

Seriously Haunted

How mental health issues turned into a
paranormal haunting

Arkadiusz Stelmaszyk

INTRODUCTION

Hello and welcome to my horribly haunted life. In this book I will be going through how I believe I first started getting haunted, the paranormal evidence, how I tried to remove the spirit and how others have reacted to my haunting. It's a haunting that has been going on for over 6 years since 2019 and I hope maybe one day this story goes down as evidence of how the paranormal is real.

2018

The story of how the haunting began may have been in 2018 before any evidence of the spirit was being captured. I was working at the United States Postal Service when I think I captured how telepathy was real. It's not that it was telepathy but some sort of subtle evidence that is similar to others being able to hear my thoughts. The mail sorting room was fairly empty in the early afternoon. I was sorting through some packages when I was able to hear a conversation a postal carrier was having with one of the managers. I may have had a thought about what they were talking about. I don't remember what the thought was and I don't remember even truly caring about what they were talking about. After their conversation was over, the mail carrier let out a loud yawn to the sorting room corner that I was at. His head turned left as he was exiting the room. I believe I was the only other one in the room too but I do not think they could have seen me or heard me over there. I couldn't see them but only hear them. Right after the yawn, I thought to myself about how this is just like telepathy and oh wow telepathy is real and so on.

The next week or so I would continue to work but I would keep choosing to be anxious over how everyone can hear my thoughts. I would try to sort the mail as quickly and with constant thoughts so that no one else hears me. This is me thinking that if i control my thoughts they can't hear ones that come naturally, so

I would keep forcing thoughts about what I am currently doing as if that was the cure. When delivering the mail, I also was thinking that telepathy could be long distance and that others could hear my thoughts no matter where I am. At a certain point the thoughts as if telepathy would cause me pain in my heart or ear. There would be little stings or a voice yelling as if to keep it down. I started thinking that this was what higher states of consciousness was where there's an energy that keeps harming you for not having the best of thoughts, as if training you to be better or sharing where you shouldn't go.

This went on for weeks with me being able to notice other coworkers talking and changing conversation as if they could actually hear my thoughts, as if my thoughts were part of the group conversation, psychically. I didn't enjoy this and was fairly anxious and always looking forward to escaping the sorting room.

In February I decided to go to a psychiatrist to see if maybe I'm just depressed and that trying some anti-depressants could help. I was prescribed zoloft on a low dosage. During the first week I thought or convinced myself that they just made me happier, I felt somewhat more energized in a way. The new energy created a new path for my thoughts to go down. I was thinking that somehow the pain and telepathy made me an angel or something. Within one night I created this story in my head that I was from heaven and reincarnated back to earth as if that's what some choose to do. The story was that I wasn't there for too long and

I did not reach any ranks higher than just getting into heaven. I was also only in heaven for 10-20 years before I decided to reincarnate back on Earth. The story of how I got there was that I was a German who

helped hide some Jewish people during WW2. I even had this small and compact house in heaven that seemed masculine, mature, cozy and warm.

Within the next few days I was in the kitchen when my mom was talking to me. She then said come here and tried wiping something off my chin or shirt or something. I told her it was nothing but she was determined to try to get rid of it. When looking at her eyes while she was removing the dirt or smudge, I noticed her eyes turn into these vertical snake or cat eyes. It was a very vivid hallucination that I had never seen before.

I went to my room and decided to search on the internet for snake eyes in people. I got onto some links about reptilian or reptile people where I then heard this fast voice that said “Yes get sucked in!” I was what looked like a round head in this green dark space where his eyes were round and he had the biggest smile on when he said that. I panicked slightly and got off the internet. I then contacted a friend of mine and told him about what I saw in my moms eyes. On my own time I started making conclusions that if I was from heaven that it would make a balance if the angels had to be family with the demons. Then I was thinking that my mom was from hell. I panicked and asked my friends if I could stay at their places since I had to get out of my house, my mom was a demon. I was then preparing myself for what could be an angel and demon war on Earth. I came to beliefs that there are different levels of hell and that the lower their level the stronger they are at bringing down angles.

I believed it was color coded with red being you just got into hell, then there were colors like yellow where they had a taste for a different type of sin. When I thought of the yellows I thought they had this sonic sound that turns you into a demon. I would hear this slight ringing in my ear. I thought that they have this power to release a frequency that when exposed to for enough time that you are guaranteed to be forced to reincarnate into hell at the color level that you got captured by. The yellows looked like those with very excited eyes and mouths and I thought they were more dangerous and excited about catching angels and bringing them to hell. Angels had powers too but I never learned what they were or how to use them. I was thinking that there were these groups or gangs that go on the hunts and knew that I was an angel and that they could keep trying to figure out where I was through this telepathy conversation field.

I spend the week spending the night at different friends' houses exhausting myself with this panic of demons coming out to get me. One day at work I came to the conclusion that there was this lowest level of hell where they were all black auraed and that they were the most depressed ones that liked to keep to themselves. If you contacted them then they would send you to hell for being annoyed that you bothered them. I was making mail deliveries where I heard this low deep voice or tone. I was panicking at work thinking that I was getting captured by a lowest level demon and that it was going to take an eternity to try to work my way out of hell. I thought that being turned basically turns you

into enjoying their level of sin comfort making it a part of who you are. There are some that turn from being angels but never choose to leave hell. I was scared for my soul and my afterlife. I then thought that an option to get away from being caught would be if I were to kill myself. I was thinking that its either the lowest level of hell or suicide. I told my manager that I was thinking of suicide or that something about demons. I can't

remember exactly. I then was taken to a mental health facility. I was put on ant psychotics and was out of there within 10 days. I had to lie that I didn't believe in the demons and such because it's like I knew that they would force my stay to be longer if they didn't go away.

I spent the next few months still having those thoughts of the angel and demon story where it developed to having more to it like, angel barrier cities that were demon proof and even demon proof planets. I started to stop taking anti psychotics where I still had these beliefs. One of the days I was laying in bed at night still having these demon world stories of good and evil where there was this annoying tic of a tap in my bedroom air vent. This was an air vent that was near the ceiling and not on the floor. I thought in pure disliking "oh god nooooo please don't." or something like that. There was a ghost person with me telling me all about it and how it's like hell. It did keep tapping and I was thankful it went away. This may be the first evidence of the paranormal being that has been in my life a year after that day.

It took about 5-6 months for me to snap out of it. I took a job at a golf course where I just calmed down on my thoughts about the whole thing. After a couple of months I then moved to UPS to be a driver helper. As a driver helper, I decide to keep ignoring all senses and of telepathy being real as if that's how it goes away.

2019

During the start of 2019 I got a new job at Panera where I decided to make healthy habits like choosing to work out 4 days a week. I even went to eat paleo to improve myself and complete my new goals of gaining an education. After a month at Panera I quit and I started working at chipotle where I went back to school part time while working full time. Telepathy thoughts disappeared until I hung out with some friends of mine. They asked if I was to smoke marijuana. I was hesitant since I was focused on my health. I then caved in and started to notice telepathy again, as if it was very real that they reacted to what I thought. I tried speaking about it but they just chose to act as if it doesn't exist or as if it's a rule being broken. As if it's considered insane to talk about what others should not.

At Chipotle I was still aware as if this was like telepathy but it didn't seem to be as real or I was able to keep my thoughts to myself. During the end of the summer of 2019. The ghost started to tap at the corner of my parents' dining room. It was a hateful loud aggressive constant pain of a sound. I would even go to the basement to workout where I would still be able to hear the tapping. It was the worst. I told a friend of mine about it where they said that maybe it's your emotions or that there's some articles on the internet about your emotions to the exterior world. I then even went to tell my mom about the sound. I showed her a video of the audio where she asked what I thought it

was and I answered I think it's a demon. She didn't say much about it but seemed concerned.

During the next couple of months my friends would have these mental health issues where they decided to stop contacting me. I 've known them since middle school and they started to ghost my calls and texts. I even got fired at Chipotle for not announcing that the food was ready. I had a voice issue since I thought I was losing the power of my voice where others just did as I asked so I stopped talking thinking it was only when I tried to speak loudly that it strained my voice.

Without friends and a job I went onto the next job where I then got laid off due to Coronavirus.

2020

During my unemployment I was still suffering with what the spirit was. I would bring more evidence of the tapping to my mom where she would then start to keep repeating that it was just the air vent. I would say that the furnace was not on so how is it the air vent? It was definitely tapping at the wooden floor. From that day on my parents and family would continue to say that I have a mental disorder and that the ghost is just the vent. I'm not sure why they started lying, maybe they thought it was going to help them from being haunted as well.

During that year I caught one other strange event. My bluetooth speaker started playing music while I did not have any music or videos playing from any of my devices. It was strange, there was instrumental music playing that would shift and transition between genres while still maintaining a similar core sound to it. The music would change genres just by thinking of a different style or way. It may have started as something that sounded like happy light rock where I then had to think it to change into heavy rock where I then tried making it change to hip hop and a few other styles. I was switching genres for a minute with each genre playing for a few seconds to 10 seconds long. I went to take my phone out to record the event since I had nothing being played from my end. With the phone recording I went to the settings section of my windows laptop to show the observer that the

bluetooth is off and that there is no music playing on the internet browser. During the time of recording, the music stayed constant at this slower, calmer-paced, relaxing, atmospheric electronic instrumental beat. I then tried to verify the phone's bluetooth wasn't playing anything either. While recording, it didn't come to my mind that the bluetooth would not be playing music from my phone if the phone's video recorder was on, so I spent about a minute in the bathroom trying to align the mirrors to let you see my phone's screen. At the end of the recording the atmospheric music stopped where there was this choir of females making a semi church like style of singing where then a male voice appeared and said "hey you guys, I have a surpi-ssss-eh-eh." The audio then stopped playing from the bluetooth speaker. I do not know who that male voice was. During this time I only had two devices that I could play bluetooth music on, my smartphone and my laptop. My family has other devices but I never paired or used any of their devices with my speaker so it didn't come from them. I shared my evidence with my mother who didn't express much interest or concern. I have the video on youtube where I may leave a link at the end for you to watch if interested.

During the rest of that year there weren't too many other ghost related events. The most it did was keep tapping at the dining room corner whenever I went to watch TV or go into the basement. The tapping was unpeaceful and made me very unrelaxed. I hated it. There were other issues that I was beginning to have at around this time. One of them being where it started to

feel as if my mind was semi one with what I watched on video or listened to in music. It didn't get too annoying until later on.

That year I decided to go to OSU to finish up my college degree. I went for Natural Resource Management. During the first week I somewhat just gave up and blamed the demon since it would start tapping at the vent where I would try to read my reading material. I didn't pass at OSU and dropped out after that semester. While at OSU, I had one other class I was taking at CSCC. This was the last class I needed to complete my associates in science. I ended up finishing the associates degree and that was it.

2021

During 2021 I worked at Mount Carmel Hospital for about 8 months. I also went out and bought a used Mitsubishi Lancer. I was angry at the purchase because I felt I didn't get a good look at the car before I bought it. I test drove it but didn't notice the eaten up driver side mirror until after the sale was complete. I don't think I was thinking and feeling too clearly or carefully enough and mad at the mistake I made. When driving the car home I noticed that there was this tin can like rattle in the engine and was also somewhat again still mad about the whole thing. I came back to the car dealership who fixed the rattle for me. I tried to return the car but it was all already signed for and they didn't do that. However I was given the offer to trade in the car for the price I paid if I bought another car from their dealership. I ended up not doing that but did look to see if I could find the right fit.

During that year when driving around the Lancer, there was this loud spark of a jolt in the passenger side of the motor. I took it to a mechanic who said it was the ac and they replaced it. When the ac unit was replaced I could still hear a low volume tic sound. I was mad. I asked for my money back and for my original part to be reinstalled. I feel that the sound was from the spirit haunting me. It's like a heart attack of hate that it kept making me hear. I knew it was the ghost since it would stay silent at times while making noise at others, just like at my parents' dining room.

I sold the car to an OSU student and told them about the tic sound. I also told them that I believe it was a demon. During their test drive of the car the tic did not show up and they bought the car. Before I sold the car I had already purchased a Kia Sedona thinking that a minivan would be useful for moving from place to place.

When driving around the van there was this annoying plastic sound knocking back and forth at the passenger side of the car, around the glove box area. The sound would keep coming around and it would continue to annoy and anger me. I knew it was the demon but I didn't understand why I had to go through that pain.

2022

In 2022, I got a new job as a shift supervisor at Panera. Panera the second time around wasn't as wonderful since I had concentration issues caused by other people's emotions, attention and thoughts. It's like I could feel where their attention goes and it made me uncomfortable when it gets to areas that I don't want it to be at. I tried making some friends with the other managers thinking that it would be my best bet for survival. It didn't work as easily as in other jobs. When training, I was not preferring the drive through shifts. I didn't mind talking and taking orders but when I would hand a customer their credit card back, they would grab a hold of the card while touching my fingers. I started to move my fingers further and further away from the center and towards the edge but some would still keep touching my fingers. It bothered me, I thought everyone was disrespecting my personal space. Like as if thinking that you don't want them to do that, then they start to do that.

One day at Panera I was at the cash register where a customer may have been from another dimension. They made some sort of joke within a deep green zone where my entire body transformed into drivethrough speaker and mic shaped like a person. They pressed the button and spoke to the mic. I think the joke was because I was monotone or something. I did not like that experience either. When at Panera, I had issues with how people responded when I asked for their orders. This was during coronavirus and we all had to wear face masks. I

think the face mask made it harder for me to speak loud and clear enough for others to just respond and treat me as equal. During my last week at Panera, I was officially finished with training and had some of my own closing shifts. Each time during the night shift, there was no drive through open. The drive through was closed each night I worked there until that day. I was not expecting the drivethrough to be open and I panicked not being prepared. I texted my boss that I'm going to quit where they said don't do that and that we will work through and help you out.

The next day I came in and sensed something was wrong. The other manager in training telepathically told me that I was fired. I just went to work where they had me at the cashier station which was not expected. They all had a manager meeting and I was not included. They then fired me after a few hours.

During the next few months I avoided going back to work knowing that I was going to continue to have these social issues. When I did go back to work I went to Uber and then to deliver for Amazon. I have been doing package delivery ever since.

After a couple of months at Amazon I decided to move out of my parents house and get an apartment. I used my minivan and moved out without any assistance from others. This was my independence.

Winter came within a couple months and the bedroom temperature was freezing. The bedroom wasn't well insulated and there was a hole in the wall. I moved my mattress into the living room and planned to stay there during the winter. During that winter I was

laying in bed in the evening when there was this tap inside the apartment AC/heater. I would just keep tapping when it was on. I decided to get it replaced, maybe it would stop. A day or two before the

replacement, the tapping got much louder, where a voice inside told me it's because he knows it's getting replaced. I recorded some of the tapping. When the new heater came, the ghost would start tapping but at slightly lower volume. It wasn't fun and made it harder to relax. I also then recorded evidence of the heater trying to prove that the sound was happening in a completely different heater from last recordings.

https://youtu.be/TXU4TtYVgLA?si=Ts_rL8SJUKBTqUr4



Here's a link to a youtube video of the ac/heater units.

The winter left and spring arrived. With spring I didn't need the heater on. I also then decide to move back into the bedroom. During the summer I would have the AC unit on. The AC would also make a ghost tic noise. I ended up sleeping with the bedroom door closed to cover up the noise. After a couple months I was able to sleep with the door open and without hearing the ac unit tic sound. That year, I was still working at Amazon where the worst of the ghost on workdays was when I went to work. When going to work, the ghost would keep making rattles or sounds inside the car on the passenger side and still does that today. I have tried to wear shooting earmuffs to try to

cover up any sounds that the ghost bothers me with. I still hear them but it helps a little. With winter approaching I decide to do two things. I bought an Xbox Series S for fun and I bought space heaters thinking it would solve the demon tic sounds. The first space heater was an infrared space heater. It was nice but it woke me up at night with this ticking spark sound to the heater. I returned the heater and got a couple other brands. It would still make a tic sound with the space heaters but I just decided to deal with it since it was a touch quieter than the main apartment heater.

While in that apartment the ghost would make other sounds. It would knock at the bathroom wall every time I walked in there. It was the same spot every time and it stopped making the sound when I tapped up a piece of paper on the wall on that spot.

The ghost also made clap sounds on occasion and solid bassy bangs on the front door. When driving the delivery van, the ghost makes sounds like someone throwing a handful of rocks at the right side. It only happened at night and on the way back to the station. It must have been whatever I was thinking or saying to myself. The ghost also installed a sound in my series s bootup audio. Everytime it booted up it made the tic sound that it would make in my space heater. I recorded the bootup sound on different tvs to ensure that it is the xbox and not the tv.

<https://youtu.be/To6oGbDffvE?si=IicGHrCHgajVxbs3>



Above is a link to the xbox boot up sound tic. The sound did go away after a system update. I think the update reinstalled a new bootup audio as part of updating. Before the update, the ghost did make these sounds with the already audible clicks of the xbox system menu. I had to turn those off because I could feel it trying to bother me.

2024

In the late winter of 2024 I went ahead and bought myself an oled tv. My older one didn't feel it displayed all of the resolution that the xbox series could display. The new tv was nice and I would definitely recommend the LG OLED to anyone. They definitely had much better speakers and the oled picture made gaming and tv more pleasant. When I unboxed the new tv, the ghost would tick at the plastic of the tc packaging. I recorded the tic.

<https://youtube.com/shorts/kn6gpPDwqwI?si=AUYeglfDxXp-fj2>



When recording, I didn't originally notice the movement of the plastic in the video but in the video you can see the plastic moving with the sound it makes and you don't see anything like a pebble or rubber band bouncing off of the plastic. The brightness is tuned up at the end of the video where you can see there's nothing bouncing off of the plastic.

Around April of 2024 I decided to move into a studio apartment. I was preparing to keep my cost of living low by owning a tiny house and thought that I should try a studio first. During the week I also decided

to get a new car from Carvana and have been with a Chevy Volt since.

At the new apartment, the ghost would create these loud electric smacks on the window sill. It did this in the morning with the morning sun. At some point in time I bought a Eufy security camera since one of my neighbors pulled out my chevy volt's charging plug causing my alarm to go off. I saw the guy in his red nissan suv and I took a picture. I may have not told the cops where he was in the photo but he ended up moving away really quickly after that.

With the security camera at the window sill I was able to catch some ghost related sounds.

https://youtu.be/fQP2MGTKdJ8?si=FHQhFmj4_qe3UNdB



This is the first one I recorded. It was cool that I was able to catch evidence without needing to take my smartphone camera out. I felt that with the smartphone, the ghost can hear and see me pulling out my phone to record him, so he stops making the sounds sometimes.

https://youtu.be/R9K8KCVHln8?si=mg_TRVTG3uKEdEYq



That year I went to deliver Hello Fresh and I caught tons of ghost evidence. These years alone, I have also spent my free time trying to invent inventions thinking that since I had social issues that I would be able to find money in other ways. When delivering Hello Fresh, the ghost became more annoying during the job. The ghost still makes rattles on the passenger side of my car when I drive.

<https://youtu.be/GImGH3XKDIw?si=3SoZwtBKnV-BkEyr>



Here's some clips of the different sounds in the different cars. Do they sound similar to a typewriter?

While at work, the ghost became too close. It was invading my personal space inside my mind and body compared to just making sounds outside. When driving, it's like a ghost would keep making me feel that there are these fake tears going down my face. I would feel them each morning most days. I didn't feel sad but something was trying to share that I had to feel sad. It was insincere. The ghost would even make these ghost snot bubbles in my nostril. I would also feel something

that was like a marble sized ghost flying through my mouth or body. It would even make me feel as if someone was constantly touching my bottom when driving.

2025

This year the ghost abuse continued to intensify. I would wake up early in the morning where there would be this soft wet tapping in my ear. It goes away and comes back but it's just trying to drive me insane. When working, the ghost would also super pressurizingly hate on my right ear where it sometimes also felt like someone was pinching at my right ear. I even would lay in bed and hear this pressure rain drop sound drop beside my ear. When walking around I would feel and hear this spark sound that is loud. This year I also started to hear annoying voices yelling and being annoying. Like saying "so sorry", "theres no tesla", "theres's no more chipotle" and just other quick short messages to keep bugging me all day.

During these past couple of years, I have also damaged part of my brain and body. Either caused by working or by the demon. My left lung doesn't feel like it breathes and I started having my left nostril dripping on the left side. My right side of my frontal lobe was also being injured with headaches, constriction, and mild warmth in the spot. I also developed what looks like a red spot on the right side of my cheek. It came from nowhere, maybe its skin cancer. My right cheek also looks swollen since I would keep squinting my right eye from my constant mild annoyance of my pain.

The ghost has made these wet bubble sounds in my mouth and around me. The ghost was also able to make me feel as if a body deep inside would start shaking in fear or in tears while my actual mind and

body weren't feeling that. I was forced to feel sad when I wasn't as if to make my life and job harder. My days at work are hard and it isn't making it any easier. There's also been voices saying "and there's no more dementia" and "good luck with your heart attack", "so sorry about your heart rate". That last one bothered me when I ended up buying a smartwatch to see if it would stop.

These past few years I was also forced to prewatch my life from my sleep. It's like the voices possessing me know everything I do and I have already forgotten since the last time I watched my life was in my dreams. It's just never ending deja vu where the voice does say or hint things that are connected to events to come. Sometimes the voice tries to bully me by making me feel as if there's a problem so that I act and make others think that there is one. It is a hard test and it's like the voice and ghost don't let me be myself. It has been able to make me forget or have to hear it talking to me when I don't want to hear anything at all. I enjoy it when it's silent in my head so I can think clearly and be more relaxed.

I also have recorded voices on the eufy camera, some sounding human and some sounding like an animal.

https://youtu.be/fbyxtFWz944?si=_4xKnK_LwTMmsmE9



<https://youtu.be/y6meu5Wm7lw?si=GqewQtnv8tFNPFjJ>

