

TRIBAL.EARTH

A MAGAZINE FOR HUMANS

...

Feature

Learning how to #LiveBrave with
Artist, Author and Educator,
Robin Sue Coleman

.....@ColemanGlobal presents.....

...

Sound

Welcome Home, Eardrums.

...

Podcasting

Use Your Phone. Start NOW!

...

Religion vs. Food

Has God created any vegans
who care about taste?



ISSUE
02

C R E D I T S



All Production, Graphic Design, Writing, Editing by Timothy StoneDancer Coleman
Cover Photo by Jasmine Rose Photography



••••• @ColemanGlobal presents •••••

Robin Sue Coleman

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FEATURE ARTICLE

Robin Sue Coleman

Our podcast interview with Robin reveals the stories behind her poetry, and her visual art. Read the article on page 6, and then head on over to listen to the audio interview on your favorite podcast platform.



THE BRONX DIY GUY



@COLEMANGLOBAL

04 @theBronxDIYGuy

What's in your smoothie?



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Editor's Letter



My purpose is to use my gifts and talents to help others in my community discover and achieve their purpose.

What if I told you that you already have what you need to take 'step one'? We don't often think about it, but 'step one' is where most people fail because we have been made to believe that we need thousands of dollars to get started! Fancy equipment? Fancy Degree? Top-level industry contacts?

Look around your environment. In your very close proximity, there are the tools you need to create the most simplified version of what you are looking to accomplish.

Although many people think they will go from their couch right to Netflix. Or better yet, from their basement to the Grammys. More than likely, you're going to have to put in some work if you want to arrive at your destination with wisdom. We don't always want to hear it, but wisdom comes from failure. It comes from the constant push to get something right. To create something 'perfect'. Start simple, and build it as you level up.

Be careful with trying to take shortcuts just to speed up the end result, you never know what you might wind up sacrificing in the process. I don't have to know you to believe in you. Be confident. Be brave. Be at peace with starting at 'Step One'.

Timothy Coleman
CEO/Founder Coleman Global Initiative, LLC
NYC Certified Minority Business Enterprise (MBE)



Vegans Like Flavor Too!

Prepping for a Healthy Week

I spend my weekends doing prep for the things that I consume the most during the week. This cuts back kitchen time on those long work days.

One of my favorite things to make is my own vegan milk! The amount of variations are astounding, and with the machine that I use, there's no extra cleanup, straining, or headache. Nuts, Water, Chill.

My vegan milk is then bottled up, chilled in the refrigerator, and used as the base for:

- Morning Smoothies
- Coffee Creamer (warmed on the stove)
- Cereal
- and of course Vegan Mac-n-Cheese!



Follow me on Pinterest for more recipes and meal prep ideas! @TheBronxDIYguy





Shelter Hope is a non-profit volunteer-based pet shop that showcases shelter animals available for in-store adoption. We find homes for the many shelter and rescue animals in need, and sales of merchandise in our pet shops goes directly back to help save more animals.

<https://shelterhopepetshop.org>



Healthy Smoothie

Blueberries

1 Banana

1 Jumbo Strawberry

Homemade Almond Milk

1 Scoop of Protein Powder

Optional: 1/2 tsp Turmeric

Optional: 1/2 tsp Cayenne Pepper

Pulse all the ingredients in the food processor until smooth.

I Like the Way I Do What I Do

With stunning visuals & heartfelt poetry, Robin's new book delves into her journey of discovery and empowerment as she learned how to #LiveBrave!

The cornfields of Nebraska weren't built to contain this phoenix. Robin has made a home in a place where her enigmatic energy, runway-ready style and roaring laugh are easily identifiable in a crowd full of folks who would prefer things to be a bit more simple. Adorned in an outfit that appears to be an homage to the catwalks of Milan, she slowly evaluates the Roma tomatoes that will soon adorn a perfectly color coordinated omelette that is sure to be too fashionable to eat.

But, this is Robin.

It's hard to believe this powerful human being was once continuously chased home from school and bullied during her formative years by girls that were jealous of her natural hair, great personality and of course, her larger-than-life sense of joy.

The experience changed her. It made her wonder why she was different. It also gave birth to a lioness.

She has always done things her own way, and a "quick trip" to the store is no exception.

Robin Sue Coleman



Black Gyrl

#LiveBrave



"I'm not focused on trying to impress people with my work. When I'm in the zone, I'm totally free to mix and match any material that I see that moves me."

@WDON1204

Listen On Your Favorite Platform



In this conversation, Heidi and Timothy introduce us to Marysol Rengel. Marysol shares her journey of starting her own salon and the challenges she faced as a single mother.

She talks about her passion for beauty and how she pursued a career in broadcasting before finding her true calling in the beauty industry.



In this episode, host Timothy Coleman interviews his sister, Robin Sue Coleman, a published author, artist, and educator. They discuss Robin's upbringing in Ohio, her experiences as a model and artist, and her book 'Black Girl Live Brave.'

The conversation touches on themes of self-expression, resilience, and the importance of being true to oneself.



In this conversation, Timothy, Gillian Bell, and her mother, Esther Bell, discuss the impact of Gillian's work and the influence of Esther's upbringing on her journey.

Esther shares her journey of finding purpose through education and her passion for teaching.

The mission of WDON1204 is to create a safe space for community members worldwide to share their unique stories. Check out our line up of amazing conversations that range in topics, but all contain the same welcoming feel and organic flow.

Available on



RimesStone Productions

A MUSICAL PARTNERSHIP

After a friendship and writing partnership of over 25 years, Timothy 'StoneDancer' Coleman and Robert Rimes have formed RimesStone Productions to lay claim on their part of the music industry.

Their sounds are both organic and eclectic, and reflect their musical influences as well as their multilayered taste for all things inspiring and creative.

If you're looking to license music, visit, RimesStoneProductions.com and take a listen to some amazing music that could be right for your next project.

BIOGRAPHIES

Timothy "STONEDANCER" Coleman is the Founder/CEO of Coleman Global (@ColemanGlobal). He is a Grammy-nominated songwriter in the Jazz/Funk category. He performed on Broadway in the musicals "RENT" and "Jekyll and Hyde", and he writes, produces, and hosts 3 TV shows for BronxNet Cable Access, with a viewership of 1.4 million people weekly.

Robert Rimes was born in Houston Texas. After studying at Texas A&M University (Electrical Engineering) and Texas State University (Computer Science) he landed his first job at Johnson Space Center (1997) working in robotics and simulation. He worked for Johnson Space Center for just over 20 years. There he helped with robotic, space-shuttle, and space-station simulation activities.

In 2011, Robert submitted a ballad titled (Ice Angel) a song about a local ice skater to Tate Music Group in Oklahoma. Tate Music Group liked the song and asked him to complete a full Christian Album of material. Robert completed the album; it is now on Spotify titled (My Heart's Last Hour).



(On Left: Rob Rimes out riding his favorite motorcycle in Los Angeles. Meanwhile, Timothy Coleman waits for his bus in the Bronx).