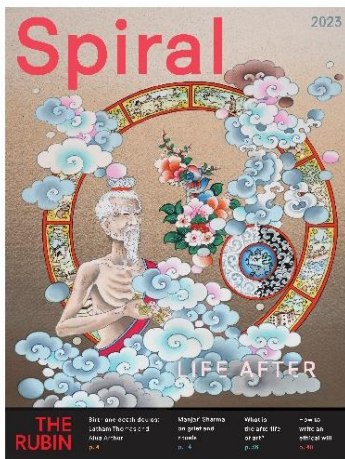


PRESS RELEASE

THE RUBIN MUSEUM'S 2023 *SPIRAL* MAGAZINE
IS NOW AVAILABLE

SEVENTH ANNUAL ISSUE EXPLORES
THE CONCEPT OF 'LIFE AFTER'
WITH ESSAYS, INTERVIEWS, AND ART

NEW YORK, NY, March 27, 2023 — The Rubin Museum of Art has launched the seventh 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, centered on the theme **Life After**, explores defining moments when we cross the threshold between before and after. The magazine features essays, interviews, art, an at-home activity, and a centerfold reproducing The Wheel of Existence, which represents Buddhist beliefs about life, death, and rebirth. Contributors include artists, writers, photographers, doulas, and more. 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.



In the Life After issue readers can discover how emotional support helps people through major life transitions with birth doula **Latham Thomas** and death doula **Alua Arthur**; explore the Hindu rites around death and mourning with photographer **Manjari Sharma**; hear from interdisciplinary artist and experimental filmmaker **Elkita Krajewska** about the afterlife of art; learn how to write an ethical will through senior rabbi **Steve Leder**'s wisdom about the words we leave behind; and see newly commissioned illustrations from artists **Rabkar Wangchuk** (cover art), **Sofia Romagnola**, and **Tenzin Tsering**. As part of the “Life After” series, readers will discover meaningful takeaways from professionals who help people navigate monumental transitional periods.

Additional contributors include **Donagh Coleman**, **Tenzin Mingyur Paldron**, **Lara Tambacopoulou**, **Elena Pakhoutova**, **Dzigar Kongtrul Rinpoche**, **Ikuko Acosta**, **Howard Kaplan**, and **Roger S. Wieck**.

The *Spiral* Life After issue is produced by Rubin Museum Senior Editor Sarah Zabrodski, in consultation with Howard Kaplan, and Rubin Museum Senior Creative Manager KJ Bowen, with design assistance from Isobel Chiang.

Print editions of *Spiral* are available for free year-round in locations throughout the Rubin Museum, 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 [Healing Practices \(2022\)](#); [Art of Awakening \(2021\)](#); [Impermanence \(2020\)](#); [Power \(2019\)](#); [Future \(2018\)](#); and [Sound \(2017\)](#).

SUPPORT

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The
Pierre and Tana
Matisse
Foundation



ABOUT THE RUBIN MUSEUM OF ART

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The Rubin Museum of Art in Chelsea, New York City, explores and celebrates Himalayan art, cultures, and ideas across history and into the present. With its globally renowned collection, centered largely around art from the Tibetan Plateau, the Rubin fosters understanding and appreciation of the art by interpreting and relating it to our shared human experience today. Inspired by the tenets of Buddhism, Hinduism, and indigenous religions, 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. rubinmuseum.org

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