This paper discusses metaphors in Kapampangan, especially focuses on those metaphors for understanding. In languages such as English and Japanese, common metaphors for understanding are:

Understanding is Seeing
Understanding is Grasping

In Kapampangan, "understanding" is expressed metaphorically by words like "to dive deep" or "to thrust deeply with a spear(-like object)". Employing cognitive theories of metaphors, this paper describes rich idiomatic expressions for understanding, and explores how metaphors for understanding are organized in Kapampangan.