

LAMPONG

A species of dwarf in Ilocano mythology. They are said to have bushy hair and long sparse beard. It is believed that they are patrons of deers. In Ilongot belief, Lampongs are seen as shepherd of other wild animals as well. He assumes the guise of a white deer and tricks hunters to follow him. Then he turns back to his dwarf form and scares away the hunter.



ARAN

In Cagayan folklore, Aran is a gnomelike creature with red hair. He is as short as a child but with a wrinkled face. He has poor eyesight but his excellent sense of hearing makes up for it. His feet are pointed backward to trick the villagers into thinking that he went in the opposite direction. He is fond of courting maidens and stealing rice.



MARIA SINUKUAN

Mariang Sinukuan is the diwata, or mountain goddess, associated with Mount Arayat in Pampanga, and is a prominent example of the mountain-goddess motif in Philippine mythology. Before Spanish colonization, Sinukuan was known as a powerful male Kapampangan god named Aring Sinukûan. He was the sun god of war and death. According to the myth, Aring Sinukûan taught the early inhabitants the industry of metallurgy, woodcutting, rice culture, and waging war.



IV-A

BUNGISNGIS

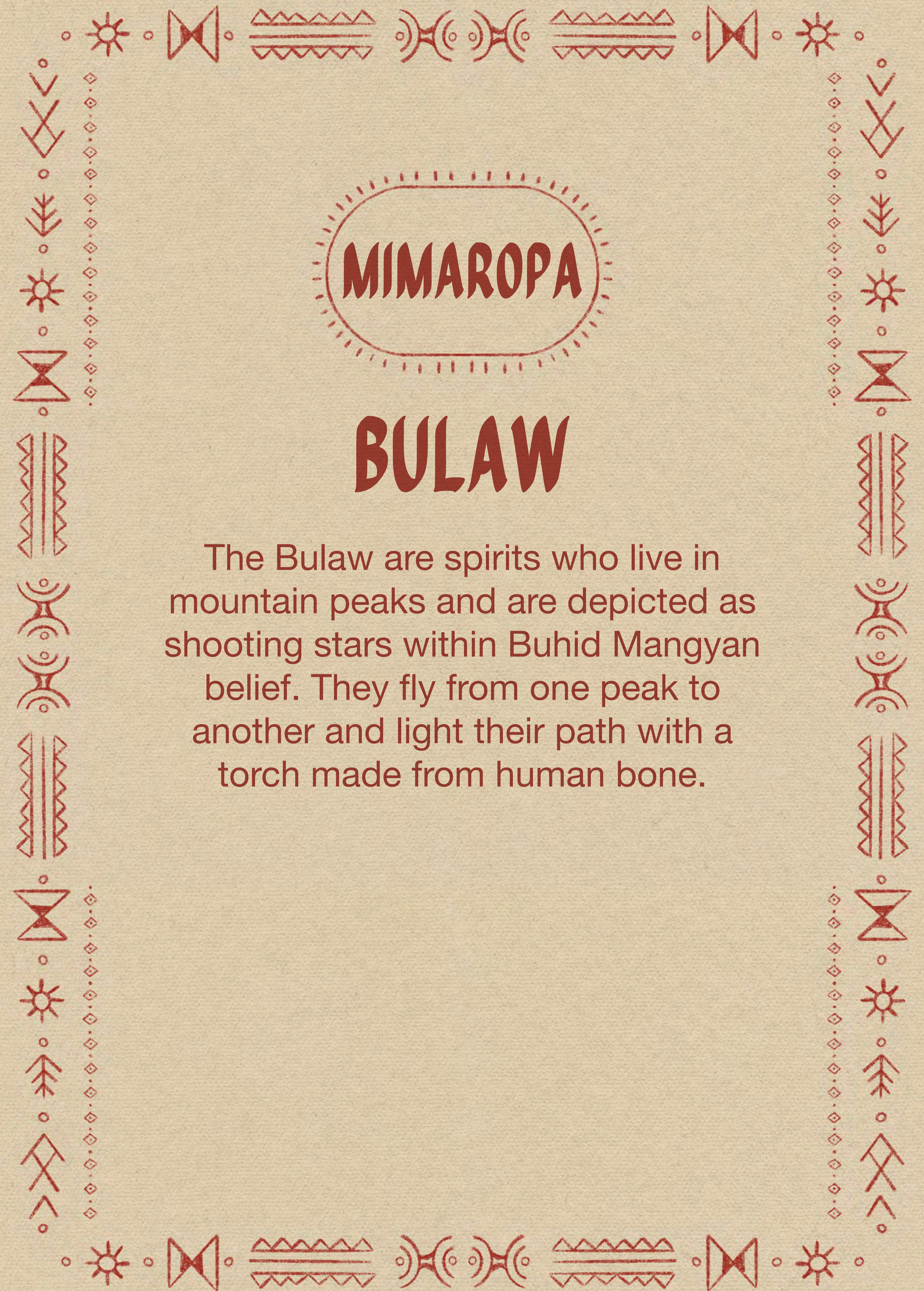
In Batangeño folklore, Bungisngis is a one-eyed giant who is always laughing. Its tremendous strength is indicated by his ability to grab a water buffalo by its horn and throw it “knee deep into earth”. However, he can be easily outwitted and quickly panics. His name is derived from the Tagalog word ngisi, meaning “to giggle”



MIMAROPA

BULAW

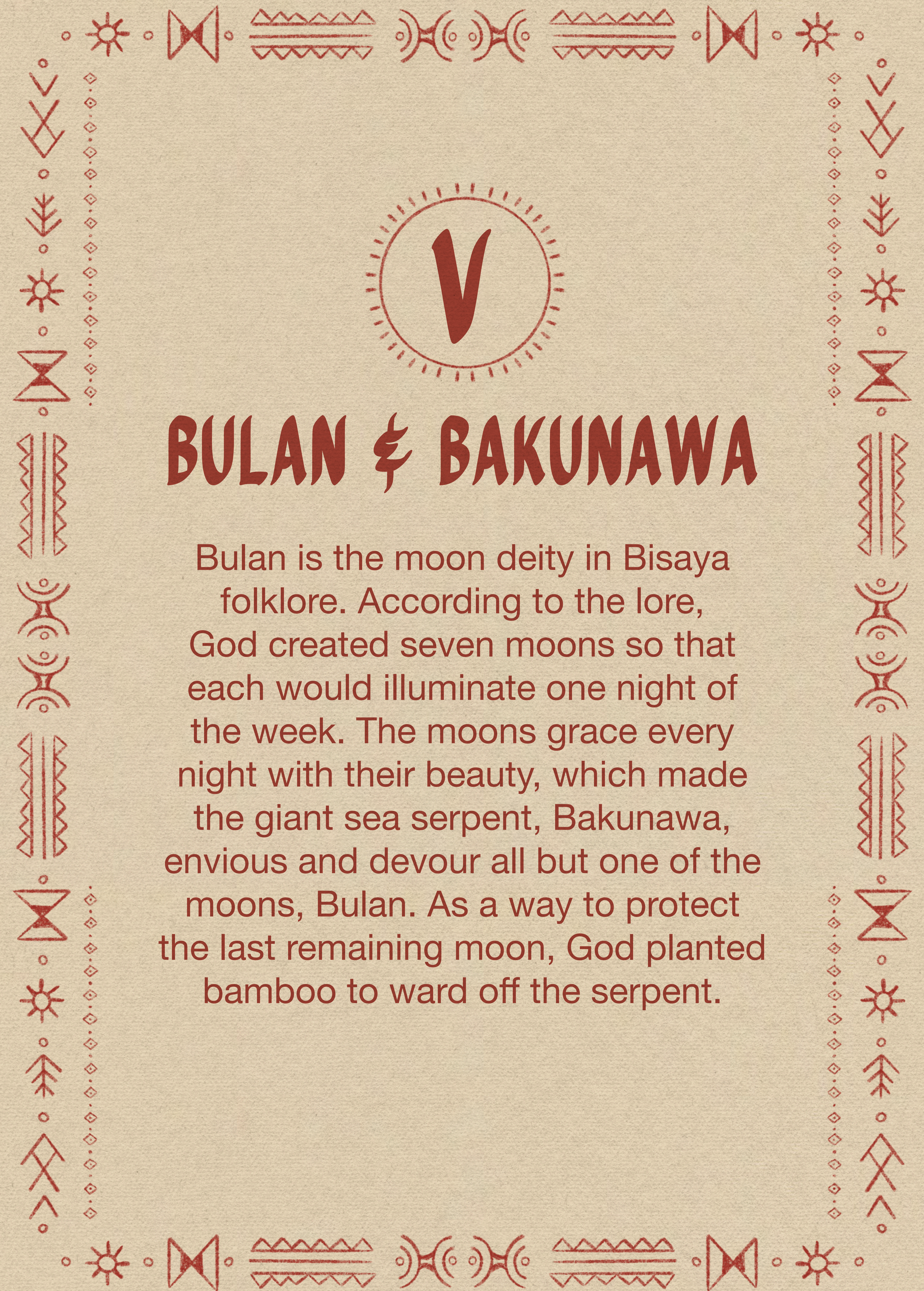
The Bulaw are spirits who live in mountain peaks and are depicted as shooting stars within Buhid Mangyan belief. They fly from one peak to another and light their path with a torch made from human bone.





BULAN & BAKUNAWA

Bulan is the moon deity in Bisaya folklore. According to the lore, God created seven moons so that each would illuminate one night of the week. The moons grace every night with their beauty, which made the giant sea serpent, Bakunawa, envious and devour all but one of the moons, Bulan. As a way to protect the last remaining moon, God planted bamboo to ward off the serpent.





CAR

OB-OBANAN

Bontoc deity whose white hair houses all vermins that bother mankind. She once punished a man for rudeness by giving him a basket filled up with insects and all sorts of reptiles one can imagine.



MANANANGGAL

Legend says that the manananggal is a beautiful woman by day and a blood thirsty flying monster by night. She hides in bushes or in a banana grove and rubs her body with a certain type of oil. Minutes later, she will sprout bat-like wings as her body gets cut by the waist. Her top half scours the night, searching for someone to eat. Her keen sense of smell can detect a sick person or a pregnant woman from miles away.