

For Immediate Release

Actress and filmmaker Isabella Rossellini hosts the fourth season of the Rubin Museum's AWAKEN podcast Episodes 1 and 2 are out today

The new season features eight episodes that explore the concept of attachment with art from the Rubin Museum collection and insights from guests.



New York, NY, November 12, 2024 – Today the Rubin Museum of Himalayan Art launched the first two episodes of the fourth season of its [AWAKEN](#) podcast, hosted by Golden Globe and Emmy Award–nominated actress, filmmaker, and model **Isabella Rossellini**.

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 complex Buddhist concept of attachment and explores how the practice of letting go of preconceived ideas, beliefs, and identities can transform our experience of the world. Each episode uses art from the Rubin Museum’s collection as a guide and features insights from artists, writers, psychologists, poets, Buddhist teachers, and others who reveal how releasing what no longer serves us creates space for new ways of seeing, thinking, and being.

Guests include poet and filmmaker **Fatimah Asghar**; chef **Reem Assil**; Founder and Director of the Center for Healthy Minds, University of Wisconsin-Madison, and Founder and Chief Visionary for Healthy Minds Innovations, Inc. **Dr. Richie Davidson**; contemplative social scientist **Eve Ekman**; poet and essayist **Ross Gay**; artist and writer **Jenny Odell**; scholar of Tibetan Buddhism **Annabella Pitkin**; artist **Prithvi Shrestha**; author and transformational thought leader **Sonya Renee Taylor**; artist **Asha Kama Wangdi**; teacher and meditation master in the Bon Buddhist tradition **Tenzin Wangyal Rinpoche**; and writer, professor, and photographer **Ocean Vuong**.

New episodes will drop weekly on Tuesdays through December 17 and be available for streaming on major podcast platforms, including Apple Podcasts and Spotify, as well as at rubinmuseum.org/awakenpod.

AWAKEN season 4 episode dates and descriptions:

November 12, Episode 1: Understanding Attachment

To understand non-attachment, we first have to understand attachment. It's a fundamental part of the human experience. We cling not only to what makes us feel good but also to our identities, beliefs, and expectations of how things should be. But how does attachment function in our lives? And how can bringing greater awareness to it help shift our perspective of ourselves and the world?

November 12, Episode 2: Introducing Non-Attachment

It's almost impossible to have no attachments. So what does non-attachment actually mean? Depending on the context, it can be easily misunderstood. But from the Buddhist perspective, it's not about letting go of what we hold dear—it's about releasing attachments to outcomes, points of view, and expectations that keep us from fully engaging with life.

November 19, Episode 3: Releasing the Ego

Many of the challenges that arise with attachment are related to the ego: who you think you are and how you think others should feel about you. By holding onto our sense of self too tightly, we end up seeing ourselves as alone and separate from one another. How can loosening our grip on the ego help us step into the fundamental truth of our interconnectedness?

November 26, Episode 4: Opening to Love

The concept of non-attachment seems particularly confounding in the context of love. How can we not be attached to the people closest to our hearts? It's not about loving or not loving, but rather how we love. Openness and compassion are the foundation for not only loving without expectations and conditions but also loving in service of one another.

December 3, Episode 5: Awakening to Interdependence

How does non-attachment awaken us to our interdependence? We cannot exist without each other and the world around us. When we recognize this fact, not only do we free ourselves from self-focus and feel more connected, but we start to notice the extraordinary in the ordinary and recognize our collective responsibility to care for one another and our world.

December 10, Episode 6: Embracing Freedom

Freedom from attachment doesn't require leaving home and renouncing all our ties to family and friends like the Buddha did. It's something that is available to all of us, in each moment, in everyday life. Letting go of expectations and self-imposed identities can create space to tune into what's truly important and follow a path that feels authentic and meaningful.

December 17, Episode 7: Walking the Path

What does it look like to put what we've learned about non-attachment into practice? In this episode, all the guests in the series share their practices for working through their attachments and moving toward a more open relationship to oneself and life as a whole. Ultimately, it's not about having no attachments—that's almost impossible—but bringing presence and awareness to each moment.

December 17, Episode 8: Experiencing Realization

We might want to believe that there is a definitive end—a clear point where some patterns have died and new ones have been born—but in fact, we are always in a process of realization. It's a continuous cycle of forgetting and remembering to let go of expectations and remain open to each moment. It might seem small but these shifts in awareness have the potential to be completely transformative.

[About Isabella Rossellini](#)

Isabella Rossellini grew up in Paris and Rome and is the daughter of actress Ingrid Bergman and director Roberto Rossellini. She started her career as a model, gracing the cover of over 500 magazines and representing the cosmetic line Lancôme for over 40 years. Rossellini made her cinematic debut as an actress in 1979 and has appeared in many films, including *Blue Velvet*, *Wild at Heart*, *White Nights*, *Rodger Dodger*, *Cousins*, *Death Becomes Her*, *Fearless*, *Big Night*, and *Joy*. She also lent her voice to the Disney-Pixar animated film *The Incredibles*.

Rossellini has a master's degree in animal behavior and conservation and has received a PhD Honoris Causa from the science faculty at the University of Quebec at Montreal. She won several Webby awards for her short-film series *Green Porno*, *Seduce Me*, and *Mammas* that offer comical and scientifically accurate insights into animal behavior. She also toured extensively worldwide with her theatrical monologues *Green Porno* and *Link Link Circus*.

Rossellini's interests include the preservation of her family's extraordinary cinematic heritage. She is the founder of Mama Farm, an organic farm in Brookhaven, NY.

[Production credits](#)

AWAKEN Season 4 is an eight-part series from the Rubin. AWAKEN is produced by the Rubin Museum of Himalayan Art with Tenzin Gelek, Jamie Lawyer, Kimon Keramidas, Gracie Marotta, Christina Watson, and Sarah Zabrodski in collaboration with SOUND MADE PUBLIC, including Tania Ketenjian, Philip Wood, Alessandro Santoro, and Jeremiah Moore.

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

About AWAKEN podcast

AWAKEN is a Webby Honoree podcast about the dynamic path to enlightenment and what it means to “wake up.” The series dives into the personal stories of guests who share how they’ve experienced a shift in their awareness, and as a result, their perspective on life.

Season 1 premiered 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.

Season 3 premiered in October 2023 with eight episodes about the notion of “Life After” and explored 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. The season was hosted by Grammy Award-winning vocalist, composer, and educator FALU and featured insights from author and poet Michelle Tea, neuroscientist and author Jill Bolte Taylor, and more.

Support

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[About the Rubin Museum of Himalayan Art](#)

The Rubin is a global museum dedicated to presenting Himalayan art and its insights. Founded in 2004, the Rubin serves people internationally through exhibitions, participatory experiences, a dynamic digital platform, and partnerships. Inspired and informed by Himalayan art, the Rubin invites people to contemplate the human experience and deepen connections with the world around them in order to expand awareness, enhance well-being, and cultivate compassion. The Rubin advances scholarship through a series of educational initiatives, grants, collection sharing, and the stewardship of a collection of nearly 4,000 Himalayan art objects spanning 1,500 years of history—providing unprecedented access and resources to scholars, artists, and students across the globe. rubinmuseum.org

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