



Paralyzed in Slumber

Shawna A Neal

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Is there a world beyond what we experience with our five senses? Is there really a heaven or hell? Are these places obscure for us to encounter in our daily lives, as we wait for feared death to catapult us there? Or is there a crossover between our world and another? The author, Shawna A. Neal, experienced sleep paralysis (SP) as a child, knowing nothing of it, other than she woke up, unable to move, seeing her surroundings perfectly, and attempting to summon her mother to no avail. In her latter thirties, after major life changes, she started awakening again, paralyzed as before, but now experiencing with her five senses, other people, or spirits, in the room. As a well recognized real estate guru, and not subscribing to religion or spirituality, she was unable to wrap her head around the experiences in these episodes. But the frequency and oddities rendered not exploring it inadmissible. Her statistical analysis and noted corollaries, compared against other author's accounts, opened a door previously held as improbable. The result eradicated the dreaded sleep paralysis, and also exposed a window to another world, liberating her mind, her life and her fears. Her life rerouted down a path never imagined. Designed not only to alleviate the suffering of sleep paralysis by those afflicted, but to challenge everyone to ponder "Do we really know what we think we know?"

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