

Origin of ancient superstitions in the world

In today's modern scientific age, many strange superstitions still exist in many countries around the world.

These superstitions have long dominated the human imagination, weaving threads of fear and fascination into human history.

Many **ancient superstitions** have been so deeply ingrained in human psychology that even though we no longer believe them, we still unconsciously follow them. Although the origins of these superstitions are interesting, based on supernatural folk tales, people even find a convincing practical reason to justify their beliefs. Let's take a look at some of the creepiest ancient superstitions in ancient history and see where they came from.

Black eyes



One of the *most popular ancient superstitions* in the world is probably about the evil eye. Deeply rooted in human history, with roots stretching back more than 3,000 years, this is the belief that evil looks can bring harm and misfortune to unwary victims.

Superstition about the evil eye can be found in many cultures, but the earliest traces of it can be seen in ancient Mesopotamia. Clay tablets from the 7th century BC have been unearthed not only as evidence of belief in the evil eye but also of spells that Mesopotamians used to ward off bad luck.

During the Roman Empire, people also created an eye-shaped amulet with the hope of overcoming evil in people. That belief also quickly spread among Muslims, where the eye is called Nazar and in India, Buri Nazar.

These eyes are usually blue and white. To this day, this type of eye amulet is still popular in Greece and Egypt. People still use it to decorate their homes or wear it as jewelry in hopes of warding off the negative effects of the evil eye.

Avoid going under ladders

Ancient Egyptians avoided walking under a ladder. Because they believe that, when the ladder is raised and leans against the wall, it will form a triangle, becoming one of the most sacred symbols of the Egyptians (like the pyramid). If humans go under the ladder, they will break the symbol and insult the gods. This strange superstition surprises many people.

This superstition has been around for a long time and is related to many spiritual factors. Ancient people believed that walking under a ladder would bring misfortune, even summon evil spirits, and offend the gods.

This belief later spread to ancient Rome, where ladders were associated with divinity. From there it continued to spread to the rest of Europe.

In medieval Europe, ladders were no longer associated with gods. Not only are they construction tools, they are also shaped like gallows. The ladder is considered something closely linked to death and misfortune. Therefore, the fear of walking under ladders becomes more pronounced and people increasingly avoid walking over triangular objects.

Walking under a ladder is not something terrible, but this superstitious concept seems to have gone deep into everyone's subconscious. Don't go under ladders sounds like pretty sound health and safety advice.

Friday the 13th

Friday the 13th are two superstitions side by side. Friday is an unlucky day, rooted in Christian tradition. It is believed that Jesus was crucified on Friday and therefore that day of the week is unlucky.

There are many reasons why people fear Friday the 13th. No one can explain where the fear of number 13 (called triskaidekaphobia) comes from.

According to some historians, this fear originates from ancient times, when the number 12 was considered the perfect number, often used for measurements or calendars. This makes its neighbor, 13, an imperfect or unlucky number.

Others believe that the fear of number 13 originates from Norse mythology, where Loki arrived as the 13th guest at a sacred dinner party, saddening the other gods and spreading evil. evil and suffering into the world.

Friday the 13th is also associated with many horrifying events that make people afraid.

On Friday October 13, 1307, King Philip IV of France ordered the arrest of the infamous Templar. Many of them were later tortured and executed, some burned at the stake. This is considered quite unlucky.

Whatever its origin, over the years Friday the 13th has grown in popularity, bolstered by unfortunate events such as the crash of Uruguayan Air Force Flight 571 on Friday, January 13, October 1972. Popular culture also helped reinforce this superstition with the movie "Friday the 13th."

Black cat - Friends with witches and demons

Black cats or lynx once made many people afraid of the bad luck they brought. In fact, black cats are more difficult to raise than cats with other coat colors. Superstition surrounding black cats has been around for a very long time.

In ancient Egypt, cats, including their black feline cousins, were revered and associated with the gods, especially the goddess Bastet. Killing a cat, even by mistake, is a felony.

However, several centuries ago, especially in medieval Europe, cats gained a reputation for being associated with witches, witchcraft, and Satan himself. It is believed that cats act as witches' familiars, allowing them to communicate with demons, and witches can transform into black cats to carry out their nefarious deeds.

Therefore, in the sixteenth and seventeenth centuries there were many witch hunts. Countless black cats were killed along with people considered witches.

However, not everyone hates black cats. In some parts of Europe, especially in Scotland and Ireland, black cats are considered lucky. This is in sharp contrast to popular superstitions in other regions. Today, black cats continue to symbolize different things in different cultures. Some people consider them a sign of bad luck, while others consider them a symbol of good luck.

Broken mirror - 7 years of bad luck

The idea that breaking a mirror will be followed by bad luck for seven years dates back to Greek and Roman times, when people believed that mirrors contained a part of a person's soul. Breaking a mirror not only damages the physical reflection but also damages one's spiritual nature, leading to bad luck.

Like many other ancient superstitions, this concept persisted into the Middle Ages when mirrors were scarce and expensive, giving rise to belief in their mystical properties. Asia also has similar superstitions. In ancient China, mirrors played a role in predicting the future through divination. Rather than harming the soul, breaking a mirror is considered to disturb this connection with the spirit world, bringing misfortune.

Open an umbrella indoors - Unlucky rain

In most parts of the world, opening an umbrella indoors is considered extremely bad behavior or bad luck or both.

In Europe, this superstition is believed to be associated with Victorian England. The reason behind it is extremely practical. During this time, umbrellas were a relatively new invention and their spring mechanism made them cumbersome to use indoors. Opening an umbrella in a confined space can lead to accidents, property damage, or even injury to yourself or others.

In Asia, superstition has more frightening origins. Opening an umbrella indoors is considered taboo because it resembles actions performed at funerals, such as opening a canopy for the deceased. It is believed that opening an umbrella in the house (especially at night) can trap or anger the spirits of the deceased, leading to bad luck. In Japanese folklore, there is also a type of yokai (demon) named Kasa-obake that is shaped like an umbrella and likes to cause trouble.

Horseshoe - Holds all luck

Some civilizations such as Greece considered horseshoes to be good luck charms against evil. Therefore, people often hang horseshoes in front of their house to protect their family from evil.

Superstition surrounding horseshoes and their supposed power to bring good luck has spread throughout history, originating in European beliefs and folklore. The superstition about horseshoes has two distinct aspects.

First, in ancient Europe, iron was believed to have protective properties. Iron was considered pure and could therefore be used against evil forces such as demons, spirits and even witches. Second, the horseshoe, like the Moon, was associated with ancient pagan Lunar deities. Over time, people considered horseshoes to bring good luck.

In medieval Europe, people began hanging horseshoes over doorways, with the ends facing up. It is believed that this forms a protective barrier, wards off supernatural evils, and brings prosperity to the family.

Today, the direction in which the horseshoe is hung has important meaning. Hanging it with the ends facing up is said to catch and hold good fortune, while hanging it down is said to let good fortune flow out. The horseshoe remains a symbol of luck in many different cultures.

Pour salt - Blind the evil eye

For the Romans, salt was a symbol of purity and was used in a number of religious practices, especially purification rituals. Pouring salt was considered an insult to this sacred ritual and was believed to anger the gods. Angry gods will obviously lead to bad luck.

An ancient superstition holds that pouring salt will anger the gods. Photo: Adobe Stock

In medieval Europe, salt was an expensive commodity and the act of spilling it was believed to attract the attention of evil spirits or witches, bringing misfortune.

To combat this bad luck, a popular custom emerged: throwing a pinch of salt onto a person's left shoulder, where it was believed that the devil was hiding. This gesture is said to ward off evil spirits and avoid subsequent misfortune.

Salt also continues to be associated with purification. It is believed that ghosts and spirits cannot cross the salt line, meaning sprinkling salt along the edges of windows and doors can ward off ghosts.

Whistle at night

Darkness is a fear that has been ingrained in the psychology of many people for centuries. That's why, in many cultures, night is always associated with mysteries, a place that hides inexplicable things and invisible forces.

Many cultures consider whistling at night to be unlucky. It is seen as an invitation, a way of calling spirits or supernatural beings into one's presence.

This belief was especially pronounced in medieval Europe, which was extremely superstitious and haunted by ghosts. The night was considered to be inhabited by witches, demons, and other unpleasant monsters, and whistling was said to attract these entities, which could lead to misfortune, illness, or even is haunted.

Whistling at night on land is bad, but doing it at sea is worse. Sailors are by nature a superstitious bunch and have historically considered whistling at night to be a bad omen on the high seas. The eerie sound of wind whistling in the dark is considered a harbinger of impending storms or other maritime disasters.

Crow - Omen of darkness

It's not just black cats that have a complicated relationship with ancient superstitions. Crows have been seen as both a harbinger of death and a symbol of wisdom throughout human history.

Crows are considered a harbinger of death and a symbol of wisdom. Photo: Adobe Stock

In Norse mythology, the Lord of the Gods, Odin, is always accompanied by two ravens, Hugin and Munin. According to his orders, they will fly around the world to bring information back to their master.

Meanwhile, another pagan god, Morrigan, also always carries a crow with him. However, this god's reputation is more negative when always associated with death.

Besides, the crow's black feather color and natural behavior such as scavenging and haunting cries also make people consider them a harbinger of death and destruction. In some beliefs, seeing a crow or raven near the house is considered a bad omen.

Like the black cats of medieval witch hunts, these birds are sometimes associated with witches. They are also believed to be spies of dark forces.

Human history has countless superstitions, especially the things that make people's spine cold, the more attractive they are. The world of superstition is a maze of cultural beliefs and perceptions that have influenced human behavior for millennia. From the ominous gaze of the evil eye to the terror of Friday the 13th, these superstitions have cast a shadow over history, reflecting our innate desire to explore the unknown.

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