

100 Superstitions and Pieces of Folklore

Pink Dice Bag Publishing

Dedication and Appreciation

My first thanks goes to my Knight for his excitement and enthusiasm and to my Dragon for always popping up with fun ideas.

My second thanks goes out to, as always, my Mutti for encouraging me to start and keep writing to begin with.

Credits

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Introduction

Superstitions, big and small, are a deeply entrenched part of human life around the world. Some are lighthearted bits of fun (throwing an apple peel on the ground to try to figure out the initials of the person you will marry) while others are treated as matters of grave importance (the covering of mirrors during funerals in some cultures). It's easy to then imagine them fulfilling the same roles in a fantasy world.

In these pages you will find a total of 100 newly created superstitions ready to be worked in to your world. Some of them are small, seemingly inconsequential, things that will simply add creative flavor to wherever the players happen to be living or visiting. Others, on the other hand, can be used to create large plot points that affect the lives of players and NPCs alike.

In short, I sincerely hope that you enjoy adding these bits of superstition and folklore to your games and I hope that they help to make your world a fuller, more lively, place.

Happy Gaming,
Rowan.

Note: All of the superstitions you will find here have been created for this publication. I have done my best to search through real world superstitions to make sure that I have not accidentally copied any existing beliefs. However, if I have missed something please feel free to let me know via email (thepinkdicebag@gmail.com) and I will replace the superstition with a new one and update this file.

Note 2: While the superstitions here have been written with tabletop roleplaying games in mind, if you wish to use them in any other creative works I fully encourage you to do so. However, if the work is published I ask that you please give Pink Dice Bag a little shout out somewhere in the credits. Thank you.

Plants & Animals

#	Superstition
1	If a snake crosses your path going east you are on the right track, if it is going west you are on the wrong one.
2	A sprig of hawthorn kept by the door will keep the house from being hit by lightning.
3	If a cat suddenly stops catching mice it is because someone in the house has offended it.
4	Horses must be shod clockwise or they will be prone to broken limbs.
5	If ivy, ash and nettles are all seen growing in the same area a holy person has died there.
6	If a dog howls three nights in a row for no apparent reason it is a sign that its master will soon die.
7	Blue birds will not visit a home where a murder has recently occurred.
8	Seeing a beetle after drinking at night will mean a hangover the next morning.
9	Taking a stray in to your home brings good luck.
10	Placing pennyroyal under a rug at a doorway will keep liars out.
11	If a lizard dies and is found belly up a flood is coming.

12	Burning logs of wood from fruit trees in a fireplace invites famine. This can be countered by taking the ash leftover and burying it off the property.
13	If a bird uses strands of your hair to make a nest and then lays eggs in that nest you are sure to have a large family.
14	Cats can always tell a liar.
15	Leaves from berry bushes should be placed in the shoes of very small children at least once a month to ensure that they grow up without any leg problems.
16	If a rabbit stops on the path in front of you it is warning you of danger farther down the way.
17	If cattle start laying down more than usual there will be a drought.
18	If you kill a bee that has gotten into your house one of your family members will die within the year
19	Placing a dove feather in the pillow of a suspected cheater will cause them to fess up.
20	Giving the family dog a hearty bone for a new year's treat will ensure prosperity and abundance for the family in the coming year.

Food and Beverage

#	Superstition
1	If you spill grain on the ground you must let it sit where it fell for 24 hours or all of the grain in the house will be spoiled
2	Bread baked by a pregnant woman is sure to bring good health.
3	Eating radishes after sundown will stunt a child's growth.
4	When a barrel is tapped the first bit of the liquid should be allowed to splash on the ground as a gift or spirits will spoil the whole barrel.
5	The first meal of the new year should be served by the youngest member of the family.
6	If the bottom of a cake burns you will have unwelcome company.
7	If you eat fish in the winter you should always place a bit of copper inside of it as it cooks. If not, some part of the fish will end up undercooked and you will get sick.
8	A wine maker should never harvest their grapes by starting at the north end of the field. If they do the grapes will only produce sour wine.
9	It's very unlucky to have rutabaga touch meat on the same plate if they have been cooked separately.
10	Eating soft cheese after sundown will give you a stomach ache.
11	A little bit of camphor in the soil will help green vegetables grow.
12	Never cross a field in bloom before starting a journey. If you do the journey will never reach its full potential.

13	Always serve a guest drinks from their left. Serving from their right will make them ill.
14	The last person to enter the house should always take the first serving of any sweets or dessert.
15	Only cut bread from one end. Cutting from both ends will cause it to go bad and make those who eat it ill.
16	Leaving a jar of honey underneath someone's bed will sweeten their disposition towards you.
17	Never hand citrus fruits to a friend. If you do your relationship with them is sure to turn sour.
18	Spreading eggshells in front of the entrance to a kitchen will prevent illness.
19	Sticking a sewing needle through a strawberry and burying it will keep you from getting your heart broken.
20	If beer is spilled on the ground it must never be cleaned by the one who spilled it. To do so is to invite misfortune.

Marriage, Birth, and Family

#	Superstition
1	The first toy given to a baby will influence their future career choice.
2	It is unlucky to marry the day after an ice storm.
3	The fourth daughter of a fourth daughter will always be able to spot a lie.
4	If you dream of butterflies someone in the family will have a baby soon.
5	A hatpin tucked into a wedding bouquet will bring good luck.
6	When a miner has a child, they must bring some soil from the mine home and spread it underneath the crib. If they don't the child is sure to fall deathly ill.
7	If you dream of a dove flying at daybreak you will meet the person you are meant to marry before the week is out.
8	Children with grey eyes can see things that other people can not.
9	An even number of people must always help a bride get ready for her wedding.
10	The third son of a second daughter of a first son is destined to be a great hero.
11	Gifts of gold should never be given to the youngest son, it will make him haughty and sickly.
12	The sheets of a sick person should not be changed by a sibling, lest the sickness pass on to them.

13	Rubbing a bit of ash from the hearth on the forehead of a newborn will protect them from being easily burnt.
14	If you step on the bristles of a broom you'll never get married.
15	A sixth daughter, born at night, will be able to heal the sick when no others can.
16	Twins should always sleep on opposite sides of the room. Otherwise they will unbalance the whole house.
17	Going in to labor on a night with no moon means that the birth will be complicated and dangerous.
18	Placing an axe that has been used to cut many trees under the bed of a child ensures that they will grow up with a sharp wit.
19	If a baby sleeps on the same bed linens as their older sibling they will grow up to become a thief.
20	Family meals on holidays should always be served starting with the oldest and ending with the youngest.

Luck and Supernatural Forces

#	Superstition
1	The first brick of a house must be laid on the west side otherwise spirits can become trapped in the structure.
2	Never get your portrait painted when you are sick. If you do the illness will stay with you just as it is in the image.
3	Don't point at a graveyard. If you do a spirit there may become offended and begin to follow you to cause mischief.
4	Burn a piece of wood from the house of an enemy to bring them bad luck for a year.
5	Turning your coat inside out and switching your shoes to the opposite feet will cancel out bad luck.
6	Leaving a candle in a window overnight is likely to attract spirits.
7	Never exit a home backwards. If you do it will bring bad luck on the whole house.
8	All doors to a building should be opened after a funeral to make sure that the spirit of the deceased can leave.
9	Musicians should never play in the dark. If they do, any number of supernatural forces may come and steal their talent.
10	Intentionally breaking a plate can break a spate of bad luck that has been plaguing a household.
11	Waking up with a cold nose when it hasn't been a particularly cold night means that the spirit of a loved one has come to visit you in your sleep.
12	Turning once clockwise while standing in running water will bring you good luck for the rest of the day.

13	If you see lightning strike make sure to pinch yourself. If you don't it is sure to strike you next!
14	Never shake a pair of pants after they have dried. Doing so will cause all of the luck in them to fall out.
15	It's bad luck to light a pipe from a candle more than once.
16	Faeries favor those who start walking with their left foot first.
17	Looking at your reflection in a broken mirror opens you up to having your soul stolen.
18	It's bad luck to return something that you've borrowed before breakfast.
19	Never let a witch mend your clothes. They may put a curse in the stitching!
20	It's good luck to find mushrooms growing by your door.

Death, dreams, and other things not previously accounted for

#	Superstition
1	It is unlucky to pass through a doorframe on the last day of the month with your hair uncovered.
2	If you start a trip before the sun rises you will surely encounter difficulties along the way that will slow you down.
3	If a person is gravely ill, have someone with the same name sit by their bedside. It will confuse death and delay it for a time.
4	Make sure to bury your hair after you cut it lest it fall into the wrong hands.
5	Never relate a bad dream before you've eaten breakfast. If you do it will come true.
6	A sudden eruption of acne means that someone is speaking ill of you.
7	If you wake up with sore feet you'll soon take a long trip.
8	A pillow sewn from a dead persons nightclothes will prevent nightmares.
9	Always leave a coin or bit of food when passing a crossroads at night. It shows respect for the spirits that gather there.
10	When a smith stops using a hammer it must be disposed of in running water. If not the next person to pick it up will steal all of the smith's skill.
11	If a child survives a dozen fevers in half as many years they will never risk death from any illness acquired later in life.
12	If you start making a bed never stop before it's completed. If you do the next person who lays in it will be cursed with poor sleep for a year.

13	Ringing a bell before entering a new home for the first time will clear out any bad things leftover from the previous owners.
14	The first death of a new year in a community will foretell how the year will go. If it is peaceful the year will go well. If it is traumatic or painful so will go the year.
15	If you dream about someone you want a romantic relationship with you must wash your hands immediately after getting out of bed. Otherwise the relationship will remain a dream.
16	When getting dressed you must always put your right shoe on before your left. If you don't you are sure to injure your foot before the day is out.
17	If a red bird flies over a house more than once it is a sign that a bloody death has occurred there.
18	During a funeral, you must never look into the eyes of the spouse of the deceased. If you do all of their grief will transfer to you.
19	The bedlinens of a dead person must be burned or the members of their house may die in their sleep.
20	When you first wake up make sure to wash your face before looking towards the sun. If you don't you will be hastening the time of your own death.

Thank you for reading, creating and enjoying!

If you have any questions, comments, or concerns feel free to contact us at

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www.pinkdicebag.wordpress.com

Happy Gaming!