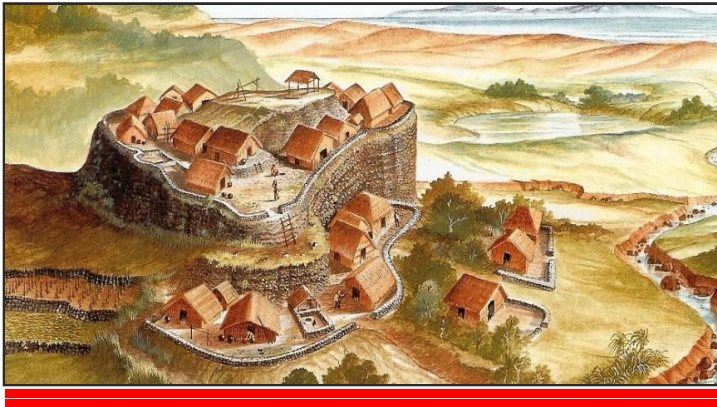


UNDERSTANDING ANCIENT FILIPINOS AND INDIGENOUS PEOPLES

DIFFERENT BELIEFS AND PRACTICES OF ANCIENT FILIPINOS

I. Introduction

Before foreign colonization, ancient Filipinos already had an organized society shaped by beliefs, customs, and communal values. Their traditions guided governance, economic life, and social relationships, creating balance within the community and with nature.



II. Beliefs of Ancient Filipinos

Ancient Filipinos practiced animism, believing that spirits lived in natural elements such as trees, rivers, mountains, and animals. These spirits, called anito, were honored through rituals and offerings to seek guidance and protection.

Spiritual leaders known as babaylan led ceremonies, healed illnesses, and communicated with the spirit world. Their role showed the deep spiritual connection present in ancient Filipino society.



III. Practices and Social Organization

Before foreign colonization, ancient Filipinos already had an organized society shaped by beliefs, customs, and communal values. Their traditions guided governance, economic life, and social relationships, creating balance within the community and with nature.



IV. Conclusion

The beliefs and practices of ancient Filipinos reveal a society grounded in harmony, respect, and equality. These traditions continue to shape Filipino values today and serve as a foundation of national identity.

