

Greek Superstitions: Evil Eye

Informant: Evangelia Constantine

Kira: I'm here with Lia Constantine. She is of Greek Origin, and growing up, she practiced a lot of superstitions. So Lia, what can you tell me about the evil eye?

Lia: So the evil eye I think is like something in my family from what my parents and grandparents have told me is that as soon as a baby is born, they are at risk for having evil spirits. So you can either pin an evil eye to their bassinet or their blanket or you can pin a picture of a saint to babies. So ever since then, many of the gifts I have received from my grandparents have to do with the evil eye like a necklace or bracelet. If you have it on you, you are protected from getting the evil spirit. And from what I've been told, you get this spirit if someone looks at you and they are jealous of something you have. For example, say you have a wedding ring on and someone looks like they are admiring the ring, but really they mean they are jealous of you having the ring. They are thus giving you the evil eye, so in that case you would have to be protected with another evil eye on you otherwise you get an evil spirit. And if you get the evil spirit, you will get these evil flu-like symptoms that only go away if you say a prayer. That's at least what my grandmother told me.

Kira: Thank you. Do you remember who the first person was who told you about the evil eye?

Lia: I definitely think it was my grandma, and she was the one who instills it in my mom and I. One time, my mom got in a car accident and my grandmother bought her a glass evil eye to hang in her car and protect her.