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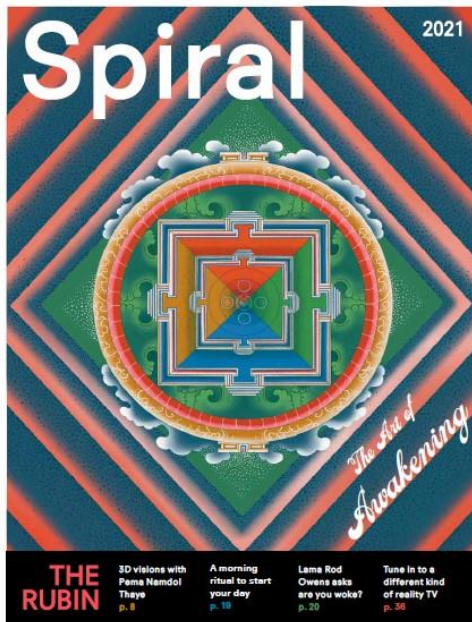
MUSEUM
OF
ART

PRESS RELEASE

THE RUBIN MUSEUM'S 2021 *SPIRAL* MAGAZINE IS NOW AVAILABLE

FIFTH ANNUAL ISSUE EXPLORES THE CONCEPT OF AWAKENING IN BUDDHISM, POP CULTURE, AND SCIENCE

NEW YORK, NY, March 16, 2021 —The Rubin Museum of Art launches today the fifth 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, “**The Art of Awakening**,” offers provocative perspectives on the concept of awakening in relation to Buddhism, pop culture, science, and more, which aim to widen our imaginations and inspire self-discovery and connection to one another. The magazine features essays, interviews, poetry, guides, a recipe, and a centerfold art takeaway by artists, curators, writers, practitioners, a scientist, and chef. Accessible online at RubinMuseum.org/Spiral, the digital magazine supplements the printed edition, now available in person at the Rubin Museum



In “The Art of Awakening” issue, Contemplative and Religious Studies Professor **Judith Simmer-Brown** provides a Buddhist understanding of the term awakening, while Dharma teacher, activist, and writer **Lama Rod Owens** explores what he calls “contemporary wokeness.” Artist **Pema Namdol Thaye** tells readers about the process of creating three-dimensional mandalas, including a project to build the largest monument in Nepal, and scientist **Tracy A. Dennis-Tiway** shares how the brain supports our emotional transformation. Curators **Jeffrey S. Durham** and **John Henry Rice** write about the power of looking at, as well as into, the Himalayan Buddhist works of art in the exhibition *Awaken: A Tibetan Buddhist Journey Toward Awakening*, and examine the relationship between art and self-discovery. As part of the “Step by Step” series, readers will discover how morning rituals can lead to a sense of real awakening and have a chance to create their own ritual too.

Additional contributing writers include **Pilin Anice, Dawa Bhuti, Martin Brauen, Katy Brennan, Tenzin Chemey, Tsewang Chozom, Tsewang Chuskit, Tiu de Haan, Tsering**

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Wangmo Dhompa, Howard Kaplan, Meera Nair, Luna Ranjit, Tsering Sangmo, Eshay Tobgyal, and Lupon Pema Wangdak.

Spiral: The Art of Awakening issue is produced by Rubin Museum Editor and Publications Manager Sarah Zabrodski, in consultation with Howard Kaplan, and Rubin Museum Senior Creative Manager KJ Bowen, with design assistance from Grace Martinez. The cover art is by Yangdol Namgyal Bhutia.

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 [Impermanence issue \(2020\)](#); [Power issue \(2019\)](#); [Future issue \(2018\)](#); and [Sound issue \(2017\)](#).

#ArtofAwakening

Support

2021 Art of Awakening lead support is provided by Bob and Lois Baylis, Dalio Philanthropies, Fred Eychaner, Christopher J. Fussner, Agnes Gund, Rasika and Girish Reddy, and Shelley and Donald Rubin.

General operating support of the Rubin Museum of Art is provided by the New York State Council on the Arts with the support of Governor Andrew M. Cuomo and the New York State Legislature, as well as by generous donations from the Museum's Board of Trustees, individual donors, and members.



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

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