

## FOR IMMEDIATE RELEASE

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### Open Questioning

**New book says liberation, natural intelligence are found through questioning**

**Reading & book signing at Boulder Bookstore, September 22, 2010 – 7:30 PM**

September 2, 2010— Life is uncertain. We never know what happens next. And yet, despite uncertainty, we continue to search for a place to rest. Trying to find security in a fluid and changing world defines our struggle as human beings – our predicament.

In her book, *The Power of an Open Question*, author **Elizabeth Mattis-Namgyel** takes this predicament by the horns and turns it into an inquiry...and she invites us to join her. Uncertainty, she suggests, can haunt us if we are looking for security. But Namgyel challenges us to see uncertainty in another way: “Wonder, amazement, creativity, our sense of adventure, we would have none of this if we had all the answers we’re looking for.” This spirit of wonderment is what she calls “open questioning”.

When we ask a question we have not yet closed down around an answer. Yet we are engaged and interested. We discover life as a work in progress. Open questioning works in accordance with dynamic and fluid nature of things and enables us to respond to the world with intelligence, compassion and ease. Namgyel’s approach is grounded in 25 years of Buddhist practice. She draws her inspiration from the life of the Buddha, who himself grappled with the human predicament, found his way to the mind of an open question, and attained awakening.

Namgyel has written a provocative, playful and practical book that has much to teach us about the human search for answers in an uncertain world.

**Elizabeth Mattis-Namgyel** is the wife of Tibetan Buddhist master Dzigar Kongtrul, and the editor of two of his books (*It’s Up to You* and *Light Comes Through*.) She has studied and practiced in the Tibetan Buddhist tradition for twenty-five years

under his guidance and has completed years of solitary retreat. She leads and guides students in retreat at Mangha Shri Bhuti's retreat center in Crestone, Colorado. She was recently featured on Dutch television in a documentary film about her life of practice and retreat titled *The Power of an Open Question*. She teaches throughout the United States and Europe. For more information go to [www.thepowerofanopenquestion.com](http://www.thepowerofanopenquestion.com).

**Praise for Elizabeth Mattis-Namgyel's *The Power of an Open Question*:**

"Mattis-Namgyel writes with the clarity and grace one hopes for from such a dedicated student of Buddhist tradition."—*Library Journal*

"A bold, playful, and invigorating book about the Buddha's most important and subtle teachings."—Pema Chödrön, author of *Taking the Leap*

"The reader will harvest the fruit of Elizabeth's mature humility."—Dzongsar Khyentse, author of *What Makes You Not a Buddhist*

"Mattis-Namgyel understands her Western readers. She reaches out gently to them, with compassion born of twenty-five years of Buddhist practice. She knows the questions that readers need answered. She anticipates the challenges that will arise for them as they attempt to drastically change their mindsets. Reading this book is a beautiful experience on the journey in search of enlightenment."—*New Age Retailer*

***The Power of an Open Question: The Buddha's Path to Freedom* by Elizabeth Mattis-Namgyel**

Buddhism | US \$19.95 CAN \$23.95 | Hardcover | ISBN: 978-1-59030-799-1  
On Sale: September 14, 2010 | Shambhala Publications, Inc.



Elizabeth Mattis Namgyel

"Elizabeth Mattis-Namgyel has written a bold, playful, and invigorating book about the Buddha's most important and subtle teachings."

— Pema Chödrön, author of *When Things Fall Apart*

# THE POWER *of an* OPEN QUESTION

The Buddha's Path to Freedom

Elizabeth Mattis-Namgyel  
*Foreword by* Dzigar Kongtrül