

Supreme Beast. It also called spirits down and removed enemies. Shamans were the first doctors who, tried to heal the body through healing its soul. They were also actors, prophets and propagandists.

Nowadays, awareness among Buryats on environmental traditions of their ethnos is higher among elder generation people and those directly related to nature through their activity. The representatives of mostly adapted to new situation groups (farmers, pro-hunters) are optimists regarding the restoration of lost traditions of this kind, while pessimists are elder-aged groups. A lot of people think that the restoration of environmental traditions should be combined with the industrial development of the region.

In conclusion, it should be noted, that the study of shamanism with its recent glorification is rapidly expanding. It is beginning to encompass areas that it never permeated for this reason; perhaps it is time that a new discipline is created. One that in its own way will combine the best of humanities with certain aspects of anthropology, medicine and the physical sciences. “Perhaps it is time for a shamanology”[Flaherty, 1992].

Reference

1. Flaherty, Gloria. Shamanism In The Eighteen Century. Princeton: Princeton University Press, 1992.

Kazakh Traditions

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Traditions and customs are an important part of any nation culture in the world. They reflect the mentality, outlook and attitude of all the people around. The purpose of this work is to consider the basic Kazakhs customs and traditions.

Kazakhstan is located in the heart of Eurasia. Kazakhstan has always been a major trading center world culture center. Naturally, Kazakhs absorbed the best world traditions and customs, but retained their own original and unique culture.

The main tradition of Kazakhs is hospitality. Hospitality is sacred duty in the Kazakh society. At all times, the steppe inhabitants did their best to please their guest. Therefore, each traveler knew that he or she would be welcomed anywhere in the Kazakh land. Respect for the elderly is another positive feature of Kazakhs. Traditionally, a child from early childhood is taught to be moderate and honest when dealing with older, wiser and life experienced people. Unfortunately, many rich and interesting traditions and Kazakh customs have been forgotten.

There are basic customs, which are widespread in the Kazakh society.

Guest

Travelers across Kazakhstan would be encountered with the traditions, associated with guest reception. Traditionally every guest is offered Kazakh cuisine, guest seat at the dastarkhan (the low table) in a yurt. The yurts are a comfortable and ideally suited to local conditions and ways of life - one of the greatest inventions of the Eurasian nomads and easily taken apart (woman can do it in half an hour). The yurts consist of three main elements: an extensible trellis base (the kerege), a dome made of poles (the uyk) and a round top (the shanyrak).

Here are some examples of traditions, associated with guest receiving.

Konakasy - a custom associated with treating of a guest. Kazakhs always reserve the tastiest food for guests. Guests are divided into three types: “arnayy konak” is a specially invited guest, "kudayy konak" - a random stranger (uninvited), "kydyрма konak" - an unexpected guest. All these guests are offered a rich table – Konakasy.

Konakkade - a tradition under which a host has a right to ask a guest to sing a song or play a musical instrument. If the guest has so much talent

Toy dastarkhan - this is a special table with food for the holidays. Sports competitions, music, singing competitions (aitys) and horse riding competitions are organized in addition to the gatherings during Toy dastarkhan. Very often, dishes of Kazakh national cuisine are served during such occasions.

Music and musical instruments

Dance culture of Kazakhs has been known since ancient times. dances reflect a love of art, and everyday life of Kazakhs. The holidays on the occasion of the end of labor year, and it starts are widely spread. On festivals, weddings the performers took part in the competitions and

demonstrated to the audience their dancing skills. Pair dances of girls and men (Koyan-Burkit) are popular among the Kazakhs. Such dances are rarely found in other eastern nations.

The Kazakhs love the art of wordplay and their akyns (poets). Akyns improvise at public competitions (aitys) accompanied by Kazakh stringed musical instruments: the dombra or the kobyz.

National dress

Kazakh national dress varies by regions. Men wear chapans. Chapan is dressing gown with a belt. It is made of velvet and richly embroidered. They cover their heads with a soft skullcap (tobetai), a tall felt cap (kalpak) or a fox-fur hat with earflaps (malakai).

The women's national costume consists of a white cotton or colored silk dress, a velvet waistcoat with embroidery and a cap or a silk scarf. Elderly women wear a hood made of white cloth with a hole for the face (the kimeshek). Brides wear a tall pointed, richly decorated hat with feathers (saukele).

Nauryz (New Year)

Nauryz (New Year) is the most important holiday at Kazakh. Nauryz means "new day", it is celebrated in the Great Steppes from ancient times. It is celebrated on 22 of March - day of vernal equinox. This day the streets of cities and villages look different. The guests are met in the holiday yurts. All people eat traditional Kazakh dish "Nauryz koje". It is made from the seven traditional ingredients. These ingredients include: water, meat, salt, milk or yoghurt, one type of grains, chosen from rice, corn or wheat, and others. Seven ingredients symbolize seven virtues or qualities, such as joy, success, intelligence, health, wealth, agility and security.

In conclusion, it is necessary to say that nowadays Kazakhs retain most of their traditions, honor and pass from generation to generation.