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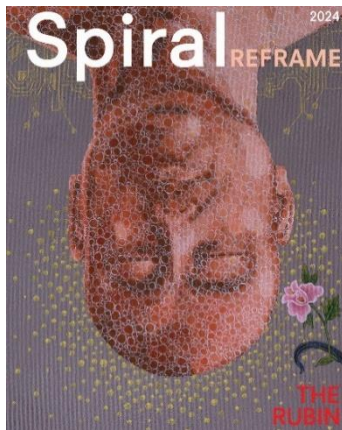
MUSEUM  
OF  
ART

## PRESS RELEASE

### THE RUBIN MUSEUM'S 2024 *SPIRAL* MAGAZINE IS NOW AVAILABLE

#### EIGHTH ANNUAL ISSUE EXPLORES THE CONCEPT OF “NON-ATTACHMENT” WITH ESSAYS, INTERVIEWS, AND ART

NEW YORK, NY, April 2, 2024 — The Rubin Museum of Art has launched the eighth 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, titled **Reframe**, is inspired by Buddhist thinking and ideas on **non-attachment**. It invites readers to consider what possibilities arise when we examine and release our attachments to stories, beliefs, or identities that no longer serve us. With four areas of focus — release, reframe, reimagine, and realize — the magazine looks at attachment from the perspectives of a Buddhist teacher, social neuroscientist, and others, as well as highlights voices of people who have detached from the status quo or inherited belief systems so they can radically reimagine and recreate what our world could be. The print edition is now available in person at the Rubin Museum, while the digital version with extra content is accessible online at [rubinmuseum.org/spiral](https://rubinmuseum.org/spiral).



In the Reframe issue readers can discover how the Buddhist concept of non-attachment conveys a transformative reorientation with distinguished scholar of Buddhism and East Asian religions Anabella Pitkin; explore the mechanisms of AI as Dr. Joy Buolamwini unpacks the human biases built into its systems; read London-based artist Yangdzom Lama describe the process of creating *Meltdown Samsara*, a deeply personal painting inspired by Tibetan Buddhist concepts; learn attachment theory through the lenses of psychology and social neuroscience from Dr. Pascal Vrtička; and see newly commissioned illustrations from artist IMAGINE (a.k.a. Sneha Shrestha) for this issue's director's letter and a series of personal stories about people who experienced radical shifts in their perspective.

Additional contributors include Khandro-La, Tenzin Gelek, Yuria Celidwen, Sonya Renee Taylor, adrienne maree brown, Elena Pakhoutova, Tenzin Gyurmey Dorjee, Tsewang Lhamo, Jonathan Dickinson, Antonella Lumini, Patrizia de Libero, Jon Pepper, Howard Kaplan, Chime Lama, Huatse Gyal, Arun Ayyagari, Chime Dolma, Prithvi Shrestha, Rithika Merchant, K. Whiteford, Victoria Topping, Anuj Shrestha, Uuriintuya Dagvasambuu, and Ruth Chan.

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The *Spiral* Reframe issue is produced by Rubin Museum Senior Editor and Publications Manager Sarah Zabrodski and Rubin Museum Head of Graphics and Branding KJ Bowen, with design assistance from Isobel Chiang.

Print editions of *Spiral* are available for free in locations throughout the Rubin Museum until October 6, 2024, including the lobby, sixth-floor gallery, and Café Serai library. People who can't visit in person can order the print edition from the Rubin Museum's online shop. All current and past issues are accessible online, including *Life After* (2023), *Healing Practices* (2022); *Art of Awakening* (2021); *Impermanence* (2020); *Power* (2019); *Future* (2018); and *Sound* (2017).

## NOTES TO THE EDITOR

This fall the Rubin will transition into a global museum, a “museum without walls,” with the goal of bringing greater awareness and understanding of Himalayan art to more people around the world. As part of this evolution, the Rubin will close its physical galleries on 17th Street on October 6, 2024, and sell its building.

In its new global model, the Rubin will continue to care for, study, and share its celebrated collection of Himalayan art through traveling exhibitions curated by the Rubin, an extensive long-term object loan program, partnerships with organizations, research initiatives, and multimedia and educational resources. The Rubin will also expand its commitment to supporting artists and creatives engaging with Himalayan art with a grant program and Rubin Himalayan Art Prize. [Learn more about this transformation.](#)

## SUPPORT

Lead support for the Rubin Museum is provided by Bob and Lois Baylis, Barbara Bowman, E. Rhodes and Leona B. Carpenter Foundation, Dharma Joy Foundation, Noah P. Dorsky, Fred Eychaner, Christopher J. Fussner, Agnes Gund, The Robert H. N. Ho Family Foundation Global, the Estate of Lisina M. Hoch, Lilly Endowment, Henry Luce Foundation, The Pierre and Tana Matisse Foundation, Mellon Foundation, Matt and Ann Nimetz, The Randleigh Foundation Trust, Shelley and Donald Rubin, Tiger Baron Foundation, and Ellen Bayard Weedon Foundation.

General operating support of the Rubin Museum of Art is provided by the Milton and Sally Avery Arts Foundation, Daphne Hoch Cunningham and John Cunningham, Anne E. Delaney, Dalio Philanthropies, Janet Gardner, Dan Gimbel of NEPC, Inc., The Prospect Hill Foundation, Basha Rubin and Scott Grinsell, Namita and Arun Saraf, Linda Schejola, Eric and Alexandra Schoenberg, Eileen Caulfield Schwab, Jesse Smith and Annice Kenan, Tsherin Sherpa, 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.

This program is supported, in part, by public funds from the New York City Department of Cultural Affairs, in partnership with the City Council.

The Rubin Museum's programs are made possible by the New York State Council on the Arts with the support of the Office of Governor Kathy Hochul and the New York State Legislature.



The Prospect Hill Foundation



Council on the Arts

## ABOUT THE RUBIN MUSEUM OF ART

The Rubin is a global museum dedicated to sharing Himalayan art with the world. Founded in 2004, the Rubin serves people internationally through a dynamic digital platform, participatory experiences, exhibitions, and partnerships. Inspired and informed by Himalayan art, the Rubin invites people to contemplate the human experience and deepen connections with the world around them in order to expand awareness, enhance well-being, and cultivate compassion. The Rubin advances scholarship through a series of educational initiatives, grants, long-term loans, and the stewardship of a collection of nearly 3,500 Himalayan art objects spanning 1,500 years of history — providing unprecedented access and resources to scholars, artists, and students across the globe.

[rubinmuseum.org](http://rubinmuseum.org)

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