



Why is Breaking a Mirror Considered Bad Luck?

According to wiseGEEK.org, breaking a mirror is said to bring you seven years of bad. Whether the bad luck be losing your car keys over and over or repeatedly missing the bus, you certainly don't want that negative juju flowing you around. The origin of the superstition can be traced back to the Romans, who were the first to create glass mirrors. The Romans believed that a mirror could confiscate a part of the user's soul. If the user's image became distorted in any way, it could mean that the person's soul had also become corrupted.

If the user had the misfortune of breaking the mirror, it would mean his or her soul would be trapped inside the mirror. The person who broke the mirror would also experience a broken soul, leading to broken health and bad luck. The Roman's also had the belief that a person's body renewed its self every seven years, so if a person broke a mirror, they would be stuck with that bad luck for seven years until the body could renew itself. Until the body renewed itself, the life of the unfortunate mirror breaker would be one of a string of unfortunate events because he or she no longer had a healthy soul capable of warding off evil spirits.

Fortunately, there are also a number of rituals which are said to counteract the very bad hair day created when you break a mirror. Since the pieces of the mirror can still reflect the corrupted soul, the entire mirror should be ground into dust. No reflection, no problem. It is also suggested that after you break a mirror, you should invest in a shovel and bury the pieces under a tree during a full moon. African slaves working in America believed the bad luck could be washed away by placing the pieces in a river flowing in a southerly direction.

So, the moral of the story? Simply, do not break any mirrors. Be careful next time you're moving!

Source:

Why Is It Considered Bad Luck to Break a Mirror? (n.d.). Retrieved April 20, 2015, from <http://www.wisegeek.org/why-is-it-considered-bad-luck-to-break-a-mirror.htm>

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