it is often not a pleasant endeavor if you feel left out or envious because you haven't encountered one of these entities yourself. Some people who have experienced it for themselves would trade that ability in a heartbeat.

Chapter 14

Children Seeing Shadows

Perhaps even more unsettling than an adult seeing a shadow person is a thought of young children encountering them—especially those with evil intent. Unfortunately, it seems like children being more sensitive to the spiritual realm and forces around us have been a pattern throughout history. This is commonly portrayed in the media, especially with little kids in movies often being the first to begin interacting with a paranormal entity. It isn't just the case in movies, though, as many people share personal experiences online from when they were young.

The question of why children seem so much more susceptible to spiritual encounters is fascinating. Right off the bat, a few ideas come to mind when I think about this.

There's no questioning that when we first come into this world, we aren't as burdened by the weights of "reality" and logic over "superstition." As we grow older and meld into a mature society, there is an almost unspoken agreement that the irrefutable truths and absolutes of science or academics come before the more uncertain laws of spirituality and supernatural encounters. As we age, there is also a natural level of skepticism that creeps in; strengthened by negative experiences some people go through in their adolescent years. Trauma, betrayals of trust, rejection, and other negative childhood events can impact our openness toward the paranormal.

Most children do not have a hard time believing in people like Santa Claus, the Easter Bunny, or the Tooth Fairy. There's a reason for the phrases "childlike wonder" and "childlike faith." To see the world new and fresh through the eyes of an innocent child again for one day would probably be one of the most fascinating and magical experiences possible. Alas, there is no way (as of yet) to turn back time and revert to a version of ourselves that was more wide-eyed and hopeful.

Because of their predisposition to view the world with more openness and less doubt, young children are much less likely to rationalize strange experiences in their minds than adults are. How often do you think you glimpsed something odd for a millisecond, only to dismiss it almost immediately as a coincidence, a mistake, or even nothing? How eager are most people to disprove paranormal or outlandish concepts, especially when they have little support from science? If you tend towards skepticism, it may be productive to ask yourself why you have certain knee-jerk responses to spiritual or supernatural ideas. After all, self-reflection is the key to better understanding ourselves and the world around us. You may break free from unproductive patterns by learning about yourself.

Since children are less likely to rationalize and attempt to explain away bizarre encounters, they are more likely, to be honest about their experiences. They can better recognize something for what it is and how it looks outwardly, often without necessarily understanding why it is happening. They have yet to be taught about scientific thought, doubt, or disbelief. Suppose a child witnesses shadow people due to these things. In that case, it confirms that more spiritually sensitive individuals are more prone to encountering them.

One woman shared her experience when she was only five or six. They described this encounter as such:

This is what happened. So, I went out on the trampoline in my backyard, and I loved the trampoline. As soon as I opened my back door and looked onto the trampoline, I noticed 3 men; all standing next to each other with hats on, except they were pitch black. I yelled at them to get off, and my parents heard me and came downstairs. My mom even told me how much I was freaked out about it. She remembers it vividly, I told them there were people on the trampoline, but when I looked back, they were gone. And I didn't go back on the trampoline for almost 2 years, and when I did, I went to do a flip and nearly broke my neck (Icefy, 2014).

She also noted experiencing anxiety her whole life, which was more extreme around this time. She also mentions that certain cultures associate anxiety with those more prone to spiritual encounters.

This is an incredibly intense and frightening scene for such a young child; the fact that children are so apt to this type of exposure emphasizes the importance of listening to and protecting them. Maturity can often make it challenging to listen to stories like this without a smidgeon of reluctance to believe it's true. Still, I encourage you to keep an open mind if you have children or any child close to you. If you listen to them with a willingness to consider their words, not only will it help build their self-esteem in the long run, it could make you aware sooner rather than later of a potential spiritual presence in your home.

It is almost absurd the number of stories shared where people describe seeing and feeling the presence of a shadow person at such young ages. Children are so fragile and vulnerable; the idea that they are so open to spiritual activity is undeniably concerning.

Yet another person talks about a shadow figure encounter at only five years old. They could see a featureless, dark figure seemingly hovering outside their window. It looked as if it was walking back and forth, but their room was on the house's second floor gave it away...

Even younger, one person shares her earliest memory at just two or three years of age. I went over this occasion briefly earlier on in the book. Only a baby then, this person witnessed a shadow figure on the wall with glowing white eyes. There were actually two of them, both approaching her. One came to her crib from one side, the other a different one. Apparently, her parents even recall her saying the "shadows were trying to get" her (Webster, 2018).

One disturbing story comes from someone a bit older, in the sixth grade. What they witnessed was freaky, to say the least. They describe having been in a park with other kids. When they were told to collect all the younger children to get ready to leave, they saw what appeared to be a shadowy toddler-sized figure. Thinking it was one of the children, they ran after it, only to watch it turn into an unidentified pale creature that ran on all fours and climbed up and over the fence (Webster, 2018). Merely reading this description gave me shivers.

At this point, is there any way to keep a child from seeing these beings? Honestly, I'm not sure. Just like there's seemingly no way to stop you from coming across as a shadow person, there probably isn't a way to stop a child from doing so. However, there are specific safety measures to take if your child or a child you know sees or interacts with one. This will help ensure the entity they encountered doesn't come back or continuously harass them.

As I mentioned, it is important to listen if the child comes to you with information about a paranormal experience. This may be even the most crucial step. After this, you can take action by either spiritually cleansing your home and family members or, if you feel the need to, moving away from the place it occurred. I will go over specific methods of spiritual cleansing in chapter 16, so keep reading if you need more guidance.

If the child who came to you isn't your own, you could sit down and talk with their parents. If the parents brush it off or are unwilling to listen, the situation may be out of your hands.

Here are the facts: children do sometimes witness paranormal beings and events. That doesn't mean there is no hope for protecting and keeping them safe in case it does happen. If you have children of your own, try not to spend all your time worrying and fretting about what might happen. Instead, work on creating an intentional lifestyle where you carefully select the energy you allow into your home.

Chapter 15

Invitations to Shadows

I have spoken briefly about spiritual experiences and opening yourself up to the paranormal activity. We will dig into that concept some more right here. The energies and spiritual forces you allow to affect your life and state of mind can create more opportunities for supernatural entities to find you. Negative energy naturally attracts them, and the more of it you allow yourself to gather up, the stronger the pull will be.

The subject matter we discuss here will focus more on intentional acts and participation in deeds that invite shadows to come into your home. Simply allowing negative energy to fester is a drawing point for these figures. Certain activities equate to mailing these dark forces a handwritten letter asking them to come to meet you.

I'm talking about making the intention to seek out connections with the spiritual realm through a communication or other means, and then set out to do so purposefully. It may stem from curiosity about paranormal entities like ghosts, spirits, or demons. Some people also seek comfort in communicating with ghosts because they want to get in touch with a deceased family member. While both are very understandable, and I can sympathize with those who feel one of these ways, the potential fulfillment you could obtain doesn't erase the dangers.

One of the most well-known ways to communicate with spirits is using a Ouija board. Using one of these boards has been heavily popularized and, in some ways, glamorized by modern movies and television. Even though media that features characters using them typically doesn't present the object positively, it sometimes motivates people to go out and try it for themselves. Ouija boards also become increasingly popular during October due to the celebration of Halloween—go figure.

The history of the Ouija board dates back to 1891 when it was first introduced as an entertaining yet mysterious board game. While using this board, two or more people would place their hands on the “planchette,” the piece that moves around the board, and ask questions. They would then marvel as the board seemed to answer back on its own, their hands being guided towards letters and spelling out words they never expected in response.

When contacting entities from the spiritual realm, the Ouija board is an intercessory device meant to make communication back and forth between the living and the dead faster, easier, and generally more efficient. Often when a person or group of people is very intentional about using the board in this way, they will prime their environment to do so. This usually means they will have a quiet space without distractions or devices that could disturb electrical energy, and sometimes even candles or incense to imitate a séance.

Once the atmosphere is primed for any paranormal entities present to make themselves known, whoever is using the board will ask questions that could elicit responses ranging from ‘yes’ or ‘no’ to complete words and sentences. One of the primary attractions to this board as a medium is the idea that you can use it to get in touch with deceased loved ones. Sales of Ouija boards have consistently spiked over the years during times of distress and war. This is due mainly to family members losing loved ones who served in the military. The pain of losing someone you hold dear to you is a harsher burden than anyone deserves. The desire to find any connection you can with that person once they’ve passed isn’t farfetched.

The validity of the Ouija board used to entice and speak with ghosts or other entities is often questioned. Some believe it isn’t necessarily helping you channel answers to your questions from spirits but that you are subconsciously answering them yourself. It is quite interesting and is known as implicit or unconscious cognition. During studies, it was even found that participants answered more questions correctly while using the board than when they spoke out loud. The implications here are that your mind can operate on a deeper level than we may typically think, even when

unaware of it happening. While I'm sure there is room for this to be true in some situations, I disagree that it accounts for all cases.

People have shared many instances and stories claiming their house became "haunted" after using a Ouija board. Their home could have been spotless spiritually beforehand. Still, something about their use of this board made a connection with the paranormal strong enough to lead supernatural forces into their abode. Recently, there has also been a rise in exorcism requests, with more negative experiences with these boards cropping up and leading to demonic interactions.

When you use a Ouija board, no matter who you try to contact, it is like calling out to whatever entities may lie just out of reach and beckoning them to interact with you. The reason this happens is a bit foggy, as we cannot say the exact spiritual process in communicating with the paranormal. If these spiritual entities and ghosts are in a separate dimension close to ours, perhaps something about the process stretches open little pockets or openings between our two realms and leaves an opportunity for the beings to creep through.

You may get in touch with the person you are trying to, if it is a dead relative or loved one you're reaching out to. With all the unknown and hidden depths within the paranormal, though, it is hard to say for sure. By opening up that line of communication, you might draw in something more malicious instead.

It is important to be wary even if the entity you speak with answers personal questions about a specific family member. There are theories, too, that demonic spirits can and will pretend to be the person you want to reach, to slip into our dimension and wreak havoc. You may have a seemingly positive experience while using the Ouija board, where nothing negative comes from your conversation with a late family member. There is always the possibility that sometime soon, another kind of entity may slip through the hypothetical cracks you've created between dimensions, and it may not have the purest of wills.

Have you ever heard of or watched the 1973 horror film *The Exorcist*? I have, and I can tell you one thing: it wasn't pretty. This movie is based on a

book of the same name, written in 1971. This book was inspired by real-life events.

The case they are based on happened in 1949 when a 13-year-old boy named Roland Doe came in contact with a Ouija board after the death of his aunt. The boy was afterward possessed by some demonic force, sparking a month-long exorcism performed by Catholic priest Father William Bowdern, SJ. During this possession, he would wake up with scratch marks all over his bed and body. He went into several bouts of unrelenting rage when the family tried to have him baptized. Reportedly, during the exorcisms, he vomited, urinated, and even began speaking in Latin. Thankfully, the spirits eventually all left his body, and it is said he went on to live his life in peace. No matter the outcome, I wouldn't wish this experience on anyone.

The negative energy generally associated with ghosts and spirits may even lure in other entities all on its own. If you made contact with a spirit through the board, you might attract a frightening shadow person into your home.

For these reasons, I urge you to steer clear from Ouija boards and from inviting entities into your home, even if it is solely for communication purposes. If you choose to participate in these interactions, I'd advise you to take some precautions. You may want someone who has worked with Ouija boards professionally to guide you through the process and help you tread carefully. It also may be a good idea to consider performing the ritual in a place away from your home. This way, you would be less likely to invite strange entities into your house. You could also practice spiritual cleansing on your person before going home to decrease the likelihood of "carrying" a spirit along with you or even just tracking in negative energy.

The use of tarot cards can sometimes be risky as well. While the cards themselves aren't inherently bad or dangerous to use, it is important to be very intentional while using them. Using tarot cards to perform readings invokes the paranormal. It draws from hidden knowledge, and the person reading the cards taps into an otherworldly source to find it.

Using tarot cards could be safe if you don't weigh too much on the outcome or apply supernatural intentions to the process. It isn't an inherently evil practice, and I don't want to be judgmental toward whoever participates in it. After all, it is a natural human desire to take a glimpse into the future or seek comfort in this way. I merely want to impress upon you how serious paranormal matters are and any possible risks of exposing yourself to dangerous shadow figures.

Chapter 16

What to Do if You See a Shadow Person

When facing any threatening or imposing figure, we humans instinctively like to choose between one of three options: fight, flight, or freeze. Spotting a shadow person and figuring out the right way to handle it isn't as cut-and-dry as other situations. Suppose you've never even heard of these entities, who have so little known about them as it is. In that case, it becomes an even more frightening experience.

As you know, sometimes we don't have a choice in how we react. When it comes to shadow people, we encounter episodes of sleep paralysis. Obviously, our only option is to literally freeze in place. The best advice I can give you for these scenarios is to try and remain calm as it is happening. Sometimes people under sleep paralysis can move very small parts of their body, so you can try wiggling your fingers or toes. This usually helps people regain the ability to move, and, on many occasions, the shadowy figure will disappear soon after.

Suppose this figure is really a shadow person as opposed to a hallucination caused by your brain. In that case, they could very well be elusive in nature. They may be there to observe you but do not want to actively look at themselves.

If you are experiencing a shadow figure encounter while fully conscious, you have more options available.

The best first step for you is to calm yourself, keeping your emotions as level as possible. If you have to look away from the shadow figure for periods while you contemplate and regulate your feelings, then do so. They could influence what you feel, so looking away from them detracts from some of that power. Take deep breaths and remind yourself you are most likely not in imminent danger. Most shadow figures, even the angry ones, do not display aggression often and are probably only watching you. You

can also try anxiety-soothing techniques, such as counting things you can hear, see, and touch. Push the negative thoughts and feelings out of your mind.

Shadow people can be drawn towards negative energy, so pushing negative emotions aside and calming yourself down can deter the figures from your presence. If they realize there is nothing to feed off of, they'll likely grow restless and move to the next location.

After you can soothe yourself and alleviate some of the fear you may feel, take a good look at the entity before you. If you find it has gone away while you weren't looking, there's a good chance it was merely a fleeting shadow and didn't want anything to do with you. It could also have been elusive, meaning it didn't want to be seen.

If the shadow is still there, you can proceed with your analysis. Think about what it looks like; is it a regular human-shaped shadow with indistinct features, an amorphous black body, and fluid movements? These are some of the most common shadow figures. There is also the possibility of coming in contact with The Hat Man, who sports a coat of some kind and a hat on their head but bears no facial features. Aside from these two, you could also be looking at a hooded shadow or a red-eyed shadow. These names are self-explanatory and have been mentioned previously in the book.

The next step for you to take is to determine the kind of energy this being is giving off. You will generally feel a sense of negativity. Still, the underlying emotions within their energy will help you determine the next steps.

If the shadow merely instills a mild sense of discomfort or fear in you, they are unlikely to act aggressively. This could be a watchful shadow coming to you once that you will never see again or a Watchman shadow. Watchmen shadows may appear to you repeatedly, as they are known to exhibit stalker-like patterns. While you could audibly ask the shadow to leave if it is making you uncomfortable, it will likely also go away eventually if you ignore it.

Suppose you determine their energy has a powerful sense of hatred coursing through it, typical for hooded shadows. In that case, you may want to leave

the room for comfort. These shadows are not known to be aggressive, so you are probably not in danger; they may follow you from a distance and observe from the doorway.

It is crucial to keep your emotions under control when it comes to shadows that produce an intense flow of terror inside you. Red-eyed shadows which create this sensation are said to consume fear, turning it into a power supply for themselves. Again, these beings aren't known to strike out or harm humans, but the fact that they actively grow stronger from a person's fear doesn't relieve any worries.

Avoiding eye contact with these beings is important for your own mental well-being. When dealing with these alarming specters, your best bet is to leave the room and begin cleansing yourself and your space of negative energy. You can also use some of the other methods I will explain further in the next chapter, such as protection rituals, prayer, burning of herbs, or verbalization commanding the shadow to leave.

These are some initial responses you can utilize to keep yourself emotionally stable immediately after encountering a shadow person. In the next chapter, we will talk more about detailed methods of spiritual protection during and after these encounters. I'm sure at least one of them will help you create a more positively charged, safe, and comfortable environment within your home.

Chapter 17

How Do I Get Rid of a Shadow Person?

The deeper we dive into the hidden world of shadow people and their behaviors; it may feel like the more questions arise. This is normal. As I've stated, the realm of supernatural and paranormal beings is complicated and, for the most part, unknown. We are only really beginning to scratch the surface here. Using stories from those who have encountered these entities as well as centuries worth of folklore and legends to attempt to understand shadow creatures more fully.

Some questions we might have to accept there is no definite answer. In the future, humankind will become more enlightened. In the meantime, though, we can still theorize and share experiences. The transfer of knowledge and sharing of ideas advances the human race. It has the potential to open minds and create pathways of thought.

While we do not know everything, there is to know about shadow people and what they are. Specific action steps are still available to eliminate them where they come from. In many cases, people encounter a shadow person once and never see them again. Still, plenty of others meet them multiple times throughout their homes. It is understandable to not want to feel afraid in your own home. Especially with valid worries, a non-aggressive shadow might one day decide to cause harm. This chapter will explore options for confronting and chasing shadow people out of your home.

Not all of these choices may be for you; you might feel convicted, for example, to not participate in certain rituals or activities because of your religion or other beliefs. Some people have found these effects, so we list some options below. This might include only some possible ways to remove unpleasant entities too. I encourage you to continue your research outside of this book, for you may find another method of releasing these beings that works even better for you.

Spiritual Cleansing

The act of spiritual cleansing is, essentially, removing the negative energy in your space. Refreshing it to create a home or environment that is more positively charged, safe, and comfortable to exist in. As these shadow figures thrive on negative energy, subtracting it from your home may be enough to ensure they don't even want to return.

Just like the aura that radiates from our body, the spiritual air in space can become clogged. When we spend too much time around others with a bounty of negative attitudes, life outlooks, and feelings, it can rub off on us and multiply to create more negative energy in our own bubble. When we come home with all this energy, it absorbs into the atmosphere of our homes. We can even accumulate negative energy by dwelling on our traumas and hardships. Feeling our sadness and negative emotions is okay, but constantly burying ourselves in them can create a destructive environment. As I mentioned, shadow people love this.

There are many ways to spiritually cleanse our space. One of the best ways to start the process is to identify all the negative feelings and energies clouding the atmosphere. Writing down any of these that come to mind as you sit and the process would be best. As soon as you label something, it makes it possible to manage it and create positive change.

One specific option for cleansing a space is to 'smudge' it with herbs. We'll talk about this some more in another section.

Activities like meditation and spiritual cleansing baths can also cleanse your body and bring positive energy to replace whatever negativity surrounds your being. Recipes for cleansing baths can be found online, but many include a varied use of salt, essential oils, flowers, and crystals.

Protection Rituals

Rituals of protection can be very similar to spiritually cleanse your space. Draining out the negative energy and letting in new, positive energy is sure to protect you from dark and menacing forces.

Generally, “Protection magic is anything done to banish negative energy and strengthen inner power” (Martinez, 2022). Stating and restating intentions, even as you perform mundane routines, can also be effective in sustaining spiritual protection. While you clean, for instance, you can view it as ridding negativity from the space. The actual cleaning may serve as a physical manifestation of this act.

The clothing and jewelry you choose to adorn yourself can also affect your energy and home. We will talk about crystals in your house a few sections down. Still, you can also wear crystals to protect and enhance your energy. For example, crystals have different purposes; obsidian and turquoise are known for protecting. The evil eye is also a symbol commonly found on jewelry and symbolizes protection from negative energies. Wearing these crystals on you can help protect you from accumulating negative energy outside the home, which ultimately lessens the amount you bring into your home.

Sometimes cooking with particular herbs can be helpful for these purposes too. Herbs like turmeric, sage, thyme, and even oregano are excellent in fighting illness, as they carry antiviral properties.

Prayer and Intercession

Hold any Christian beliefs or identify firmly as a Christian yourself. You may find the most comfort in this remedy. I can understand, too, if you are more comfortable with these practices than some of the others I’ve prescribed. Many Christians have testified to the power of prayer in ridding a space of evil, unclean, or demonic forces. In a way, prayer is similar to the spiritual cleansing mentioned above because you can pray over each space in your home to have the same outcome.

At the core of a Christian mindset in the spiritual realm is the belief that God and Jesus reign supremely over all entities, with unconquerable power over every other being. This includes any spiritual or demonic force. If you choose to use prayer in confronting a shadow person, approach it while holding this idea firmly in your heart. As you pray, you can ask Jesus to intercede on your behalf and banish whatever entity is present.

You can also pray and ask God, or your deity of choice, for protection from harm in any way. This may be important to include at the beginning of your prayers so that God keeps you safe from spiritual attacks as you pray. You should ask God to remove the shadow figure from your home and banish it from that moment forward or command it yourself through Jesus' name to be gone. Either method can be effective, but most Christians recommend reciting this part out loud, especially if you tell the entity to leave. There is a general consensus that these beings cannot read your thoughts, so they will not be able to listen to an inward prayer.

Crystals in Your Home

Crystals are naturally occurring protective and nourishing materials found plentiful across our Earth. The use of these resources for medicine and spiritual cleansing has been around for years upon years. The fact that they are so readily available and abundant on our planet has made one wonder if they could have been put there for a purpose. But that's another story.

Each type of crystal has a different usage. As you go into this, it is important to understand which crystals would be the best fit for these purposes. Once you finish reading this, you may research other crystals, too, and find ways to implement them into every aspect of your life.

Black tourmaline is touted as perhaps one of the most useful crystals in protecting your home. Not only does it absorb and get rid of negative energies, but it can also transmute them into positivity. Black obsidian is also known for protection and grounding; it protects against the spiritual. Yet another crystal: bloodstone. This one also tends to create feelings of safety and peace within the home, which is likely exactly what you need after coming in contact with an intimidating entity.

The list goes on and on. Some great crystals to place around the home include Tiger's Eye, Howlite, Hematite, Selenite, Rose Quartz, and Amethyst. Many, if not all, of these look beautiful as decoration too. It's a win-win.

Experts say that crystals operate on natural vibrations and energetic levels. Because of this, routinely cleansing and “recharging” your crystals can help keep them effective. Some ways to do so include soaking them in water, as it acts like a neutralizer, or even using another crystal. Selenite is popular for cleansing other crystals due to its pure energetic nature.

I recommend placing them throughout your house to get the most out of your crystals. It certainly doesn't hurt to have every room covered energetically with at least one or two crystals.

Burning Purifying Herbs

As mentioned earlier, burning certain herbs in your home can be exceedingly helpful in clearing out negative energy and replenishing the space with positive energy instead. Herbs like garden sage, cedar, or sweetgrass are great options for this process.

You will want to bundle your chosen herb together and light one end before gently gliding it, as it burns, across the air in your space. You may even want to speak positive affirmations over the space and yourself as you do so, filling the atmosphere with light and rejuvenating energy as opposed to dark and suffocating. You can complete this ritual room by room, with one bundle for each one, or at a faster pace, with one bundle for the entire house. I highly recommend cleansing the whole place no matter what, as you never know what nook or cranny may be harboring a great deal of negativity. By ensuring every space is cleansed and revived, you are guaranteeing a shadow person has no place in your home to feed off negative energy.

Ignoring the Shadow

This activity's effectiveness will significantly depend on the nature of your shadow person and their intentions. This might work for you if you are dealing with your average human-shaped shadow person exhibiting no negative intentions or aggression. I'd recommend this for anyone who's only seen a shadow person in their home once or twice, or maybe for someone seeing a Watchman shadow figure.

Just as most people will generally go away or stop seeking out a reaction when ignored; shadow people tend to do the same. If you go about your business and normal routines, paying no mind to those shadowy figures, they may go away.

This will be more difficult if the shadow person is extremely negative and fear-inducing. These shadows tend to be more aggressive and attention-seeking, so ignoring them might provoke them further. Be mindful of the type of shadow you witness, which is crucial in determining your action.

Lighthearted

It is part of human nature to try and lighten a tense situation using humor. During grief, heartache, or even uncomfortable conversations, most of us use jokes to bring energy back into an exchange. Plenty of us use humor as a coping mechanism, particularly regarding traumatic or emotionally painful circumstances.

This theory makes the most sense if you believe shadow people were once human or even think they are humanlike entities. The idea is to try using humor with the shadow person, as they might enjoy it as much as we do. This could lower the negative energy surrounding them enough to encourage them onward to a new destination. Or, if they feed off negativity, it could make you and your home less appealing.

Pay Attention

There are some theories that the presence of a shadow figure means they have a message for you. Just as we discussed earlier with buzzing shadows, sometimes seeing one of these shadowy figures could mean it is time for you to do some self-reflection.

They may be trying to draw your attention to something happening or a situation you may be avoiding, so it is always a good idea to reflect. Be intentional and watch closely; listen to what other people in your life are saying and what your gut has been nagging you about. Shadows like these may even be self-created. When we subconsciously grapple with an issue or

unprocessed turmoil, our minds can go to great lengths to force us to confront it.

Command the Presence to Go

This tactic is forthright and straightforward. While it is similar to using prayer in commanding a spirit to go away, the clear and most important difference is that you speak directly to the shadow person. This is one of the most effective ways of ridding a shadow figure of your presence. Especially when they haven't demonstrated any signs of aggression or malicious intent.

This idea also depends on the assumption that shadow people either once were human or were very similar to humans because it requires them to be capable of reasoning. If this is the best option for you, ask or tell the spirit to leave your home whenever you feel their presence affecting you.

Conclusion

I am so glad you have gone on this confusing, mysterious, and sometimes exhilarating journey with me. So many of us, though not everyone will admit it, are intrigued by the unknown and frightening depths of the paranormal realms. With such a dense multitude of information so readily accessible, it can be hard to sift through everything to find what's valuable. Of course, there are bits and pieces all over the internet and in literature, but finding the entire story in one place can be tricky.

I acknowledge that there must be more information than I have given you here. There are almost always more to every story, deeper and more intricate details behind every folklore tale or legend and more rabbit holes to fall into.

Shadow people are mysterious and alarming entities; there are many possible explanations and so much mystery surrounding them. We know so little about something that is such a commonly shared human experience. By compiling and pondering on the facets we do know, we can take steps towards demystifying these creatures and start walking the pathway toward complete understanding.

Shadow beings are ancient; they have been around since dawn, and so many cultures have their own stories of dark, shadowy figures. There is much to learn by delving into the past. There is much to learn from the future and modern-day scientific explanations. To achieve greater understanding, it is crucial to consider all points of view and inspect every possible angle to build a complete picture.

Whether shadow people are merely a result of an overactive imagination, sleep paralysis, or neurological illness, the experiences people have worldwide can still serve to develop a greater understanding of humanity and the human psyche.

With so many similar experiences being documented, some resulting in physical aftermaths, such as wounds and scratches, it is hard to believe that

is the only possible truth. Multiple truths may exist at once. Some episodes of sleep paralysis, for instance, may be due to patterns and reactions in the brain, and other encounters with shadow figures may very well be with real beings.

As you come to the end of this book, please take research into your own hands if you are still thirsting for more. You may even want to find an online community where you can share your experiences with others and listen to theirs. As long as we keep the conversation going, everyone will continue learning, and one day we will learn something new. Ponder and reflect on what we've discussed here; think about how it is all relevant to your life. Suppose you have experienced an encounter, or multiple encounters, with shadowy entities. In that case, I strongly encourage you to examine the patterns of these events. Some people find that journaling helps them process important or impactful life events, which may be a good avenue of introspection and examination for you.

Hopefully, the information I've given you on the various types of shadow figures and paranormal entities will prepare you for encountering one of them. Feel free to return and re-read certain chapters whenever necessary. You may even find that you have formed your own ideas and perspectives on some of these theories in the future. You may later begin to agree or disagree more strongly with some. Now you have some background knowledge, allowing you to more easily identify and differentiate kinds of shadow beings. As long as you remember to be mindful of the energy they radiate and the objectives they appear to give off, you should be able to determine the best course of action.

One of the most important pieces of advice I could leave you with is this: always be careful. Don't go looking to communicate or interact with negative shadow beings, lest you might open yourself up to all the potential dangers of the supernatural world. Seek knowledge at all times, but don't put yourself in harm's way.

With love, I send you off and wish you all the best in your endeavors.

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About the Author

Monique Joiner Siedlak is a writer, witch, and warrior on a mission to awaken people to their greatest potential through the power of storytelling infused with mysticism, modern paganism, and new age spirituality. At the young age of 12, she began rigorously studying the fascinating philosophy of Wicca. By the time she was 20, she was self-initiated into the craft, and hasn't looked back ever since. To this day, she has authored over 50 books pertaining to the magick and mysteries of life.

To find out more about Monique Joiner Siedlak artistically, spiritually, and personally, feel free to visit her official website.

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