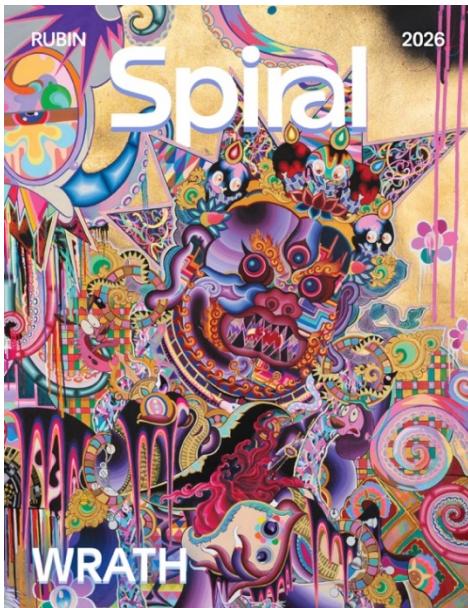


For Immediate Release

The Rubin's new issue of *Spiral* magazine is out now**The tenth issue explores the concept of wrath with essays, interviews, and art**

New York, NY, January 23, 2026 — The Rubin Museum of Himalayan Art has launched the tenth issue of its annual 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, centered on the theme of wrath, explores wrath not as an emotion of rage or anger, but rather as an energy wielded with intention, skill, and compassion to offer protection or remove obstacles. Articles, interviews, and art from Buddhist practitioners, scholars of Buddhism and Hinduism, artists, activists, and more offer insights into the wisdom of wrath and its transformative power. The magazine presents 15 new articles as well as newly commissioned illustrations to further amplify and visualize the theme. The new issue is available online at rubinmuseum.org/issue-10. Additional articles related to wrath will be released online throughout 2026.

"The initial spark of inspiration for this issue was the desire to encourage readers to consider wrath in a new way," explains the magazine's Editorial Director Sarah Zabrodski. "The Buddhist understanding of wrath is highly specific and perhaps quite different than how many people usually think of it. At a time when anger and rage seem more present—and potent—than ever, how can the Buddhist perspective on wrath help us make sense of the world and our capacity to shape it? How can wrath be a powerful force for transformation for the benefit of all? Those were the guiding questions as we developed the issue."

In the Wrath issue readers can learn about wrathful imagery in Tibetan Buddhist art from Associate Professor of Buddhism and East Asian Religions Annabella Pitkin and Rubin Museum curator Elena Pakhoutova; explore the concept of fierce compassion and understand how to discern whether one is reacting mindfully to injustice with clinical psychologist Chris Germer; find inspiration in the divine wrath of the Hindu goddesses Durga and Kali with Hindu and Buddhist philosophy professor Dr. Nina Petek; and can uncover the connection between compassion and wrath with Buddhist master Gegye Yongyal Rinpoche.

Additional authors and artists include Lujan Rai Dongol, Tenzin Tsiring, Elaine Lai, Monique Mitchell Turner, Ronald S. Green, Valarie Kaur, Vicki Tan, Howard Kaplan, Noma Bar, Sarah Kaushik, Twinz Artists, Liamlee (Li Yansong), and Manjari Sharma, as well as spotlights on activists Gene Bauer, Ang Dolma Sherpa, Noor Tagouri, and Maggie Doyne.

The *Spiral* Wrath issue is produced by the Rubin's Senior Editor and Manager of Publications Sarah Zabrodski and Head of Graphics and Branding KJ Bowen.

The print edition of *Spiral* is available for free at locations where the Rubin has traveling exhibitions. All current and past issues are [accessible online](#), including Interdependence (2025), Reframe (2024), Life After (2023), Healing Practices (2022); Art of Awakening (2021); Impermanence (2020); Power (2019); Future (2018); and Sound (2017).

Support

The Rubin Museum of Himalayan Art's programs are made possible by generous donations from the Museum's Board of Trustees, individual donors, corporate and foundation support, and Friends of the Rubin.



Any views, findings, conclusions, or recommendations expressed in this initiative do not necessarily represent those of the National Endowment for the Humanities or the Institute of Museum and Library Services.

About the Rubin Museum of Himalayan Art

The Rubin is a global museum dedicated to presenting Himalayan art and its insights. Founded in 2004, the Rubin serves people internationally through exhibitions, participatory experiences, a dynamic digital platform, 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, collection sharing, and the stewardship of a collection of nearly 4,000 Himalayan art objects spanning 1,500 years of history—providing unprecedented access and resources to scholars, artists, and students across the globe. rubinmuseum.org

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Image credit

Cover art by Lujan Rai Dongol.