Need help please...

Posted by Emmy8076 - 21 Jul 2011 21:22

I've had an entity attached to me and I'm regularly attacked by it. I have only seen it once, and my husband has also seen it only once. It has followed me for more than 12 years, the only time I wasn't attacked was when I was pregnant. Soon as my daughters were born it was back and stronger. Lately (past 9-10 months) things have gotten alot worse, the attacks are more frequent and much more intense. Usually I'm held down and feel as if it is trying to pull my spirit from my body. Where ever it touches me goes numb and at times my mouth and nose are covered and I can't breathe, it lets up right as I feel I'm losing consciousness then it starts over. This goes on 3 or 4 times before it leaves me alone for a day or two. I need to get rid of this entity, or whatever it is. But, I want to catch it on audio or video first, find out why it is attacking me. Is that weird? So basically I am here for help with this. Any advice would be appreciated. Thank you!

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Re: Need help please...

Posted by TressesOfNephthys - 21 Jul 2011 23:08

First thing you have to know is you are not helpless. You do not have to let this happen. It is time for you to call the cavalry in and get rid of this thing. First: smudge the house, light incense (nag champa), and light white candles to help bring the white light of protection. Call upon your spirit guides and anyone you know that has crossed over. I mean literally, call out loud for them. This attached spirit may have thrown a veil of darkness over you, so you may have to fight to break it up enough for the white light of protection to come through. The candles, incense and sage will help with that. Keep calling for them to come around you and protect you. Keep your strength up. Eat well, take your vitamins, refrain from drinking and drugs (obviously if you are on meds, please continue to take them). Your own positive energy will keep your aura strong, seal up any holes that may have developed, and make it harder for this thing to attack you.

Good luck!

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Re: Need help please...

Posted by Emmy8076 - 22 Jul 2011 00:01

I smudged the house 3 weeks ago, used the white candles and called upon everyone I could. Afterwords the air was lighter, even my oldest daughter, who is 11, asked me what happened in the house when she came home that day. We then left for a 2 week vacation and my mother in law house sat for us. Half way through the trip I called her to check on things and she said to me that a couple days earlier the house was very dark, much darker than it had been, the couch would randomly vibrate and she kept hearing some one call her name. This also happens to me alot so it was easy to believe her. Is it possible that when I did that smudging, that i could have made it stronger? Or made it angry? While we were on our trip, we were at a family members home and it showed up there, this was about 3-4 hours

after I called to check on the house. It appears as a strange, almost human-like, shadow. I feel only evil when I feel its presence. Do you think its possible that this thing is demonic? Or just a mean spirit? Is there anything specific that I should be saying during the smudging that could make it work better? I'm almost too scared to try it again but I know I have to do it. I've let it hang around way too long! Thank you for your help and advice. I truly appreciate it!

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Re: Need help please...
Posted by TressesOfNephthys - 22 Jul 2011 02:33

I think you need to do a little more smudging. Keep trying. Might take a few times to do.

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Re: Need help please...
Posted by Emmy8076 - 22 Jul 2011 02:52

I will, thank you!

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Re: Need help please...
Posted by Emmy8076 - 24 Jul 2011 02:14

This is so very frustrating, did a very intense smudging on the entire house, the entity was angry, had some very scary things happen, much worse than ever before. I'm scared that its not going to leave because its attached to me, not the house. Was wondering if smudging the house will accomplish anything when its me that is haunted not the house? I'm just scared and unsure on what my next move should be. I welcome any and all advice. Thank you.

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Re: Need help please...
Posted by RubyRedHearts - 24 Jul 2011 02:21

I am very concerned for you after hearing about your experiences. I would suggest contacting a paranormal group, demonologist or a priest that is familiar with more malevolent entities. I don't think this is something you're going to be able to do alone. If you're being attack, this being has to be separated from you and your family, and someone experienced in this field is going to have to do, more than likely.

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Re: Need help please...

Posted by Emmy8076 - 24 Jul 2011 17:42

I will look for a local paranormal group and see if they can help. When I started trying to get rid of whatever this thing is, I never thought it would be so difficult, ya know? You hear about people doing a smudging and then everything is fine, that's how i thought it would be. I sure didn't want to make it mad, and that's exactly what it seems I've done. Thank you for your advice, I definitely will seek outside help with this.

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Re: Need help please...

Posted by RubyRedHearts - 24 Jul 2011 18:03

What a lot of people fail to tell others is that if the spirit is malevolent smudging will only anger it and make it worse. At this point, outside help is the best thing you can do. If there's anything else I can help you with, please let me know.

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Re: Need help please...

Posted by undertaker1 - 24 Jul 2011 22:06

Tress is very right by you not having to deal with this. Fighting it and cleansing your home is the first step. These things draw off of fear and things in life that bring you down or make you weakened. This may be something you need to find outside help on but i would first start with what Tress has said for you to do. Also try and find out what and why it is attacking you. Tjese steps are important to get rid of demonic or bad spirits.

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