

Sleep Paralysis

A strange Story

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THIS ARTICLE EXPLAINS MY
STRANGE PERSONAL EXPERIENCE ON
SLEEP PARALYSIS.

It was just about the year 1985, I was a youthful Physical Therapy student. It was the hours of darkness and I went to nap. When I was slumbering on my bed, suddenly I felt something (like a mass of electricity) compressing on my back. I tried to move away by my legs and hands. What a wonder! It failed to move. It made me powerless on the bed. I really felt like losing my consciousness. Then I tried to move with all my effort and resisted that compression and loss of consciousness. Fortunately it went away. I woke up and astonished. What is this! The next day the same electric mass came on top of me and compressed. I again defy that compression and woke up. The third day it was very ferocious and I couldn't defeat it. I completely lost my consciousness. Right away I felt myself like a swirling air out of my room. Abruptly I felt back my body and I woke up inside the room! It is not a dream. It was an out of body experience (OBE). At that point in time I do not know that was a sleep paralysis. Although I referred to large neurology books I didn't find any answer for my trouble. Subsequent to the third incident I felt like some electricity moving inside my head. My thoughts were turned on at high speed. I felt brisk and exhilarated. Devoid of knowing anything I was even proud of it. Subsequently I

developed phobias. I was frightened and went to my physician. I told him about the feeling of electricity moving inside the head. He merely replied "there are no sensory neurons inside the brain to perceive such feelings." [But human mind can perceive feelings inside the body without any sensory neurons]

It was only some years past after my graduation. Someday I went to my friend's home. There I found an interesting book on kundalini yoga. It engrossed me a lot. At last he gifted that book to me. Afterward I went to experiment the kundalini yoga. Upon recurrent practice it was amazing. The kundalini really rose up. I felt the warm, tingling sensation moving upward inside the spinal cord. Upon more practice I really felt its side effects and throw out that book in the ditch.

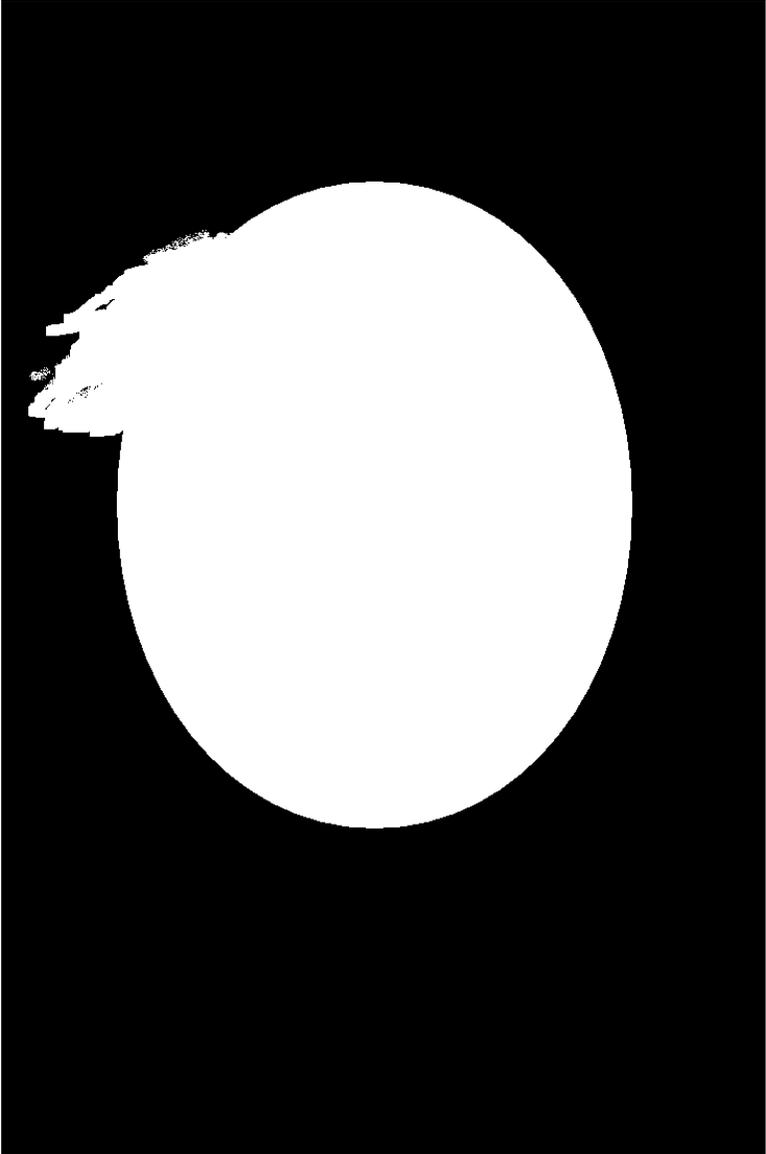
Later on the sleep paralysis again came. It started visiting me on a routine basis. It was so disturbing. I felt that it is coming from outside and nothing wrong inside my body. Since it was like electricity I applied Vaseline (an electrical insulator) to my upper back and neck before I go to bed. It does not prevent the

mysterious sleep paralysis. Soon after, I tried to stop it with aluminum foils. It also failed to stop it.

I thought it must be an electromagnetic radiation causing it. Subsequently I decided to trap it. I changed my bed room in to an absolute dark room. Prior to going to bed, I pulled out an unexposed photographic film and fixed it above my vertebral area with a tape. Afterward I also fastened a clinical mercury thermometer on my back with a tape. Next I cautiously pulled out an unexposed x- ray film from its original container and safely set aside it under my pillow. The room was entirely dark. I was lying face down and attempt to sleep. I was in half sleep and just about to sleep well. Abruptly the regular alien started compressing over my head. As soon as I realized that, I straight away pulled out my head from there and held the x- ray film in that area. Eureka! Some thing was powerfully compressing the film and challenged to push it down. I was just holding the film against that and pulling it toward me. I felt like my hands are hot and burning. Finally I pulled the x- ray film with all my effort and safely secured it in side the original container to prevent any other exposure.

It was a breath taking experience. Finally I turned on the lights. Unlucky I could not save the photographic film roll fixed to my back. It got exposed to light. Then I detached the thermometer to check for any expansion. I found that the mercury shoot up to the extreme top and the thermometer is broken in-between. I was frightened and didn't turn off the lights through out that night.

Later on a professional radiographer washed that x-ray film in his lab and gave it to me back. It was amazing that it got exposed to some strange radiation. Another amazing event is it has got complete un-exposed center area like a full moon. The surrounding areas were dark and fully exposed.



Above is my art model of the film after that strange exposure.

At that time I don't know what to do with that x- ray film. After that I mailed it to my health insurance provider with a request do some research on it.

Earlier than these incidents, I saw a strange yellow/golden moon shaped light in my room's wall. It came through glass window at night. I confirmed that it was not an automobile light, torch light or any other light. I thought I was a strange invisible radiation coming through coming through the small prism like design of the window. The small prisms could have split the invisible radiation in to visible. I thought there must be chemical representing the strange yellow/golden light.

Several years later, I started searching for that chemical in the internet. Then I learned that Fe₃ (magnetite) has the spectrum of yellow/golden color. Then I was browsing the internet for the invisible chemicals in brain. The results were amazing. There is evidence of magnetite (iron) in the human brain. This magnetite probably gets attached to the invisible consciousness to act as an additional source of memory. This additional source of memory complicates the human behavior. I assume that the metals attached to the mind is the root cause of astral projection, hypnosis

etc. If astral projection is performed through the prism, the Fe₃ (magnetite) attached to human mind probably split in to yellow/golden spectrum.

At times this strange alien attacks cause insomnia and subsequently caused the sensation of uprising kundalini. I really felt the warm, burning electromagnetic ball ascending through my spinal cord. When it gets in to the brain I felt the phobias, racing of thoughts etc. Lastly I understood that sleep paralysis is strange hypnosis.

My research ideas were originally on track toward the cause of sleep paralysis. Then it took a trip to the brain, mind and secrets of the sexual physiology.

Someday the world will scientifically identify the strange imperceptible substance and announce it.

Let us wait and watch.