Pamahiin or superstitious beliefs are part of the Philippine culture. Filipino elders have a belief for anything and everything. Most of these superstitions are hoaxes and do not have scientific basis but many still practices them, even today, as modern as the times are, there still people who follow them, most especially in provinces.

There Filipino pamahiin for all occasions, some has some truth to it and some does not. Some superstitious beliefs are born from folklores and myths, some are used to make people behave accordingly in special situations.

For example, during wakes and funeral services, old people believed that there should always be someone to watch the diseased for some creature will come and snatch it way and leave a wooden log at its place. This must be due to Filipinos love and care for loved ones, that even in death we still want to take care of them. This superstition ensures that at least a few people will stay awake and guard their loved one’s eve at nights and early mornings.

Another lamay belief is that no one should sweep the floor, clean, or bath during the wakes and funerals. This one is baseless and rather inconvenient. Years back, garbage and trash really did pile up during funerals, there even time when no one can se the actual ground because of the shells of the seeds that mourners like to munch on. These days, less and less are following this tradition, mainly because people want their homes be presentable for relatives and visitors who comes to offer them condolences.
Another occasion that elder people seemed to love associate with superstition are weddings. There are tons of beliefs about what should be done and not be done before and after the nuptials. The most famous among them all will be the “do not try on the wedding gown before the wedding day or else the ceremony will be cancelled”, which is interpreted differently from time to time. It is impossible to not try on the wedding dress before the wedding due to fitting issues. There was also this one belief that siblings should not get married within the same year or else it will be “sukob”. In fact, there was this horror film based on it. This one is on the morbid side and pretty scary, even though it is absolutely unfounded, people tend to follow it just to be sure.

Religious superstitious beliefs are also a huge thing, especially during the Holy week. During this time of the year sometime between the last day of March or the first week of April, Catholics celebrate the Life, suffering, and death of Jesus Christ. It is high believed that within these days, the power of the super-natural is strong and it is best to follow rule in order to be left in peace. The number one rule is to stay at home. Elders believe that going on vacation during the Holy week is dangerous and can cause imminent death. Today these are less apparent, people actually taking the opportunity to rest and relax on holy week. Beaches and theme parks are packed with people trying to unwind.

The Filipino culture is rich and abundant in these kinds of beliefs and folklores. Some are extremely outrageous and some are simple enough to follow. And even though the generation today is more modern and more inclined to technology, people still do follow these beliefs just to be sure. No one wants to be cursed and attract evil sprits and bad luck. Although part of the vast culture of the country, it is important that children are tough the values behind the superstitions and not just words of it. It will also beneficial to nudge them towards holding onto their faith in God instead of some old hear-says.
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