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Some Interesting Superstitions and the Theory Behind Them by Cody

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Have you heard people say that you should not walk under a ladder? Or have you been told it's a bad sign if a black cat crosses by your path? Well, these are some of the most common superstitious beliefs among the people. What is superstition? It's nothing but interpreting the outcome of the future events based on certain symptoms, though it may not seem to be logical. Every nation has its own set of superstitions and it basically boils down to their traditions and customs of each country.

In fact, we encounter superstitions almost every day. For instance, there are common beliefs that we should get up only on the right hand side of our bed and we should not cut our nails on Fridays. Statistics show that nearly 75% of the people in the world believe in superstitions. And that's quite a lot, isn't it? Do we really know when, how and where it all started? Scroll down and be amazed by the information that follows.

Superstitions are said to have evolved ever since the evolution of mankind. In fact, whenever our ancestors came across any mysterious circumstances, they believed them to be superstitions. For instance, in the ancient period, people believed that a lightning or a thunder was a bad sign denoting that God was evincing his anger. With the absence of science and technology, they were even puzzled when the mirror reflected their image. And they didn't have a clue why their shadows would always follow them. Of course, today we clearly know the reason for the reflections in the mirror and what the science behind the appearance of shadows is, thanks to the development of science and technology.

Some of the commonest superstitions that daunt people are as follows:

Walking under a ladder is said to invite bad luck.

When you have hiccups you are likely to be owned by the devil (bad luck).

Breaking a mirror will bring you 7 years of bad luck.

Seeing a shooting star will bring you good luck.

Carrying a rabbit's foot in your pocket will bring good luck.

Eat chicken on New Year's Day & you will be running around for money but if you eat pork you will be fattened with prosperity and money.

Don't put your hat on the bed as evil spirits might enter into your sleep.

Never do laundry on a holiday.

People believe that when you visit someone you should leave through the same door you came in failing which you might invite bad luck.

If it rains on your wedding day you will be showered with good luck.

Let us discuss the concept behind some of the most popular superstitions.

Friday the 13th is considered as bad luck. In fact, the number 13 is so widespread that most hotels and apartments are devoid of the 13th floor and 13th number respectively, and some airlines fly without the 13th row. This superstition stems from the event when Judas was the 13th guest at the Last Supper and Christ was crucified on Friday. So you can discard one day of the year.

An itchy palm is luck. It denotes that a person is greedy or has an insatiable desire for money. However, some believe that an itching right palm is an early symptom of meeting a new person, while an itch on the left palm denotes means money is coming.

Breaking a mirror brings bad luck for seven years. Coincidently, the number of years required to rejuvenate the entire human body is also seven years. However, as a remedial measure, you can take the broken mirror and bury it outside in the moonlight.

Black cats are considered to bring bad luck. In the middle ages, it was considered that black cats were the companions of witches.

In fact, did you know that even great people like Hitler and Napoleon were terrified of seeing a small black cat? Some people feel that black cats might turn into witches once it gets seven years old.

Saying "God Bless You" after someone sneezes is believed to bring good luck. This superstition dates back to the 6th century when people felt that they expelled evil spirits by the process of sneezing. The blessing after someone had sneezed was considered as a good measure. In fact, when Europe was hit by plague in 1665, the pope ordered everyone to sneeze failing to do which they would probably die.

Thus, a multitude of such superstitions are there. I happened to watch a host of superstitions programs on my cable powered by Dish TV. Nevertheless, believing the superstitions or not solely depends on the individual.

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Cody is a content writer who writes on a range of topics and likes to watch superstition programs on his cable network powered by a Dish TV.

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