

# 81. Superstitions

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### Is there any truth behind superstition?

Many people are superstitious about some things like walking under ladders or the 13<sup>th</sup>. Is there any basis for these fears? (6/3/95)

Debbie: Over the centuries there have been loads and loads of superstitions. Is there anything actually in these, or is it just like a myth?

**I'm sorry can you elaborate a little.**

Debbie: Well people say its bad luck to walk under ladders and that if you break a mirror its seven years bad luck, that type of thing. Where do they come from?

**Oh, who am I to say, how your minds work—**

*(Laughter)* **Forgive me—yes, yes, yes, yes. Please—people are so buried in their thinking, you see. I'm sorry if I seem amused, but so often we see these failings. And you see, basically superstition stems from fear. It is a fear of something, of the 'unknown' usually. But eventually these superstitions are dispelled. But I would say to you, FEAR NOT, fear *nothing* whilst in your physical bodies. After all, what is there to fear? You know life is eternal. Let go of all of your fear and you will find that your life plan *falls into place*. I hope that has satisfied you.**

Debbie: Yes.

**Yes, I beg your pardon if I should seem so amused.**

Les: We could have a chat about it afterwards if you like Debbie, because there are some physical reasons for all of them, if you want to know afterwards.

Debbie: Yes, it seems strange doesn't it?

**I have to say to you, the human brain conjures up many, *many* of its own devils, if you like to call them that. I know it is a term that is thrown around lightly and that is what it is, fear.**

Les: For instance Debbie, to us black cats are lovely, aren't they—whereas in other countries they're unlucky? So you see as Salumet says, it's purely our *minds*.

**The power of the thought—always we will return to that statement. You have the power for good, you have the power for bad. It is all the same energy, but used in a different way, you see?**

Les: We use black for morning. The Chinese use white for morning. So you pay your money and take your choice.

Debbie: It seems funny, where do they come from—

Les: Just as Salumet says, from fear of the unknown really.

Debbie: But I mean, walking under a ladder, it seems so—

Les: Well that's logical because supposing a chap's on it and drops a paint pot—that's why you don't walk under a ladder. It doesn't mean it's going to be unlucky. It might be unlucky for somebody, but not as a general rule. Why do you throw salt over your shoulder? Because the Devil was supposed to be looking over your shoulder and he was after the most expensive thing: salt. Do you see how they derive? **(Yes)** It's all physical. Sorry Salumet, I got carried away a bit.

**Not at all. I am always pleased to listen. I come here, I speak many words, so it is good sometimes I listen.**

Note:- In another teaching, Salumet classifies numerology as superstition and therefore also carries no truth.