

For Immediate Release

The Rubin's new issue of *Spiral* magazine is out now

The ninth issue explores the Buddhist concept of interdependence with essays, interviews, and art



New York, NY, February 25, 2025 — The Rubin Museum of Himalayan Art has launched the ninth 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, titled **Interdependence**, is inspired by the core Buddhist concept represented in Himalayan art that everything is interconnected. It invites readers to consider how harnessing interdependence fosters change in big and small ways, with essays, interviews, and short stories. The magazine presents 14 new articles and looks at the theme through the perspective of a Buddhist nun, social scientist, astrologer, esteemed children's book author, and others, plus features newly commissioned illustrations to further amplify and visualize the theme. The new issue is available online at rubinmuseum.org/spiral/magazine. Additional articles related to interdependence will be released online throughout 2025.

“When I was commissioning content for this issue, I tried to identify perspectives that could demonstrate how interdependence touches every part of life, especially parts we might not think about or expect,” says magazine editorial director Sarah Zabrodski. “From the micro to the macro, I wanted the breadth of scale to be evident to readers, while also making it feel relevant and applicable to our daily lives.”

In the Interdependence issue readers can discover how the universal law of dependent origination offers a roadmap out of suffering with the Buddhist monk Bhante Gunaratana and physicist Veronique Ziegler; learn how to harness deeper compassion and awareness in our daily lives with Buddhist nun Venerable Thubten Chodron; explore how social networks make us who we are with social scientist Nicholas Christakis; and uncover how Tibetan astro-science helps people navigate life, death, rebirth, and the beyond with astro-scientist Tsering Choezom.

Additional contributors and illustrators include: Lena Christakis, Dekila Chungyalpa, Kaira Jewel Lingo, Priya Kambli, Leah Kelly, Sargam Gupta, Gonkar Gyatso, Osheen Siva, Yeshi Pelden, Murugiah, Mimi Mondal, Devrupa Rakshit, Tim Palmer, Beto Val, and Brendan Wenzel.

The *Spiral* Interdependence issue is produced by the Rubin’s Senior Manager of Editorial and Publications Sarah Zabrodski and Head of Graphics and Branding KJ Bowen, with design assistance from Isobel Chiang.

Print editions of *Spiral* are available for free at locations where the Rubin has traveling exhibitions as well as at its weekly Mindfulness Meditation program at New York Insight Meditation Center. All current and past issues are [accessible online](#), including Reframe (2024), Life After (2023), Healing Practices (2022); Art of Awakening (2021); Impermanence (2020); Power (2019); Future (2018); and Sound (2017).

Support

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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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