

PRESS RELEASE

THE RUBIN MUSEUM OF ART ANNOUNCES
THE IN-PERSON RETURN OF ITS
BRAINWAVE TALK SERIES

Featuring conversations on emotions with Michael R. Jackson,
Janeane Garofalo, and more

September 27, 2022, New York, NY — The Rubin Museum of Art is pleased to announce the in-person return of its annual **Brainwave** talk series this October, following a two-year virtual format. This year's Brainwave program features five unscripted onstage conversations about five challenging emotions, or *kleshas* as they are known in Buddhism, with scientists poised to explain how the mind develops or redirects these afflictive states. Attendees will also have the opportunity to join author and performer Kevin Townley on a tour of the galleries and the interactive Mandala Lab installation, which opened a year ago and inspired the talk series, before or after each onstage program. The tour will examine how both sacred and secular art can help unlock the wisdom of human emotion.

How do our cravings overcome us in times of estrangement? When does ego become central to performance? Can envy and jealousy lead to societal collapse? Over the course of five events held in October and December these questions and more will form the basis of fascinating investigative discussions around attachment, pride, envy, anger, and ignorance. **Michael R. Jackson**, composer of the Tony-award winning musical *A Strange Loop*, rapper **Jean Grae**, comedian **Janeane Garofalo**, ex-marine **Mac McKinney**, activist **Bibi Bahrami**, filmmaker **Josh Seftel**, and Tibetan Buddhist monk and teacher **Khenpo Pema Wangdak** will be in conversation with leading psychologists, neuroscientists, and researchers to help us unpack our states of mind.

Brainwave, one of the Rubin's longest-running programs, investigates how our minds shape our everyday experiences, incorporating the most compelling advancements in science with traditional Himalayan wisdom, art, and other disciplines. Past participants in the program have included Chess Grandmaster Vishwanathan Anand, multidisciplinary artist Laurie Anderson, filmmaker Darren Aronofsky, actress-producer Whoopi Goldberg, and musician and filmmaker Questlove.

"This season's Brainwave aims to help us understand emotion in a new way and help build tools for proactive resilience," says **Tim McHenry**, Chief Programmatic Officer of the Rubin Museum. "According to Tibetan Buddhism, those tools are a function of our mind. Before we exercise these tools, we need to understand how and why they work. For the last fifteen years, Brainwave has offered neuroscientists an opportunity to help us understand—

against the backdrop of Himalayan art and ideas—the workings of our mind by comparing their research with the lived experience of people from many walks of life. Our hope is our audiences leave the Rubin just a little bit better prepared to navigate our times.”

The Brainwave schedule can be found below. For more information and tickets visit RubinMuseum.org/brainwave.

CONVERSATION SCHEDULE

Friday, October 14, at 7:00 PM

Michael R. Jackson + Dr. Hedy Kober

ATTACHMENT

Michael R. Jackson, composer of Pulitzer-prize and Tony-award winning musical *A Strange Loop*, will discuss the topic of attachment in relation to his life and work with Dr. Hedy Kober, associate professor of psychology at Yale University.

Friday, October 21, at 7:00 PM

Jean Grae + Dr. Phillip Corlett

PRIDE

Performer Jean Grae and cognitive neuroscientist Dr. Phillip Corlett will unpack the impact of pride and egocentricity in the entertainment industry and beyond.

Friday, October 28, at 7:00 PM

Janeane Garofalo + Dr. Kevin Oschner

ENVY

Comedian and political commentator Janeane Garofalo will speak with Dr. Kevin Oschner on the topic of envy, exploring its power in the current sociopolitical environment.

Friday, December 2, at 7:00 PM

Richard “Mac” McKinney, Bibi Bahrami, Josh Seftel, + Dr. Tracy Dennis-Tiwary

ANGER

When Richard “Mac” McKinney fought in Afghanistan, his anger nearly drove him to commit atrocities against a local Muslim population. He will be joined by activist Bibi Bahrami and emotion researcher Dr. Tracy Dennis-Tiwary to explore how anger clouds clarity. Filmmaker Joshua Seftel will also be part of the conversation to discuss the power of storytelling to heal.

Friday, December 9, at 7:00 PM

Khenpo Pema Wangdak

IGNORANCE

Bringing together the four previous conversations about “afflictive emotions,” Khenpo Pema will explain how these states are all united by a common thread: ignorance.

SUPPORT

Lead support for Brainwave is provided by the New York City Department of Cultural Affairs in partnership with the City Council.

Additional support is provided by Cheryl Henson.



ABOUT THE RUBIN MUSEUM OF ART

The Rubin Museum explores and celebrates the diversity of Himalayan art, ideas, and culture across history and into the present. With its globally renowned collection, the Rubin fosters understanding and appreciation of this extraordinary region by connecting its art and ideas to contemporary issues that are relevant in our visitors' lives today. Largely inspired by the philosophical traditions of Buddhism and Hinduism, the Rubin offers innovative exhibitions and programs that examine provocative ideas across the arts and sciences. In doing so, 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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