

SUPTULUNG/SUMHALUNG



The Teen Chula (Tri Stone), known as Suptulung in Kirat culture—particularly among the Rai and other Kirati groups—consists of three precious stones representing the names of the supreme God and Goddess. It is the spiritual heart of the home, symbolizing ancestral blessings.

The Suptulung is constructed with three sacred stones inside the house and also in the Mangkhim, which acts as a medium between the spirit world and the human world. Each stone carries a distinct meaning:

- **Papalung:** The right stone, symbolizing male ancestors.
- **Mamalung:** The left stone, symbolizing female ancestors.
- **Ramilung:** The front stone, representing societal spiritual energy and blessings.

The Kirat people believe they have been performing rituals at Suptulung since time immemorial, passed down from their ancestors, and this tradition is still preserved today. They perform important rituals before cultivation, during harvesting, and at all religious events to pay respect to Mother Nature and their ancestors.

Cosmic Philosophy:

The Chula philosophies act as the foundational identity of the Kirati people, binding diverse clans and sub-groups together into one ethnic family.