

# Sleep Paralysis: A Guide To Hypnagogic Visions And Visitors Of The Night By Ryan Hurd

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Sleep paralysis is a temporary inability to move or speak that occurs when you are waking up or, less commonly, falling asleep.

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A person experiencing sleep paralysis will find they are temporarily unable to move or speak when they wake up, or are falling asleep.

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People who suffer sleep paralysis inevitably focus on their fear and discomfort, but rarely do they recognize that this strange experience also holds a huge potential

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Sleep paralysis occurs when the brain awakes from a REM state, but the body paralysis persists. This leaves the person fully conscious, but unable to move.

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The causes of sleep paralysis are usually spiritual in nature and can include demonic attacks. Spiritual healing treatment permanently cures this problem

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The docs at first thought I had sleep paralysis and then they ruled that out and said it was sleep starts. I had three sleep studies done but I didn't experience this

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