Divine Che Neba, "Entry on: Ngok Lituba and the Tree of Rejuvenation by Pierre Nyobe", peer-reviewed by Daniel A. Nkemleke, Eleanor A. Dasi and Elizabeth Hale. Our Mythical Childhood Survey (Warsaw: University of Warsaw, 2018). Link: http://omc.obta.al.uw.edu.pl/myth-survey/item/438. Entry version as of November 08, 2026.

Pierre Nyobe

Ngok Lituba and the Tree of Rejuvenation

Cameroon

TAGS: African Mythologies African Storytelling African Traditions Gods





We are still trying to obtain permission for posting the original cover.

General information	
Title of the work	Ngok Lituba and the Tree of Rejuvenation
Country of the First Edition	Cameroon
Country/countries of popularity	Cameroon
Original Language	Bassa
Country of the Recording of the Story for the Database	Cameroon
Full Date of the Recording of the Story for the Databasey	March 7, 2018
More Details of the Recording of the Story for the Database	Edea
Genre	Myths
Target Audience	Crossover (Young adults and adults)
Author of the Entry	Divine Che Neba, University of Yaounde 1, nebankiwang@yahoo.com
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Creators



Pierre Nyobe (Storyteller)

Age of narrator: 70 (in 2018)

Social status: Notable

Profession: Farming

Language of narration: Bassa

Bio prepared by Divine Che Neba, University of Yaounde 1, nebankiwang@yahoo.com

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Additional information

Origin/Cultural Background/Dating

Background: This is one of the Bantu ethnic groups in Cameroon, who were displaced by Duala and early European settlers in Cameroon because of their anti-colonialist sentiments. The Bassa played a leading role in the decolonization of Cameroon, but this role was lost after the creation of a postcolonial Cameroon. Most of their heroes, whose names were sung in epic poetry, disappeared (e.g. Njap Makon) or were eliminated by the colonialists. The Bassa people are situated in the Wouri and Sanaga Maritime Divisions of the Littoral Region of Cameroon.

Occasion: Staged

Summary

"Ngok Lituba" is a pierced rock of eight hundred meters high situated at Nyanon, a village near Edea, Cameroon. It is in the forest, close to where part of the Sanaga River flows.

In the beginning, the living God, *Nyambe*, created all the forces. He created geniuses, spirits and the first human couple. In creating the forest, he also created that stone *Ngok Lituba*. This pierced stone has a tunnel. Nyambe was living in joy with his people in the tunnel. The first children were born from the first human couple. These people were very important to Nyambe; they were healthy and full of life. There was no sickness or death in Ngok Lituba. When people got old, they went under a small tree called *"Singue"* near Ngok Lituba and spent nine days and nights after which they rejuvenated and became young people again.

Nyambe created this small tree to prove his love for his people, who in turn worshipped him. People continued to give birth to children and their number grew. After sometime, they started despising Nyambe; they started behaving as if they owed all they had to their own intelligence. They thought they could live by themselves so they forgot that Nyambe was their creator. They now turned their attention towards Singue, the small regenerating tree.

Because of this behaviour, Nyambe became very angry with them. He summoned them with a thunderous voice and said:

In the beginning, I, Nyambe,

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the living god, created you.

I gave you all my love.

In creating the forest,

I place Ngok Lituba

And near it,

Was river Sanaga.

I lived with you there.

I also created that regenerating tree.

People were few in number,

And we were very happy together.

They worshipped me.

There was a close relationship between the people and I.

But you have disappointed me;

I am no longer with you;

Because you now believe in yourselves,

And follow your ways.

As I leave,

Ngok Lituba will be a cursed place.

There will be sickness, death and many other bad things.

This is how Nyambe left Ngok Lituba and went to the sky. Sickness befell the people and brought death unto them. Those who survived still remember Nyambe's words. They found themselves abandoned and from that period up till now, there is no joy without sorrow in Ngok Lituba.

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Analysis	Like many ancient and classical creation and apocalyptic myths, the myth of *Ngok Lituba and the Rejuvenation Tree* records the bliss at creation, and the apostasy thereafter as a result of disobedience. This apostasy and the eventual separation between man and *Nyambe* (God) places people in limbo. The disintegration of this indigenous religion of Nyanon up to this day, has caused the people to wonder over which path to follow since Singue tree is not as potent as it was before. This has pushed many to migrate to other religious cults, in which prophets seem to offer more hope to the people. The myth of *Ngok Lituba and the Rejuvenation Tree* provides mythical answers to the question how man was created and later cursed. Such knowledge is important for children, young adults and adults.
Classical, Mythological, Traditional Motifs, Characters, and Concepts	African Mythologies African Storytelling African Traditions Gods
Other Motifs, Figures, and Concepts Relevant for Children and Youth Culture	Emotions Humanity Nature Rejection Relationships Religious beliefs
Further Reading	*God and his People* (accessed: November 30, 2020). *Origin of EVU (Evil Spirit) and AWU (Death) Amongst the Beti-Fang, Cameroon* (accessed: November 30, 2020).
Addenda	Researcher: Divine Che Neba. Assistant researcher: Ngo Bingan Madeleine. Method of data collection: Tape-recording/note-taking.

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Editors: Daniel A. Nkemleke and Eleanor A. Dasi.

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