NEW YORK, NY, March 24, 2022 — The Rubin Museum of Art has launched the sixth issue of its annual free publication, Spiral, a magazine at the intersection of art, science, and Himalayan cultures. Spiral asks big questions at the center of our shared human experience. The newest issue, “Healing Practices,” offers insights into individual and collective modes of repair and recovery in terms of physical, mental, emotional, and spiritual well-being. The magazine features essays, interviews, a cartoon, at-home practices, and a centerfold art takeaway that explore how we seek solace and undergo transformation. Contributors include artists, psychologists, activists, healthcare workers in Himalayan American communities, and more. Accessible online at RubinMuseum.org/Spiral, the digital magazine supplements the printed edition, which is now available in person at the Rubin Museum.

In the “Healing Practices” issue, discover how women are at the center of a renaissance in the use of psychedelics with journalist Teresa Tomassoni; meet abstract visionary artist Allyson Grey; hear from Ruth King on the intersection of mindfulness and race; travel with professor of anthropology at Dartmouth College Sienna R. Craig as she helps a Nepali immigrant find solace in a new land; and learn how artists in Nepal help foster healing and bring a sense of inner peace with Nepali art scholar Swosti Rajbhandari Kayastha. As part of the “Healing Through…” series, readers will discover several healing practices they can do at home, from writing to cooking, music to movement.

Additional contributing writers include Ingrid Clayton, Tenzin Dickie, Pema Dorjee, Tenzing Lhamo Dorjee; Edward Espe Brown, Howard Kaplan, Father Guidalberto Bormolini, Elena Pakhoutova, Jon Pepper, Puneet Sabharwal, K Scarry, Phoenix Song, Jessamyn Stanley, and Dr. Kunga Wangdue.

Spiral: Healing Practices issue is produced by Rubin Museum Senior Manager, Editorial & Publications Sarah Zabrodski, in consultation with Howard Kaplan, and Rubin Museum Senior Creative Manager KJ Bowen, with design assistance from Dani de los Santos. The cover art is by Gyempo Wangchuk.
Print editions of *Spiral* are available for free year-round in various locations throughout the Rubin Museum, including the lobby, sixth-floor gallery, and Café Serai library. People who can’t visit in person can purchase the print edition from the Rubin Museum’s online shop. All current and past issues are accessible online, including the *Art of Awakening issue* (2021); *Impermanence issue* (2020); *Power issue* (2019); *Future issue* (2018); and *Sound issue* (2017).

#HealingPractices

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**ABOUT THE RUBIN MUSEUM OF ART**

The Rubin Museum of Art in Chelsea, New York City, explores and celebrates the diversity and uniqueness of Himalayan art, ideas, and cultures across history and into the present. With its globally renowned collection, largely centered around the Tibetan Plateau, the Rubin fosters understanding and appreciation of this region by relating its art and ideas to our shared human experience today. Inspired by the philosophical traditions of Buddhism and Hinduism 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](http://www.RubinMuseum.org)
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