



**THE PACHAKUTI MESA TRADITION®**  
Cross Cultural Shamanic Arts for Personal & Planetary Renewal  
**COMMUNITY MEDICINE SONGS**

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**7 DIRECTIONS**

To the Above, May You Inspire Us  
To the Below, May You Sustain Us  
To the Behind, May You Protect Us  
To the Before, May You Guide Us  
To the Left, May You Purify Us  
To the Right, May You Strengthen Us  
To the Within, May You Re-Member Us

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Oh Saywa, Qori K'anchay  
Oh Saywa Khuyay

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