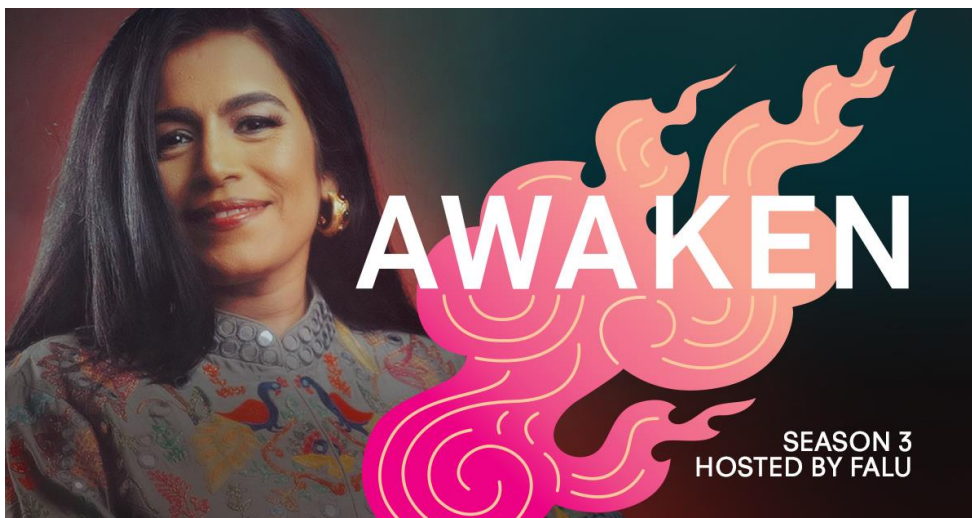


For Immediate Release

PRESS RELEASE

THE RUBIN MUSEUM OF ART LAUNCHES THIRD SEASON OF AWAKEN PODCAST ON OCTOBER 3

**Eight episodes explore the concept of “Life After”
Hosted by Grammy Award–winning vocalist and composer Falu**



Listen to the trailer at rubinmuseum.org/awakenpod
[Podcast Launch Party with Falu](#): Friday, October 6, 6:00–10:00 PM

SEPTEMBER 29, 2023, New York, NY — On **October 3**, the Rubin Museum of Art will launch the third season of its [AWAKEN](#) podcast, hosted by Grammy Award–winning vocalist, composer, and educator FALU.

AWAKEN is a Webby Honoree podcast about the dynamic path to enlightenment and what it means to “wake up.” The new season delves into the notion of “Life After” and explores how we navigate the key events and qualities of human life—birth, learning, emotion, aspiration, morality, conflict, and death—as well as grapple with the ultimate mystery: the afterlife. With art from the Rubin Museum’s collection as a jumping off point, guests share insights on how to move through change and emerge on the other side.

Guests include neuroscientist and author **Dr. Jill Bolte Taylor**; Visionary artists and cofounders of the Chapel of Sacred Mirrors **Allyson Grey** and **Alex Grey**; poet **Marie**

Howe; writer and professor **Kiese Laymon**; artist, director, and author **Chella Man**; professor, clinical psychologist, and scientist **Dr. Lisa Miller**; Tibetan Buddhist meditation teacher and author **Yongey Mingyur Rinpoche**; writer and editor **Haley Nahman**; artist and podcaster **Nigel Poor**; author and poet **Michelle Tea**; meditation teacher and writer **Sebene Selassie**; neuroscientist **Dr. Kay Tye**; meditation teacher and author **Spring Washam**.

Following the release of the first two episodes on October 3, episodes will drop weekly on Tuesdays and be available for streaming on major podcast platforms, including Apple Podcasts and Spotify, as well as at rubinmuseum.org/awakenpod.

“It has been such a pleasure speaking to experts about life and the meaning of all that we experience as human beings,” says Falu. “These conversations have inspired me and my music in such incredible ways, and I can’t wait for people to hear them!”

On Friday, October 6, the Rubin will celebrate with a special [K2 Friday Night Launch Party](#) with Falu from 6:00 to 10:00 PM. The evening will feature special tours, music by DJ Navarro, a special musical invocation by Falu, listening party, and more.

The first season of AWAKEN premiered in June 2021 with ten episodes hosted by acclaimed musician and performance artist Laurie Anderson. Using artworks as a jumping off point, it featured stories of personal transformation from comedian Aparna Nancherla, writer Alok Vaid-Menon, meditation teacher Tara Brach, and more. The season was a 2022 Webby Honoree in the Arts & Culture category.

Season 2 premiered in October 2022 with seven episodes about the transformative power of emotions using a mandala as a guide. The season was hosted by singer and songwriter Raveena Aurora and featured insights from writer adrienne maree brown, Buddhist monk Matthieu Ricard, and more.

The Rubin launched its first podcast series, [Mindfulness Meditation Podcast](#), in 2015, and to date it has over 380 episodes. This ongoing series is a recording of the Rubin Museum’s weekly meditation practice led by a prominent teacher and inspired by an artwork from the Museum’s collection.

Over the last year, AWAKEN and Mindfulness Meditation podcasts have received over one million combined downloads.

“Audio has become an important vehicle for us to reach people near and far and has proven to be a dynamic way to help audiences engage with the insights and ideas that Himalayan art has to offer on the human experience today,” says Rubin Museum Chief Experience Officer Jamie Lawyer. “In listening to Season 3, we hope to remind listeners of our collective resilience, build compassion and empathy for others, and perhaps even inspire new ways that each of us can wake up to what’s next.”

AWAKEN Season 3 episode dates and descriptions:

October 3, Episode 1: LIFE AFTER: BIRTH

Everything is in a constant cycle of birth and death: cells are born and die, synapses, emotions, ideas. Whether it's the birth of a new identity, way of seeing, or spiritual awakening, these transitions occur every day, every moment. How we face those moments—and move through them—can be a source of great awakening.

October 3, Episode 2: LIFE AFTER: LEARNING

It's often in the most challenging moments that we learn the most about ourselves and others. Not only do we have the opportunity to rewire our brains, but we get to see things with newfound clarity. From the Buddhist and neuroscientific perspectives, learning is all about allowing for curiosity and openness. What does the process of learning have to teach us?

October 10, Episode 3: LIFE AFTER: EMOTION

Emotions aren't just the feelings in the body—they reflect neurons firing in the brain, and from the Buddhist perspective, they offer opportunities for profound insight. When we hold too tightly to our emotions, we risk getting caught up in them. But when we step back and harness the power of simply observing them, there is great potential for transformation.

October 17, Episode 4: LIFE AFTER: ASPIRATION

Aspiration involves desire and ambition, whether it's the pursuit of a new job or to be a better friend. It's something that gives us a north star to move toward in our daily life. But what happens once we get there? And how can the Buddhist concept of attachment help us make sense of the inevitable ups and downs along the way?

October 24, Episode 5: LIFE AFTER: MORALITY

In Buddhism morality isn't just about avoiding harm but helping others. It comes down to taking responsibility for our actions. We can never truly know our morals until they are tested. But faced with that test, it can wake us up to new ways of thinking, being, and relating to one another in the world.

October 31, Episode 6: LIFE AFTER: CONFLICT

If faced with bravery and awareness, conflict can bring great insight into what is right or needed. From the Buddhist perspective, it's not the conflict itself that matters, but how we react to it. Because if we are too guarded, protecting ourselves from the difficult emotions that come with conflict, we might miss out on the opportunity for growth and new possibilities.

November 7, Episode 7: LIFE AFTER: DEATH

One thing is for certain: one day you will die. But what happens when you die? And

how does knowledge of your inevitable death impact how you live now? In this episode, all the guests in the series reflect on these questions and consider how grappling with our mortality is part of what makes us human.

November 14, Episode 8: LIFE AFTER: THE AFTERLIFE

Everyone has spent time wondering about it, but no one can say for sure: What happens after we die? In the last episode of the season, all the guests in the series consider this question and consider how believing or not believing in the afterlife impacts how they live. If death is simply a transition from one state to the next, then how do we imagine life after?

ABOUT FALU

Falu is a Grammy Award–winning, internationally recognized vocalist, composer, and educator known for her ability to seamlessly blend a signature modern inventive style with a formidable Indian classically shaped vocal talent. Falu’s career in the United States has led to a series of collaborations with Yo-Yo Ma, Wyckle Jean, Philip Glass, Ricky Martin, Blues Traveler, and A. R. Rahman, among others. She was appointed Carnegie Hall’s ambassador of Indian Music in 2006, and her shows at Zankel Hall have consistently sold out. Falu’s highlight performances include the 2022 Grammy Awards Premiere Ceremony and former President Obama and First Lady Michelle Obama’s White House State Dinner. During Diwali in 2022, the Mayor of New York City Eric Adams awarded her a citation for successfully representing immigrants in the city. Later that year she received a proclamation by the NYC Council “for fostering greater harmony around the world.”

Described by the *New York Times* as “East and West, ancient and modern” and named one of the twenty most influential global Indian women by the *Economic Times*, Falu continues to record and perform globally, and she serves as the Board of Governor for the Recording Academy’s New York Chapter.

PRODUCTION CREDITS

AWAKEN is produced by the Rubin Museum of Art with Jamie Lawyer, Sarah Zabrodski, Christina Watson, Gracie Marotta, and Tenzin Gelek in collaboration with SOUND MADE PUBLIC including Tania Ketenjian, Sarah Conlisk, Philip Wood, Alessandro Santoro, and Jeremiah Moore.

Original music has been produced by Hannis Brown with additional music from Blue Dot Sessions.

SUPPORT

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The Rubin Museum's programs are made possible by the New York State Council on the Arts with the support of the Office of Governor Kathy Hochul and the New York State Legislature.

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ABOUT THE RUBIN MUSEUM OF ART

The Rubin Museum of Art in Chelsea, New York City, explores and celebrates Himalayan art, cultures, and ideas across history and into the present. With its globally renowned collection, centered largely around art from the Tibetan Plateau, the Rubin fosters understanding and appreciation of the art by interpreting and relating it to our shared human experience today. Inspired by the tenets of Buddhism, Hinduism, and indigenous religions, and aligned with ongoing research into learning, behavior, and the brain, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and explore the mind. Through this work, the Museum serves as a space for reflection and personal transformation, opening windows to inner worlds so visitors can better navigate outer ones.

www.rubinmuseum.org

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