

G L E N D A L E C O M M U N I T Y C O L L E G E

24th Annual Academic Senate Distinguished Faculty Lecture

The Nirvanic Toolbox: Kaleidoscopes, Singing Bowls, Meditation, and More



CHRIS JUZWIAK

Instructor of English

Few individuals in the 21st century have experienced the form of consciousness known as “nirvana” or “bliss consciousness.” (This diminution of nirvanic consciousness may be the single greatest deprivation to modern humans.) In his DFA lecture, Chris will recount his personal and unique journey in nirvanic consciousness. In addition to learning a pragmatic and physiological approach to meditation, you can gaze into an array of dazzling kaleidoscopes crafted by America’s top kaleidoscope artists and learn to “play” a Tibetan singing bowl (practicing on actual 16th to 19th century instruments). There’ll be over 35 kaleidoscopes from Chris’ personal collection and a large assortment of singing bowls (and scheduled time for you to try them out!). Please join Chris for 50 minutes that may change the direction of your life forever—or at least provide a pleasurable interlude in your workday.

Thursday, April 21

12:20 pm

Kreider Hall

*Senate reception at 1:20 pm at The Oaks, Los Robles Bldg.
All faculty and staff are welcome*