

For Immediate Release

THE
RUBIN

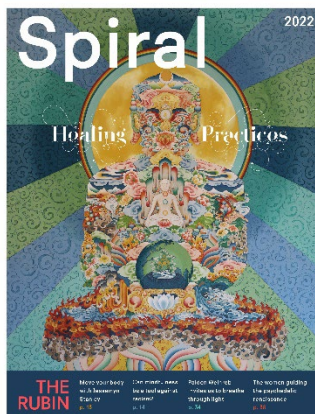
MUSEUM
OF
ART

PRESS RELEASE

THE RUBIN MUSEUM'S 2022 *SPIRAL* MAGAZINE
IS NOW AVAILABLE

SIXTH ANNUAL ISSUE EXPLORES
THE CONCEPT OF HEALING
WITH ESSAYS, INTERVIEWS AND AT-HOME PRACTICES

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.

THE RUBIN MUSEUM OF ART
150 WEST 17TH STREET
NEW YORK, NEW YORK 10011
TELEPHONE 212 620 5000
WWW.RUBINMUSEUM.ORG

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

SUPPORT

Lead support for the Rubin Museum is provided by The Milton and Sally Avery Arts Foundation, Bob and Lois Baylis, Barbara Bowman, E. Rhodes and Leona B. Carpenter Foundation, , Noah P. Dorsky, Fred Eychaner, Christopher J. Fussner, Agnes Gund, The Robert H. N. Ho Family Foundation Global, Henry Luce Foundation, The Pierre and Tana Matisse Foundation, The Andrew W. Mellon Foundation, Matt and Ann Nimetz, Rasika and Girish Reddy, Shelley and Donald Rubin, Tiger Baron Foundation, and Ellen Bayard Weedon Foundation.

General operating support of the Rubin Museum of Art is provided by John and Daphne Cunningham, Dalio Philanthropies, Andres Mata, Dan Gimbel of NEPC, Inc., The Prospect Hill Foundation, Basha Rubin and Scott Grinsell, Tong-Tong Zhu and Jianing Liu, with generous donations from the Museum's Board of Trustees, individual donors and members, and corporate and foundation supporters.

Public support of the Rubin Museum of Art is provided by the New York State Council on the Arts with the support of Office of the Governor and the New York State Legislature and New York City Department of Cultural Affairs in partnership with the City Council.

The
Pierre and Tana
Matisse
Foundation



何鴻毅家族基金
THE ROBERT H. N. HO FAMILY FOUNDATION



The Prospect Hill
Foundation

THE ANDREW W.
MELLON
FOUNDATION



Council on
the Arts

NYC Cultural
Affairs

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

MEDIA CONTACT

Sandrine Milet | Senior Manager, Communications & Marketing | 212-620-5000 x228
press@rubinmuseum.org