



## NOTE ON THE KUMEYAAY LIFESTYLE AND MOUNT SIGNAL

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The sun shamans had special holy locations, designated ‘sunwatcher’ mountain, used to mark the timing and observance of solstice and equinox ceremonies. Only band leaders and shamans, and equivalent personnel from other tribes, nations, or special guests could enter these locations or go to the tops of such mountains. Usually the tribe gathered at the bottom of the mountain for special ceremonies of special healing rites. All bands had centralized brush or pole-enclosed locations including an altar or worship area that only the shamans or leaders could enter. Some holy places are Kuuchamaa, or Tecate Peak, another is Weeishpa, or Signal Mountain.

Excerpted from:

*History of the Kumeyaay Indians*