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Is breaking a mirror bad luck?

I have always been a really superstitious person and i'm so scared right now because i broke a mirror this afternoon :(Is the superstition real about how you get seven years bad ...[show more](#)

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Mirrors w/ Your Logo | Branders.com**Branders.com/Mirrors**Buy Custom Promotional **Mirrors** As Low As 0.65¢ @ The World's Largest!**Best Answer** Asker's Choice**kreedhermione** answered 6 years ago

It is said that when you break a mirror, your cosmic penance is to endure seven years of bad luck, unless you can find a way to counteract the negative effects. Thankfully, there are a few things you can do to prevent all that karmically bad juju after you break a mirror, although you might have to get a little dirty or soggy. It's still preferable to spending the rest of your seven year sentence wondering why your car keys keep breaking off in the ignition or why you keep missing the bus.

The origin of the "break a mirror, face seven years of bad luck" superstition can be traced back to the Romans, who were the first to create glass mirrors. Just because your culture invents something totally useful like a mirror doesn't mean you can't still have some

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irrational beliefs about its use. The Romans, along with the Greek, Chinese, African and Indian cultures, believed that a mirror had the power to confiscate part of the user's soul. If the user's reflected image became distorted in any way, this could mean a corruption of his or her soul.

To make bad matters even worse, if the user should break a mirror it would mean his or her soul would be trapped inside the Bizarro world the mirror represented. Essentially, a broken mirror created a broken soul, which in turn lead to the broken health of the unfortunate user. The Romans also believed that a person's physical body renewed itself every seven years, so under that criteria it would take seven years before the user's soul would be fully restored. Up until then, life for a mirror breaker would be one long string of unfortunate events, since he or she no longer had a healthy soul to ward off spiritual evil-doers.

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.

Source:

<http://www.wisegeek.com/why-is-it-consid...>

Asker's rating & comment

Ok thanks for all the information :)

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1 comment

Other Answers (13)

Relevance



[Grumpy Otaku](#) answered 6 years ago

The superstition around here is seven years but I have had quite a few break on me and it hasn't really cost me anything the only thing i see that's bad luck there is broken glass and buying a new mirror

Source(s):

i live in the a small town these things come up lol

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[rachel](#) answered 6 years ago

No, only if you think it is. Its down to the power of suggestion. I've broken mirrors in the past and thought I was doomed to 7 years of bad luck, not so. Apparently (if you are superstitious) you need to keep the pieces together for 7 years to cancel the bad luck. I wouldn't recommend it in case you cut yourself, I tried it and cut my hand....silly idea. Old wives tale I think, to do with magic mirrors and the mirror being a window to 'the other world'

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[Jake](#) answered 10 months ago

half of the superstition is that a mirror is said to show the truth in things to show the sole of the one looking at it without any lies or misconception's this is why some cultures believed that a vampire had no reflection or you could tell if a person was possessed as the mirror would show the reflection of the evil in control instead of the person looking at it other reasons are that a mirror is said to be able to trap a persons spirit when they die this is why some cultures cover up mirrors when a person dies so their spirit will not be trapped and they would be free to move on

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[Captain MJ](#) answered 6 years ago

Some superstitions are said to be true because of science. But breaking a mirror isn't bad luck. Theres no proof that bad luck doesn't exist! if you think you have bad luck then you WILL have bad luck. But if you don't believe then you don't have it.

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[Pistol Knight](#) answered 6 years ago

Ha ha. It's an old wives tale. The only bad luck is the fact that you broke the mirror and you may cut yourself on it.

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[Radiation Ghoul](#) answered 6 years ago

If breaking a mirror IS bad luck then...I'M SO SCREWED!!! I'VE BROKEN LIKE FIVE IN MY ENTIRE LIFE!!!! 35 years bad luck! Aghhhh!

I'm fervently wishing it's just a myth but bad stuff always happens to me so I'm not sure if I believe in bad luck, but @ the same time I kinda do.

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[ghosting12](#) answered 6 years ago

It is a wives tale. Glass and especially mirrors were very expensive even 100 years ago. They were very precious to have and valued highly. What better way to protect them than to invent a story about bad luck so that you would be very careful with them.

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[Death♥Note](#) answered 6 years ago

I broke a mirror a couple months ago and I didn't have bad luck

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answered 6 years ago

Well apparently spinning around 3 times and throwing salt over your shoulder reverses it...of something similar to that:)

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