

Bumps in the Night!!!!

Paranormal "U"

Shadow People

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Shadows are seen every day as reflections of solid matter, however there are shadows that have been seen by people that seem to have no explainable source. There are theories about these "shadow people", ranging from hypnagogic and hypnopompic hallucinations, misperceptions, manifested energy, and "watchers". The watcher theory was especially expounded upon by a researcher named Heidi Hollis who often appeared on Art Bell's "Coast To Coast" radio show in the 1990's. Hollis claims that her studies have shown these entities are not human in any way, but rather have been around since before the earth's creation.

None of her research or claims have been conclusively proven, however the studies have certainly kept the interest in these creatures going. It was on Bell's radio program that the term "shadow people" became a popular reference. It had been used before in a radio serial drama during the 1950's called "Hall of Fantasy", however the concept is certainly not exclusive to recent history. Many cultures have spoken of ominous shadows that foretell danger of some kind.

One such culture is the Cherokee nation. Legends speak of a menacing creature known as the Raven Mocker, which is said to be a grotesque bird that shape-shifts into a malevolent shadowy creature with exaggerated human-like features. It was believed that the appearance of the Raven Mocker signified the attempt to capture a soul as it crossed from life into death.

Some people believe that shadow creatures are evil or demonic in nature. The belief can be so strong, that clergy will sometimes offer to do a blessing or a cleansing of the home or area. Each religion has its own way of ridding evil entities, and as with anything, much of it is dependent on the belief of those involved, as well as the conviction of those beliefs. It must be stressed that there is nothing to conclusively prove that demonic entities exist, however there continue to be many theories on this subject. Other beliefs include the possibility of the shadows being manifestations of negative energy that causes an unpleasant feeling of heaviness and dread.

The shapes of the shadows often vary from animals and insects to full bodied apparitions. Two of the most commonly reported sightings are the Hat Man and the Hooded Shadow. The Hat Man is said to be the shadow of a tall man wearing a fedora hat. Some have reported feeling dread or the sense of something negative upon seeing this particular creature. The Hooded Shadow is often reported in cases of sleep paralysis, a sleeping disorder that can cause a person to feel awake and yet unable to move. This has been researched and is popularly accepted that they are instances of the brain waking up before the body. In this state, many describe seeing a shadow of a hooded figure or an old woman in a cloak. This is often called the "Old Hag" syndrome.

Other possible explanations for seeing shadow creatures are eye floaters, which can be caused by a variety of eye conditions. This is especially true if shadows resembling insects are seen. Pareidolia, or the mind's tendency to make sense of random shapes, can cause a person to think they are seeing a shadow creature when it is likely the shadow of something mundane. Certain neurological conditions must also be ruled out, as some of these can cause brain misfires and hallucinations.

Hypnagogic hallucinations are ones that are seen just as a person is drifting off to sleep and hypnopompic hallucinations appear just upon waking. These can be extremely frightening, and many have reported seeing shadowy creatures emerging out of nowhere. The reports are

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Shadow People – Is it just me or something else?

varied in physical confrontations, however the majority say that they are simply watched in an unsettling way. This can be explained by the person panicking upon seeing a shadow and striking out. In a state of REM sleep, it can feel as though a physical attack is happening. At TnT Paranormal Investigators LLC, we will keep researching all possible answers on these reports. Whether they can be explained or not, we understand that actually seeing something that looks sinister right in front of you is frightening. These shadow creatures have been talked about for a very long time and will no doubt continue to fascinate us for years to come!

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