



**The  
Wake Up  
Experience.**



# WHY W.U.E. (Wake Up Experience)

"There is a mental health crisis in higher education. Every major research university is grappling with the same question: How do we change our culture toward one in which more students are thriving and flourishing?"

As more students struggle with anxiety, clinical depression and, in some cases, thoughts of suicide, demand is on the rise for mental health and wellness resources on campus.

~ *Varun Soni (USC Vice Provost for Campus Wellness & Crisis Intervention)*

*"Evan Bane & Ryz are uniquely qualified to assist students in healing and thriving in their lives."*

~ *Carrie Beers (CEO of Lead Like a C.O.A.C.H.)*



**The Wake Up Experience.**

# WHAT IS A W.U.E.?

An experience of accessing deep inner wisdom and an elevated state of being, typically resulting in the knowing of unconditional love, peace, oneness and joy. As our perspective shifts during these moments, we see things more clearly. This clarity tends to blur for most of us until we have another wake up experience. As our WUE's increase, we become more authentic in our day-to-day lives.

*"Musical geniuses, dynamic performers, & purposeful in how they lifted our event to another stratosphere."*

*- Jamaal Washington (MENToring Director, Fresno State U.)*

## THE MISSION

The Wake Up Experience workshop is designed to empower, uplift, and inspire students through the healing powers of music, self-discovery, education and love, thus significantly impacting student success in life and the classroom. Evan Bane & Ryz have carefully crafted songs with deep purpose and a high level of consciousness to enhance their unique style of facilitating self-discovery through music, dynamic storytelling and interactive group exercises.



**The Wake Up Experience.**



# MUSIC MEETS SELF-DISCOVERY

At the WUE Workshop Evan Bane & Ryz use music to connect deeply with students. Through performance that is reflective, honest, vulnerable and uplifting, they explore the message of each song. Students then have the opportunity to fully engage through meaningful conversation, interactive self-discovery exercises and Q&A. Due to the experiential nature of this program, there is a unique opportunity to integrate lessons through the use of practical tools, assisting in accelerated growth.

## WHAT'S IN THE SONGS?

[Examples of how WUE music supports the program]

### THE WAKE UP

*Awaken. Transform. Love. Forever.*

In "The Wake Up," Evan Bane & Ryz share what a WUE means to them and how it has impacted their lives. We all have a story... then we wake up.

### NU HUMAN

Say goodbye to Darwinism. Humanity is moving beyond survival. The Nu Human recognizes limitation in suppressing others for personal gain. Let's celebrate a new understanding that through togetherness we thrive.

## PROGRAM THEMES

- Tools for Self-awareness
- Self-acceptance
- The power of self-forgiveness
- Expressing your creativity
- Moving beyond your comfort zone
- Personal responsibility
- Dismantling discrimination
- Overcoming your inner critic
- The importance of honoring yourself
- A new understanding of masculine & feminine energy
- Understanding, expressing & accepting emotions
- Physical & Spiritual well-being
- Being of service



**The Wake Up Experience.**



# LEARNING OBJECTIVES

1. Increase sense of belonging to campus community
2. Assist students in discovering their true identity
3. Cultivate deepened understanding of purpose
4. Promote the power of taking responsibility for one's level of self-esteem
5. Identify specific ways of raising self-awareness & self-love
6. Inspire mental, physical & spiritual well-being
7. Provide tools to manage, understand & cope with emotions

## OUTCOMES

1. Heightened moral & greater retention
2. The power to make a positive impact in the world
3. Students with more confidence, higher GPAs & clear visions of their future
4. Dissolving of self-destructive behavior (excessive drinking & drug abuse) leading to increased campus safety
5. Lower rates of anxiety, depression & suicidal thoughts
6. Alumni who are healthy, curious & engaged global citizens
7. More loving relationships & success in the art of living

*"Awesome role models who inspire  
& motivate students for success!"*

*~ Raul Villar (Student)*



# THE STORY OF WUE

The Founders of WUE, Evan Bane and Ryz, had no idea the impact attending Susquehanna University would have on their lives. Brought together by a mutual love of music, they met through a friend who owned a recording studio. Evan Bane recorded rhymes, Ryz co-produced music, and the creative vibes flourished. It wasn't long before this group of friends began recording hip hop albums, performing at local venues, and eventually opening for Grammy Award winning Tonight Show band, The Roots. As Evan Bane and Ryz continued to get to know each other, a friendship grew and a deep knowing emerged that their collaboration would have a positive impact on the world.

Upon graduating, Evan Bane moved to Los Angeles and Ryz made moves between NYC & Connecticut. They continued collaborating from coast to coast while Evan Bane attended film school and Ryz focused on writing and producing music. The two experienced a defining moment when Evan Bane traveled to Connecticut to spend a week working in the studio with Ryz. It was the first time they worked one-on-one and the experience was incredibly powerful. As their creativity synergized, it became obvious they were meant to work together. The time had come to take their collaboration to the next level. Six months later, Ryz was driving across the country to relocate to Los Angeles.

Shortly after moving to LA, Ryz found himself homeless and living out of his car. The uncertainty of not knowing how long this circumstance would last was extremely challenging for him. Determined to persevere, he chose to stay in LA and after four months found stable living. This was one of many challenging situations the two would encounter, but it was these types of experiences that propelled their growth the most. Evan Bane and Ryz had always felt called to make a positive contribution to the world, and though they knew music would be a part of their journey, the duo still found themselves soul searching to more fully understand their purpose. They delved deeper into spiritual study, began practicing transcendental meditation, and embraced vegan lifestyles, setting them on a path of awakening and creative expression.

As their growth accelerated, so did the clarity of how this would manifest. Being fueled by a mission to empower, uplift, and inspire humanity through the healing powers of music, visual arts, self-discovery, education and love, gave birth to The Wake Up Experience. With much enthusiasm, they are forging alliances and creating a conscious community across college campuses. Through performing music, storytelling, and facilitating dynamic group exercises, they promote self-discovery, community, and wellness, leaving students with a sense of empowerment, purpose and belonging.

**The Wake Up Experience.**



# EVAN BANE BIO

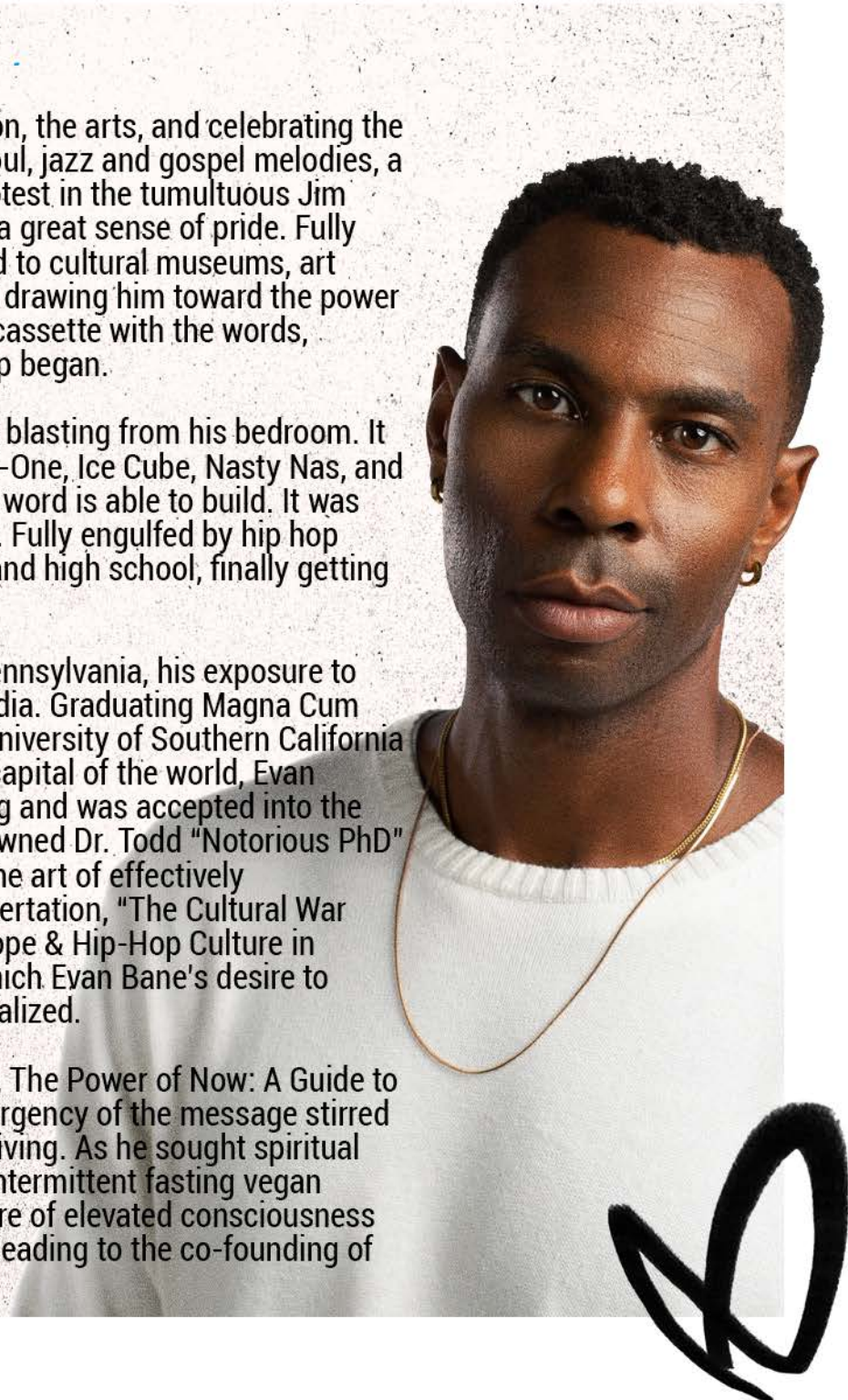
EVAN BANE was raised by parents who placed a high value on education, the arts, and celebrating the richness of African American heritage. His household was filled with soul, jazz and gospel melodies, a vast collection of Black literature and art, and stories of Civil Rights protest in the tumultuous Jim Crow South. The home's rich environment filled young Evan Bane with a great sense of pride. Fully engaged in school, athletics, and community activities, he was exposed to cultural museums, art classes, plays, and poetry readings, all stimulating his imagination and drawing him toward the power of artistic expression. But it was the moment he first played a bootleg cassette with the words, "Run-DMC" penned in bold red ink, that his lifelong journey with hip hop began.

It was the fresh sound, fierce energy, and bold style that kept rap beats blasting from his bedroom. It was the outspoken storytelling and lyricism of emcees like Rakim, KRS-One, Ice Cube, Nasty Nas, and A Tribe Called Quest that broadened his understanding of what spoken word is able to build. It was Yo! MTV Raps and BET's Rap City that kept him glued to every episode. Fully engulfed by hip hop culture, a young Evan Bane started writing rhymes throughout middle and high school, finally getting to record his raps in college.

As a Broadcast Communication major at Susquehanna University in Pennsylvania, his exposure to radio, film, tv, and music production, solidified his desire to work in media. Graduating Magna Cum Laude, he set his sights on Hollywood after acceptance to the famed University of Southern California Film School. Surrounded by the creative process in the entertainment capital of the world, Evan Bane's storytelling artistry blossomed. He earned an MFA in filmmaking and was accepted into the Film Critical Studies PhD program, where he was mentored by the renowned Dr. Todd "Notorious PhD" Boyd. Boyd schooled him in the study of Race & Popular Culture, and the art of effectively communicating one's critical perspective. Completing his doctoral dissertation, "The Cultural War Against Black Intellectualism: Fighting For & Dying Over Knowledge, Dope & Hip-Hop Culture in Pursuit of Black Liberation," served as the rigorous process through which Evan Bane's desire to create a program combining visual art, scholarship, and hip hop materialized.

Evan Bane's journey took an inspired turn when he read Eckhart Tolle's, *The Power of Now: A Guide to Spiritual Enlightenment*. The transformative essence, magnitude, and urgency of the message stirred something deep within him, motivating his exploration into conscious living. As he sought spiritual study, began practicing Transcendental Meditation, and embraced an intermittent fasting vegan lifestyle, significant personal development unfolded. The limitless nature of elevated consciousness inspired him to combine soul-centered living with creative expression, leading to the co-founding of The Wake Up Experience with his good friend and soul brother, Ryz.

**The Wake Up Experience.**



# RYZ BIO

RYZ has been giving free hugs and making beats since he was in diapers. As a baby, he innately danced and banged on pots and pans, which naturally led to a Muppet Babies drum kit. Love and rhythm weren't the only things moving young Ryz, however. He also enjoyed singing. His mother often broke out a microphone and cassette deck to record his sister and him performing smash hits such as "Itsy Bitsy Spider" and "Twinkle Twinkle Little Star." From day one, music, love and joy were one in the same for young Ryz.

As a kid, he would daydream about a world filled with love while hypnotized by the sounds of jazz and hip-hop, courtesy of the orchestra in his mind. Melodies, harmonies, rhythms and rhymes constantly filled his soul. At age 8 his parents divorced, which gave music an additional role in his life. It became a way for Ryz to express and cope with pain. This was the first time he became aware of music as a healer. He started putting rhymes down on paper and formed his first group in fifth grade where he and some friends rapped and danced. He also studied the saxophone and once middle school came around he was playing the drums in jazz band. As music and love continued to express through Ryz, he was voted class friendliest by his peers; an acknowledgement he is still grateful for to this day.

By high school his focus became singing, leading to international choir tours and performances at historic sites such as Westminster Abbey and the Sistine Chapel. Inspired to take his songwriting to the next level, Ryz then picked up the guitar and piano alongside recording two albums with his high school band. His intention to make a career out of music lead him to study voice and music theory at Susquehanna University, earn a degree in Recording Arts from Full Sail University, and gain experience working at recording studios in NYC and Connecticut. Ryz then built his own studio and began producing music 24/7. Since then, he's been working as a singer, songwriter, DJ and producer.

With music as his companion, Ryz has deepened his understanding of love through self-reflection, life lessons, and being a shoulder for others to lean on. His path eventually lead him to the practice of Transcendental Meditation, developed by Maharishi Mahesh Yogi (famed guru to the Beatles). Not long after discovering meditation, he enrolled at the University of Santa Monica where he obtained certification in Advanced Spiritual Psychology, acquiring 480 hours of practice in facilitating self-discovery. Another significant part of his transformation has included adopting an intermittent fasting vegan lifestyle along with releasing 70 lbs. and counting.

It's no surprise that Ryz is still giving free hugs and making beats. They remain foundational in his being, as he uses his story, music, life's challenges and victories, to empower, uplift and inspire. Since his Susquehanna days, Ryz knew his journey included good friend and soul brother, Evan Bane. This brotherhood and shared purpose of raising the vibration of love on the planet has emerged as The Wake Up Experience.

**The Wake Up Experience.**





# WHAT PEOPLE ARE SAYING

"I've coached professional development entrepreneurs for over 20 years and have never seen anything like The Wake Up Experience. Evan Bane & Ryz are uniquely qualified to assist students in healing and thriving in their lives. It would be a shame for any educational institution to pass up the opportunity for their students to have a Wake Up Experience."

- **Carrie Beers (CEO of Lead Like a C.O.A.C.H.)**

"The Wake Up Experience connected my authentic self to my reality. The facilitated discussions exposed me to the love and care I was seeking. Evan & Ryz are awesome role models who inspire and motivate students for success!"

- **Raul Villar (Student)**

"Evan Bane & Ryz are musical geniuses, dynamic performers, and purposeful in how they lifted our event to another stratosphere. Our audience was truly part of a Wake Up Experience!"

- **Jamaal Washington (MENtoring Director, Fresno State U.)**

"If you love real music and lyrics like I do, you need to check out Evan Bane & Ryz. They are fantastic and don't sound like anything out right now. The Wake Up Experience is a breath of fresh air."

- **Dessalines Yamoussou (Hip Hop Head, Comedian)**



Awaken  
Transform  
Love Forever.

[www.thewakeupexperience.com](http://www.thewakeupexperience.com) @wakeupexperience

**The Wake Up Experience.**