

WHY WE
TOSS SALT

13 EVERYDAY
SUPERSTITIONS AND
WHERE THEY CAME FROM



EVERYDAY MAGIC HIDING IN PLAIN SIGHT

WHY WE TOSS SALT



Superstitions are the tiny threads of magic woven into daily life. They're the habits, the warnings, the little rituals you may not even think twice about — but they all have stories tucked inside. Some are ancient. Some are silly. Some are still with us because they remind us that life is more mysterious than ordinary.

Superstitions aren't really about bad luck. They're about connection — seeing how our ancestors made sense of the world, and how we still carry those whispers with us today.

And maybe, just maybe, you'll find a *little enchantment* hiding in plain sight.

EVERYDAY MAGIC HIDING IN PLAIN SIGHT
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1. Spilled Salt

The Superstition

Spill the salt? Quick — toss a pinch over your left shoulder.

Where It Comes From

Salt was once so valuable it was called “white gold.” To waste it was bad luck. But the tossing? That’s a little trick to blind or distract the devil, who (of course) was thought to be waiting right behind you.

A Little Enchantment

Instead of fretting, think of it as instant kitchen magic. Tossing salt clears the air, resets the energy, and reminds you that even accidents can become rituals.



2. Don't Step on Cracks

The Superstition

“Step on a crack, break your mother’s back.”

Where It Comes From

The rhyme showed up in the early 1900s, but the fear of cracks is older. Cracks were seen as breaks in the earth — weak spots where bad luck or wandering spirits could slip through. Avoiding them was thought to protect family and keep order.

A Little Enchantment

Instead of sidestepping cracks in fear, try stepping with intention. Each line in the sidewalk becomes a threshold — a place to pause, breathe, and choose your next step with care.



3. Walking Under Ladders

The Superstition

Bad luck follows if you walk under a ladder.

Where It Comes From

The ladder leaning against a wall forms a triangle, a sacred shape representing life and stability. Passing through it was seen as breaking the triangle and thought to invite misfortune.

A Little Enchantment

See ladders as reminders: not every shortcut is worth taking. Walk around the obstacle, not through it, and protect the sacred spaces you pass each day.



4. Umbrella Indoors

The Superstition

Never open an umbrella inside — it's bad luck.

Where It Comes From

Umbrellas were once used for protection from the sun and storms. Opening one indoors was thought to invite the storm into your home, along with chaos or misfortune.

A Little Enchantment

Think of umbrellas as sky magic — tools meant for open air. Keep them outside, and let your home remain its own shelter of calm.



5. Broken Mirror

The Superstition

A broken mirror brings seven years of bad luck.

Where It Comes From

In ancient times, mirrors were believed to reflect the soul. To break one meant damaging the self it held. The “seven years” part comes from Roman belief that life renewed itself every seven years.

A Little Enchantment

Instead of bad luck, treat a broken mirror as a reset — seven years of fresh beginnings. A chance to see yourself anew.



6. Black Cats Crossing

The Superstition

A black cat crossing your path is unlucky.

Where It Comes From

In medieval Europe, black cats were linked to witches and thought to carry mischief or bad fortune. In many cultures, though, black cats are symbols of luck, protection, and prosperity.

A Little Enchantment

If a black cat crosses your path, smile — magic just brushed by. Consider it a wink from the unseen world.



7. Knocking on Wood

The Superstition

Say something hopeful? Better knock on wood.

Where It Comes From

This comes from ancient tree worship. Knocking on a tree was a way of calling on protective spirits — or keeping them from overhearing your plans and interfering.

A Little Enchantment

Knock on a table, a tree, or even your desk. Let it be a reminder that the universe is listening — and rooting for you.



8. Friday the 13th

The Superstition

Friday the 13th is unlucky.

Where It Comes From

Thirteen was once a sacred number — 13 lunar cycles in a year, tied to the feminine and to wholeness. Only later was it painted as unlucky, especially when paired with Friday, a day associated with the goddess.

A Little Enchantment

Claim it back. Light a candle, start something new, or celebrate a little extra. *Thirteen isn't always unlucky* — sometimes it's pure magic.



9. Tossing Rice at Weddings

The Superstition

Rice tossed at newlyweds brings good fortune.

Where It Comes From

Rice and grain have always symbolized fertility and abundance. Showering a couple with them was a blessing for a fruitful, prosperous life.

A Little Enchantment

Today, we usually swap rice for flower petals, birdseed, or bubbles. The magic is in the shower of blessings, not the grain.



10. Horseshoe Over a Door

The Superstition

Hang a horseshoe over your door for luck.

Where It Comes From

Iron was thought to repel evil spirits, and the crescent shape symbolized protection. Hung above the door, it became a charm to keep misfortune out.

A Little Enchantment

Point it up to hold the luck in, or down to pour blessings out. Either way, intention makes it powerful.



11. Itchy Palm

The Superstition

An itchy palm means money is moving.

Where It Comes From

The saying goes: left palm itching means money leaving, right palm itching means money coming in. This bit of folklore shows up in cultures across the world.

A Little Enchantment

If your palm tingles, rub your hands together and imagine abundance flowing your way. A little prosperity spell, right there in your hand.



12. Wishbone

The Superstition

Two people pull a wishbone — the one with the bigger piece gets their wish.

Where It Comes From

This comes from ancient times when birds were seen as oracles. Their bones, especially the furcula (wishbone), were believed to hold power for divination and luck.

A Little Enchantment

Next time you pull a wishbone, make the wish for more than yourself. Let it be a blessing that ripples outward.



13. Four-Leaf Clover

The Superstition

Finding a four-leaf clover brings good luck.

Where It Comes From

Most clovers have three leaves, said to symbolize faith, hope, and love. A rare fourth was seen as luck itself — a little green gift from nature.

A Little Enchantment

When you spot one, tuck it in a book, your wallet, or under a candle. Let it remind you that luck is everywhere if you know how to look.

THIRTEEN EVERYDAY SUPERSTITIONS



Superstitions may look like little quirks, but they're proof that humans have always reached for magic in the everyday. Tossing salt, knocking on wood, avoiding cracks — all tiny ways of making sense of a big, mysterious world.

They remind us that magic isn't locked away in rituals or rare objects. It's in sidewalks, kitchens, weddings, doorways — even in the palm of your hand.

So the next time you catch yourself following one of these old habits, smile. You're not being superstitious — you're carrying on a long tradition of finding wonder in ordinary life. And that's where the *real magic* lives.