



THE PACHAKUTI MESA TRADITION:

CROSS CULTURAL SHAMANIC ARTS FOR PERSONAL & PLANETARY RENEWAL

THE HEART OF THE HEALER

United States Apukuna Ayllu Seq'e Network

Antisuyu – North East Ayllu Apukuna includes CT, DE, ME, MD, MA, NH, NJ, NY, PA, RI, VT

<i>N. E. Ayllu Seq'e Usnu / Suyu Apu</i>	Apu Bear Mountain (NY)	435 meters
	Apu Mount Washington (NH)	1917 meters
	Apu Mount Monadnock (NH)	965 meters
	Apu Mount Wachusett (MA)	613 meters
	Apu Serpent Mound (OH)	409 meters
	Apu Mount Greylock (MA)	1064 meters

Qollasuyu – South East Ayllu Apukuna includes AL, AR, FL, GA, KT, LA, MS, NC, SC, TN, VI, WV

<i>S.E. Ayllu Seq'e Usnu / Suyu Apu</i>	Apu Stone Mountain (GA)	514 meters
	Apu Little Scaly Mountain (NC)	1400 meters
	Apu Mount Mitchell (NC)	2037 meters
	Apu Grandfather Mountain (NC)	1818 meters
	Apu Mount Guyot (NC)	2018 meters
	Apu Clingman's Dome (NC)	2025 meters
	Apu Shining Rock (NC)	1841 meters
	Apu Roan Mountain (NC)	1916 meters
	Apu Mount Pisgah (NC)	1744 meters

Chinchaysuyu – North West Ayllu Apukuna includes AK, IL, IN, WI, ID, IA, MI, MN, MT, ND, OH, SD, WA

<i>N.W. Ayllu Seq'e Usnu / Suyu Apu</i>	Apu Denali (AK) / Mamacocha Lake Michigan	6194 meters
	Apu Crystal Mountain (MI)	345 meters
	Apu Mount Rainier (WA)	4392 meters
	Apu Granite Peak (MT)	3901 meters
	Apu Gannett Peak & Apu Grand Teton (WY)	4207/4197 meters
	Apu Harney Peak (SD)	2207 meters

Kuntisuyu – South West Ayllu Apukuna includes AZ, CA, HI, NV, NM, OR, TX

<i>S. W. Ayllu Seq'e Usnu / Suyu Apu</i>	Apu Mount Shasta (CA)	4317 meters
	Apu San Gorgonio Mountain/ Big Pine Mountain (CA)	3505/2097 meters
	Apu Mauna Kea/Loa (HI)	4206/4189 meters
	Apu Mount Whitney (CA)	4419 meters
	Apu Mount Hood (OR)	3474 meters
	Apu Mount Palomar (CA)	1871 meters

Chawpinsuyu – Central States Ayllu (Qosqo) Apukuna includes CO, KS, MO, NE, OK, UT, WY

<i>Qosqo Ayllu Seq'e Usnu / Suyu Apu</i>	Apu Pikes Peak (CO)	4301 meters
	Apu Flatirons – flanked by Hedgerow Farm (CO)	3012 meters
	Apu Audoban/Sanitas (CO)	3339/3089 meters
	Apu Longs Peak (CO)	4345 meters
	Apu Grays Peak (CO)	3349 meters
	Apu Mount Elbert (CO)	4399 meters