

## Filipino superstitions at New Year

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The Philippines has many superstitions pertaining to the New Year. Most Filipino superstitions derive in hopes for blessings, particularly the abundance of food and money. **Firstly, Filipinos believe that at New Year's eve, the doors and windows should be open for blessings to come into the house.** The logic behind this is that if the windows and doors are open, it will invite good luck to flow into the house. **Another example of a Filipino superstition is the belief that wearing polka dots on New Year's eve will bring lots of money throughout the year.** This superstition derived from the belief that polka dots are a symbol of money, particularly coins. Round fruit is also a representation of money. **Putting twelve round fruits on the table is believed to bring in lots of money for every month of the new year.** Another Filipino superstition says that if someone were to put money in their pocket on New Year's eve, he or she will have money for the rest of the year.

There are so many interesting Filipino superstitions or folk beliefs associated with New Year's Eve and New Year's Day in the Philippines. Filipinos say you should observe the following customs and traditions to ensure that the new year being welcomed is a prosperous one. Many of these superstitions bear a strong Chinese influence.

### 15 Filipino Superstitions on New Year's Eve

1. Make as much noise as you can to scare away evil spirits.
2. Turn on all lights so that the coming year is bright.
3. Open all doors, windows, cabinets and drawers to let good fortune in.
4. Debts must be paid off. Fill you wallet with fresh peso bills. (Filipinos believe that whatever your financial state is in at the stroke of midnight, so it will be in the new year.)
5. Clean everything.
6. Wear polka-dots. Anything round signifies prosperity.
7. Scatter coins around the house, on tabletops.... inside drawers...

### FOOD-RELATED SUPERSTITIONS

8. Prepare 12 round fruits, one for each month of the coming new year.
9. Have a very round grape in your mouth at the stroke of midnight.
10. Eat a native delicacy made from sticky rice to make good fortune stick in the new year.
11. Eat long noodles (pansit) for long life.
12. Jump twelve times at midnight to increase your height. (Observed by Filipino children.)
13. Don't have chicken or fish. They are associated with the scarcity of food.

### ON NEW YEAR'S DAY ITSELF

14. Don't clean anything! You might sweep away the good fortune that came in on New Year's Eve.
15. Don't spend money at all. Your thriftiness on the first day of the year will augur your money management in the coming year.

Follow these rituals and you're sure to have a Happy New Year!

Source:tagaloglang