

MANUAL TRIBE

EARTH

EGYPT

RETURNING HOME

FROM 28 APRIL TO 5 MAY 2026

ANA OLIVEIRA

THE TRIBES ON THIS JOURNEY

The Earth Tribe is the tribe of home, of the body, of return.

As beings who come from a spiritual and watery world, at birth we begin to become aware of a body that, at first glance, seems to serve very little purpose... it hurts, it feels hunger, it feels heat and cold. And it is such a fragile body in the first months of life that we depend entirely on others to survive.

It is precisely in these first months that we begin to shape our reality and our identity.

We start to feel what calms us and what unsettles us.

Through the body, we experience the shadow and the light of being incarnated.

And it is also through the body that we can make the return home — bringing reconciliation to this dual world that, at that moment, we had no way of understanding... only of experiencing and exploring.

I remember: in the 4x3 code we find the foundation for ascension (Earth and Fire).

Without the return home... there is no
ascension of the spirit.
Only escape and alienation from reality.
In this sense, the Earth Tribe invites us to
inhabit the body, to come into flesh, into
matter.

Where there is space to be.
Where there is space to nurture.
Where there is space to create.

When we learn to relate to matter, we learn
how to live.

It is in matter that universal laws arise — and
where they apply with precision, coherence,
and justice.

To play with matter and with these laws is to
learn how the game of life works.

And, through this, to bring liberation to the
apparent density of this reality.

I feel that the Earth Tribe was the one that
truly set the tone for this journey... so that the
spirituality that has been awakening can find
more and more space in matter — moving
from theory into practice.

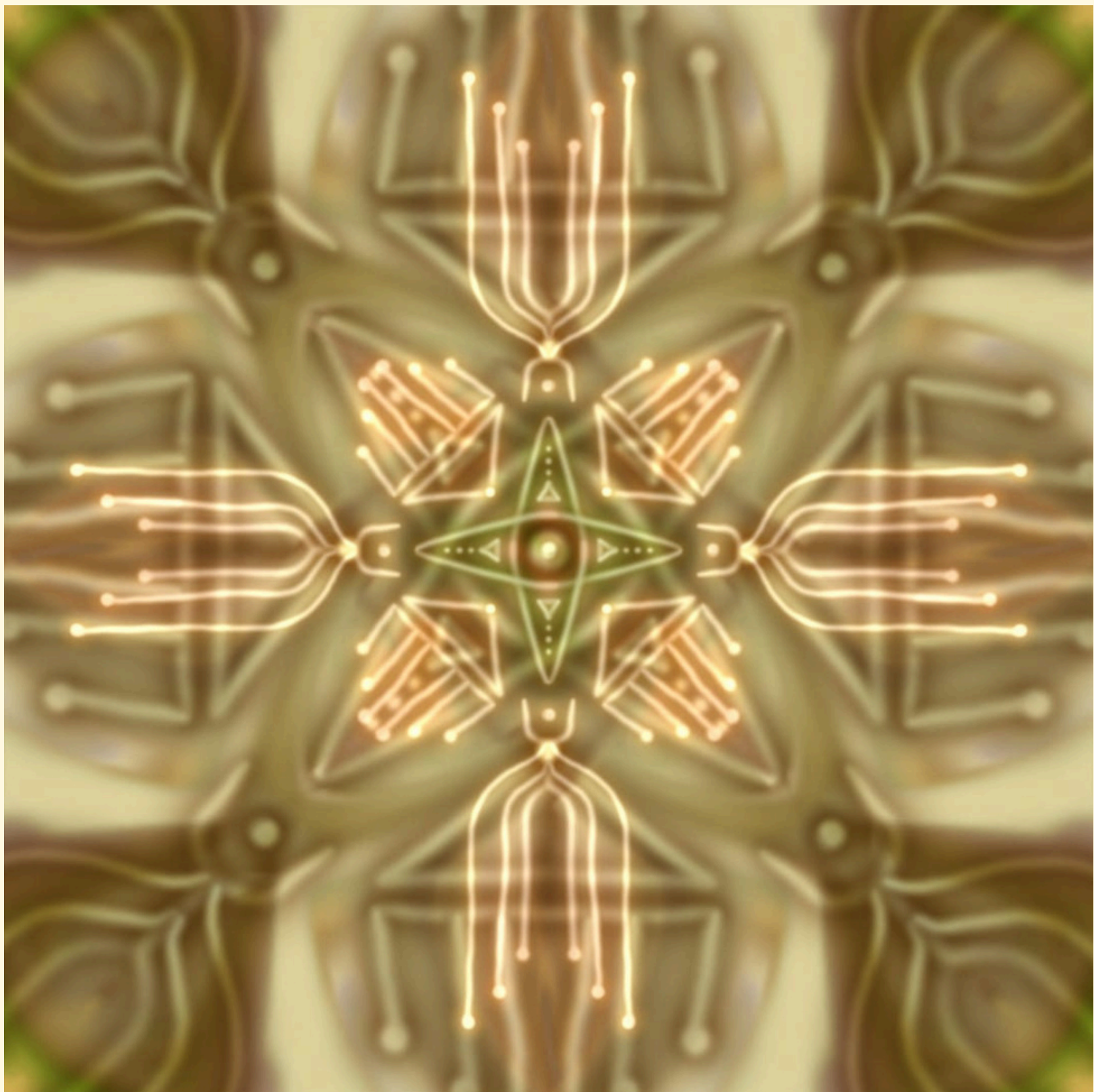


EARTH TRIBE

From many fractals found in nature, in food, and in the human body, we begin to understand that Earth is the element that allows everything to condense into unity. It is the great cube of life, from which subtle matter takes form, reminding us, through homology, that everything has the same origin...

CONNECT

GALACTIC CODE - EARTH TRIBE



HOW TO USE?

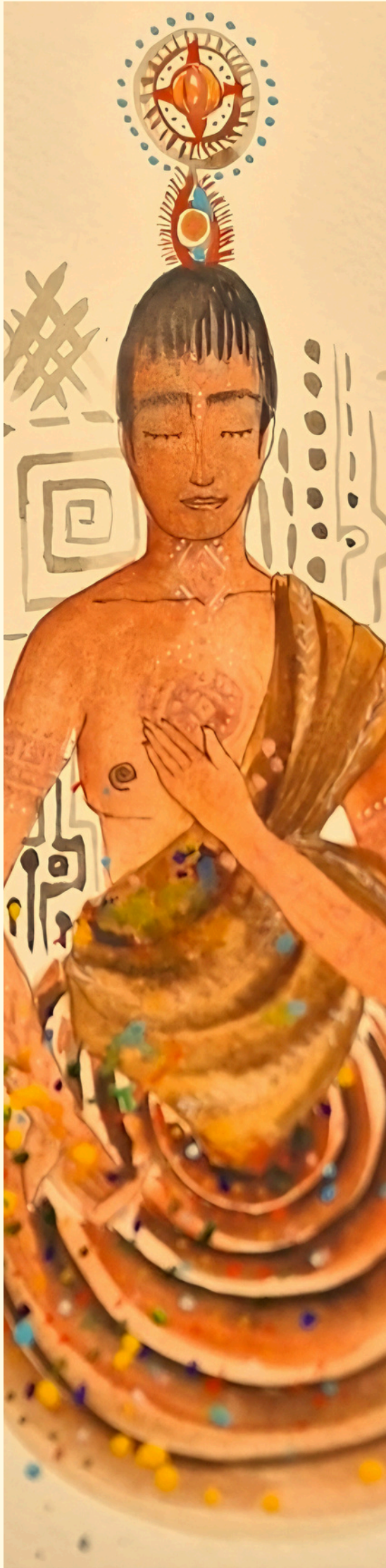
Observe the code for a few minutes.

Close your eyes and affirm internally:

“I recognize the beauty of my body, and I honor and give thanks for the food, life, and fertility of the Earth.”

THE THREE FAMILIES

GUARDIANS OF THE EARTH TRIBE



GUARDIANS OF FERTILITY
GUARDIANS OF THE SEEDS
GUARDIANS OF WISDOM

GUARDIANS OF FERTILITY

FAMILY EARTH TRIBE

This Guardian Family reminds us of the importance of recognizing the life that already pulses within us and around us.

Therefore, it becomes essential to observe what we understand by fertility.

And, being part of the Earth Tribe, the question arises:



- what beliefs do we hold about abundance?
- what stories do we carry about scarcity or excess?
- what sensations arise when we think of “generating life”?
- what memories do we hold of growth, expansion, and nourishment?

When patterns of scarcity or blockage emerge, these Guardians help us reconnect with the natural pulse of life and the intelligence of Earth’s cycles.

We learn to recognize what nourishes us and what depletes us, allowing life to express itself through us with more flow and truth.

DO I RECOGNIZE THE FERTILITY THAT LIVES WITHIN ME AND ALLOW LIFE TO FIND SPACE TO FLOURISH THROUGH ME?

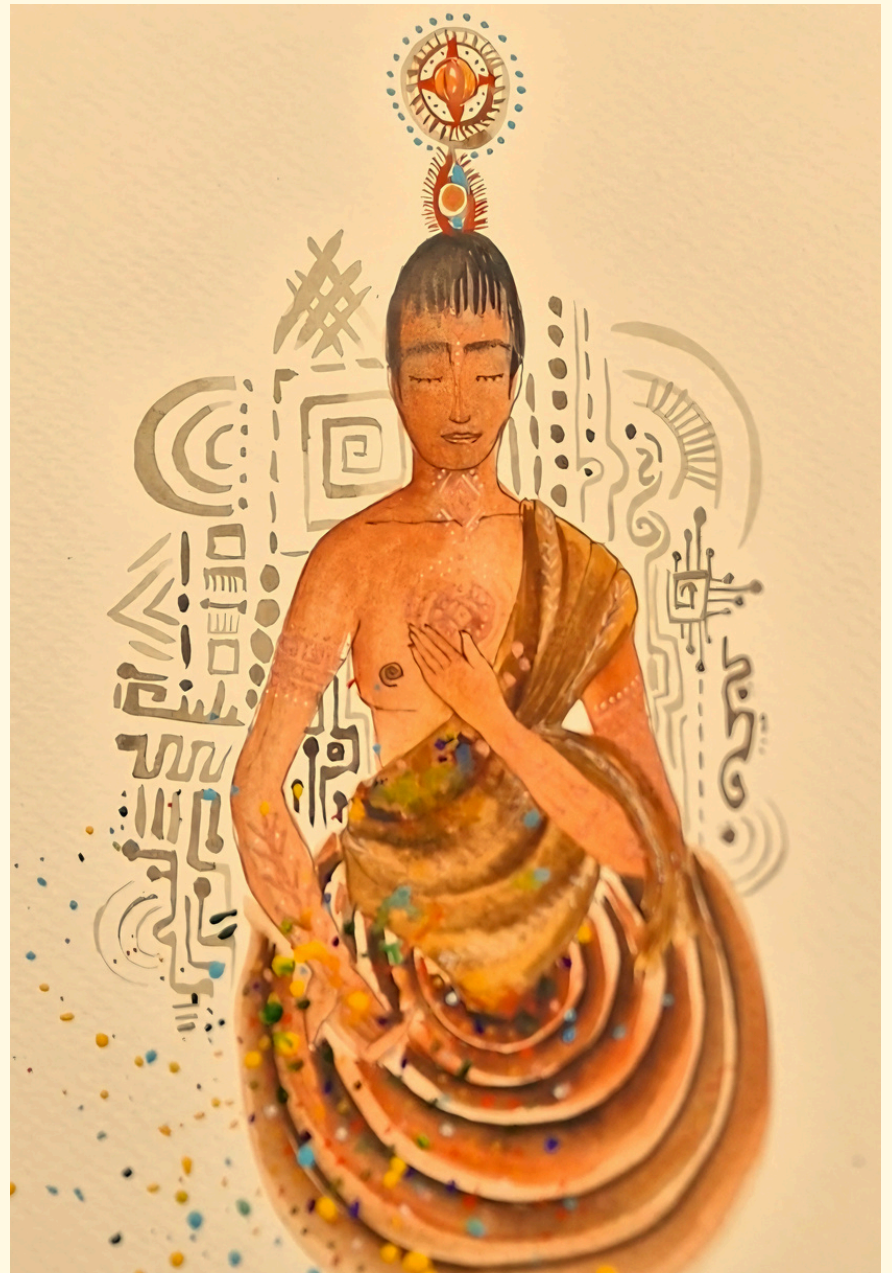
OR DO I DISCONNECT FROM THIS NATURAL FLOW THROUGH FEAR, BELIEF, OR INHERITED MEMORIES OF SCARCITY?

GUARDIANS OF THE SEEDS

FAMILY EARTH TRIBE

This Guardian Family reminds us of the importance of respecting the germination time of what lives within us. Therefore, it becomes essential to observe what we understand by process, timing, and maturation.

And, being part of the Earth Tribe, the question arises:



- what is my relationship with inner timing?
- what stories do I carry about urgency or waiting?
- do I trust what is still invisible and growing?
- what do I feel when something is not yet visible?

When patterns of control or acceleration emerge, these Guardians help guide us back to the fertile silence where everything germinates before becoming visible.

We learn to trust life's inner process, allowing each seed to find its perfect timing to emerge.

DO I RESPECT THE GERMINATION TIME OF WHAT LIVES WITHIN ME?

OR DO I TRY TO RUSH WHAT STILL NEEDS SILENCE, SPACE, AND TIME TO GROW?

GUARDIANS OF WISDOM

FAMILY EARTH TRIBE

This Guardian Family reminds us of the importance of integrating experience as a form of living wisdom.

Therefore, it becomes essential to observe what we understand by knowledge.

And, being part of the Earth Tribe, the question arises:



- do I value my own experience or seek external validation?
- what lessons have I lived but not yet recognized?
- do I trust what my body already knows?
- where do I disconnect from my own knowing?

When doubt or self-disqualification of experience arises, these Guardians help bring us back to the wisdom that is born through lived life.

We learn to trust experience as a teacher, recognizing that everything we live brings us back to our own inner wisdom.

DO I VALUE THE WISDOM I HAVE GAINED THROUGH LIFE EXPERIENCE... OR DO I SEEK ANSWERS OUTSIDE BEFORE LISTENING TO WHAT ALREADY LIVES WITHIN ME?

more info

EARTH TRIBES AND GUARDIAN FAMILIES

I'd like to remind you that on YouTube you can find videos with some ideas about these guardians to inspire you to connect with them in a different way.

EARTH TRIBE

**GUARDIANS OF
FERTILITY**

**GUARDIANS
OF THE SEEDS**

**GUARDIANS OF
WISDOM**

*EXTRA TIP:

Even if you don't feel drawn to artistic expression, I invite you to get out into nature and play.

