

Filipino Superstition on Death & Illness

Filipino Superstitious Beliefs Related to Death



1. If a black butterfly lingers around a person, it means that one of his relatives has just died.
2. No one should go out before the utensils used in eating have been washed and put away; otherwise a member of the family will die.
3. One must not organize teams of 3 or 13, otherwise one member will die.
4. Eating sour fruits at night will cause the early death of one's parents.
5. At a funeral, not all members of the family should be allowed to look at the face of the dead person. If they do, he will visit them and all of them will die.
6. If a sick person on his way to the hospital meets a black cat, he will die.
7. If someone smells the odor of a candle when there is no candle burning, one of his relatives will die.
8. If one dreams that one of his teeth is being uprooted or pulled out, a member of his family will die.
9. If a person eats "malunggay" (leaves of a Philippine tree used as a vegetable) when one member of his family has just died, all the other members of the family will die.
10. During a wedding the one whose candle goes out first will be the first of the couple to die.
11. If one cuts his fingernails at night, a member of the family will die.
12. When a group of three has their picture taken, the one in the middle will die first.
13. If a cock crows in the afternoon, it means somebody will die.
14. If an owl is seen near the house of a sick person that sick person is sure to die.
15. Pregnant women should not have their picture taken; otherwise, their babies will die.

16. While the mother is giving birth, every hole in the house should be covered; otherwise an evil spirit might come in and kill the baby.
17. When a pregnant woman wears a black dress, her baby will die.
18. If a person's shadow appears to be without a head, that person will soon die.
19. Cleaning the backyard when the sun has already set and it is already dark causes death.
20. If two people from the same family get married within a year, one will die.
21. If you place a dead person with his feet pointing toward the rising sun, a relative will die.

Filipino Superstitious Beliefs Related to Illnesses

1. Sleeping with wet hair causes blindness.
2. A person will get sick if he takes a bath on Friday.
3. If one removes ear wax at night, he will become deaf the following week.
4. A person who cuts his fingernails at night will become sick.
5. A person who cuts his fingernails on Friday will have a serious illness.
6. Before throwing hot water on the ground, give a warning to the elves, otherwise you will become sick.
7. Playing with one's shadow will make one crazy.
8. Warts are caused by the urine of frogs.
9. Bathing during menstruation period causes insanity.
10. Eating sour food during menstruation causes stomach trouble.
11. Drinking dog's blood is a cure for tuberculosis.
12. Eating "bugok" eggs (partially incubated eggs without the embryo) will make a person dull.

Filipino Superstitious Beliefs Related to Ghostly Spirits and Witches

1. If one passes through the window instead of the door, a ghost will come.
2. When two dogs bark at night there is a ghost.
3. Before six o'clock at night, children should be in the house or else they may bump into a person without a head.
4. When one passes by an anthill, one should ask to be excused, otherwise, a spirit will play tricks on that person.
5. A person who always uses a bandage on Fridays is a witch.