

MANUAL TRIBE

AIR

EGYPT

RETURNING HOME

FROM 28 APRIL TO 5 MAY 2026

ANA OLIVEIRA

THE TRIBES ON THIS JOURNEY

The Air Tribe will, in this journey, be the guiding thread capable of harmonizing moments of tension and opening space for new perspectives. Still, it is important to remember that, in excess, Air energy can manifest as an overactive mind, rigidity, and emotional detachment.

Air marks the moment of birth, when we breathe for the first time. In many traditions, it is believed that it is at this very moment that the spirit anchors itself in the body.

Today we also know that breathing deeply influences our internal state, the way we think, feel, and construct identity. If air participates in the way we condition ourselves, it can also become a tool for liberation.

What has been learned can be unlearned.

What has been closed can open again.

In this sense, the Air Tribe invites us to build bridges between the invisible and the visible, between inspiration and action, between spirit and matter.

Becoming aware of what I say.

Becoming aware of what I do.

Becoming aware of what I choose to nourish within me.

When we learn to use Air with mastery, the mind ceases to be noise and becomes a channel. From there arises the possibility of living in greater alignment with the source of all sources and with everything that surrounds us.

The Air Tribe thus inspires us to unite worlds within ourselves, so that we may become conscious authors of our own path.



AIR TRIBE

From the first breath at birth to the last exhale, Air reminds us that life happens in movement. Present in the breath, in sound, in thought, and in the exchange between worlds, it is the element that connects the invisible with the visible. Without inhalation there is no exhalation, and just as the cosmos breathes, we too surrender to the dance of life, remembering that everything communicates, everything is connected...

CONNECT

GALACTIC CODE - AIR TRIBE



HOW TO USE?

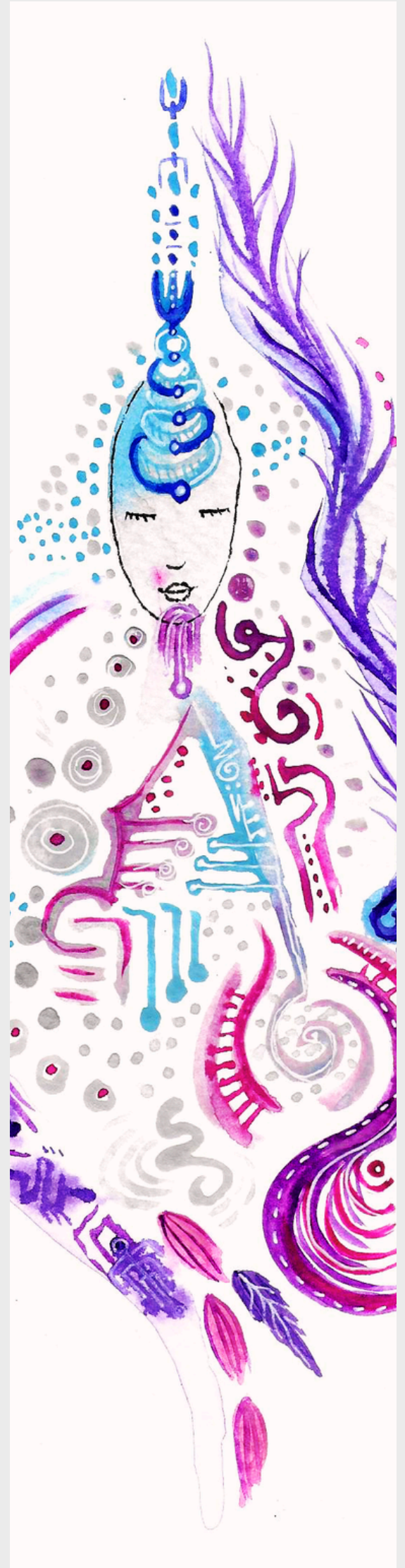
Observe for a few minutes the code.

Close your eyes and affirm internally:

“I inhale lightness, opening the inner flow, so that externally I may inhabit this harmony.”

THE TREE FAMILIES

AIR TRIBE GUARDIANS



GUARDIANS OF THE WORD

GUARDIANS OF HARMONY

GUARDIANS OF THE INVISIBLE

GUARDIANS OF THE WORD

AIR TRIBE FAMILY

This Guardian Family reminds us of the importance of recognizing the creative power of words and the frequency we emit through our expression.

As such, it becomes essential to observe the relationship we have with communication, silence, and personal truth.

And, being an Air Tribe, the question arises:



- what words do I use to define myself?
- what patterns do I repeat unconsciously?
- what emotions do I hide through silence?
- what truth is asking to be expressed through me?

When noise, confusion, or incoherence arise, the function of these Guardians is to reconnect us with the center of conscious expression and inner listening.

We learn, in this way, to recognize the weight and power of words, allowing communication to become a bridge between what we feel, think, and live with greater truth.

— ARE THE WORDS I EXPRESS ALIGNED WITH THE REALITY I WANT TO LIVE?

OR DO I USE WORDS TO HIDE, CONTROL, OR REPEAT OLD PATTERNS?

GUARDIANS OF HARMONY

AIR TRIBE FAMILY

This Guardian Family reminds us of the importance of recognizing the dance between polarities and the living balance between opposing forces.

As such, it becomes essential to observe the relationship we have with extremes, judgment, and integration.

And, being an Air Tribe, the question arises:



- where am I living in excess control?
- where am I scattered and lacking direction?
- what polarities do I reject within myself?
- where is life asking for more rhythm and balance?

When conflict, rigidity, or inner division arise, the function of these Guardians is to reconnect us with the center and the natural pulse of harmony.

We learn, in this way, to recognize the value of both sides, allowing life to organize itself within us with more beauty, coherence, and lightness.

– WHAT, IN THIS MOMENT, IS CONTRACTED AND NEEDS LIGHTNESS?

WHAT IS FLOATING AND NEEDS STRUCTURE AND COMMITMENT TO COME DOWN TO EARTH?

GUARDIANS OF THE INVISIBLE

AIR TRIBE FAMILY

This Guardian Family reminds us of the importance of recognizing the value of the subtle, intuition, and that which has not yet taken form.

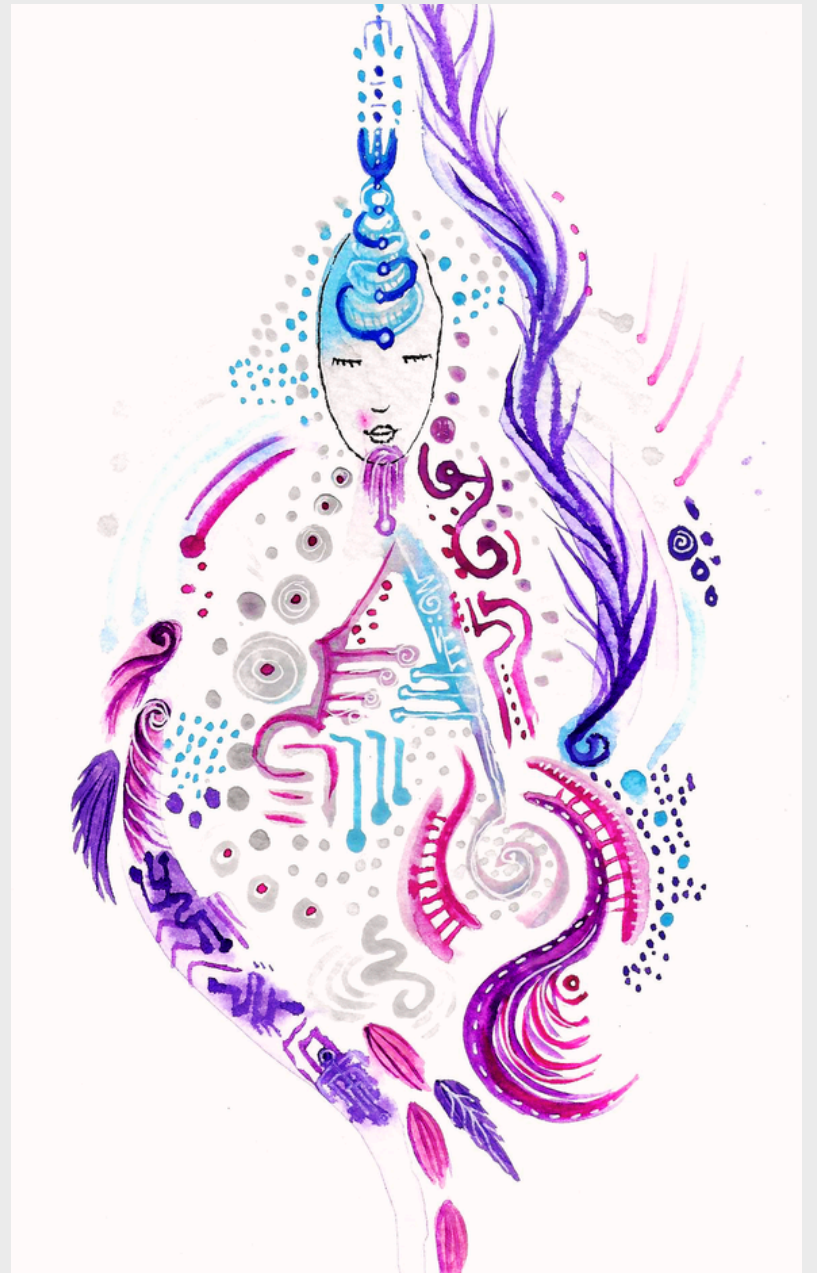
As such, it becomes essential to observe the relationship we have with the unknown, innovation, and difference.

And, being an Air Tribe, the question arises:

- where do I resist the new?
- what ideas do I ignore because they seem impossible?
- what gifts do I keep hidden?
- where do I fear being different and taking my place?

When fear, repetition, or stagnation arise, the function of these Guardians is to reconnect us with the field of possibilities and trust in the invisible. We learn, in this way, to recognize the signs of life and create space for new ways of being, allowing the future to find passage through us.

**— WHERE DO I RESIST THE NEW THAT WANTS TO MOVE THROUGH ME?
AND WHERE CAN I HONOR THE DIFFERENCE I CAME TO OFFER THE WORLD?**



more info

AIR TRIBE AND THE GUARDIAN FAMILIES

I remind you that through YouTube you can find videos with some insights about these guardians, as well as suggestions through which you may connect with them in another way.

GUARDIANS OF
THE WORD

GUARDIANS
OF HARMONY

GUARDIANS OF
THE INVISIBLE

*EXTRA SUGGESTION:

Even if you do not usually connect with artistic forms of expression, I invite you to choose a song from your teenage years and dance.

