



CARLA WOODY

a conscious living teacher

By Barbara Peakes



Photograph by Ross Hillmoe

Carla Woody, MA, CHT, is the author of "Standing Stark" and "Calling Our Spirits Home" and the founder of Kenosis LLC, an organization based in Prescott whose vision is to support human development, spiritual emergence and holistic healing through workshops, retreats and spiritual travel. Kenosis comes from the Greek and means "to empty."

"This work is about emptying out what no longer fits, to freely allow what really matters to expand, coming from

the heart and being authentic," says Carla. "If you are first being true to yourself, you can then be true to others. At some point in our lives we receive a signal to arouse from a deep sleep. If we answer the cue, we set out on a journey towards authenticity that takes us into the unknown. We begin to separate from the selves we thought we were and search for who we are."

In the early 1990's, Carla says she encountered two catalysts that revolutionized her life. The first one was training in Neuro-Linguistic Programming (NLP), through which she uncovered the clarity and courage to leave a "safe" 18-year career and establish herself as an organizational development consultant, and create a private NLP practice for whole health. The second shift occurred through a healing with the respected Andean mystic Don Américo Yábar, who Carla says helped her find what it was like to experience a true expanded state. A decade-long involvement in Andean mysticism continues to enrich her awareness of non-ordinary realities not commonly noticed.

Kenosis offers a wide range of programs that guide people in transforming areas where they may have challenges, such as life direction, relationship or health, and embracing a spiritual path. A weekly meditation practice is offered on Monday evenings as a service to the community at 339 S. Cortez Street at 6:30. This is an opportunity to come to a place of inner peace using breath, chant, subtle energy and guided imagery from a tapestry of world traditions. Carla's clients have often used the techniques she teaches as the first in-road toward healing themselves and making wiser choices in their own lives.

Once a year Carla offers a four day retreat in a rural setting in the Prescott area. This is an opportunity for participants to step outside their usual mindset and habits and enter a space of focused intent. This year's retreat "The Beat of the Heart: Earth Rhythms for a Woman's Soul" will be held October 26-29.

If you are committed to moving toward an authentic life and your highest potential, if you want to get beyond blockages that challenge you and create



(Above) Closing the group ceremonial circle, with the Q'erosat Huaypo Lake outside Cusco. (Facing page, left) Despacho (blessing) Ritual at the sacred mountain Ausangate, elevation 18,000 ft., with Don Américo Yábar and local paq'os (loosely translated from Quechua as shamans). (Facing page, right) Q'ero Indian man

Photographs by Jo Elliott

a life in alignment with your deepest values, **Navigating Your Life Path** offers the opportunity, within the synergy of a group setting, to set in place specific outcomes that are calling to you. The teachings and activities are drawn from Carla's 15 years of intensive work with groups, a unique integration of NLP, conflict mediation, subtle energy work and world spiritual traditions, especially the sacred ways of the Andes. It is offered in an 8 session program over four months, providing incremental change with on-going support. It will be offered this fall, facilitated by Carla Woody and Cindy Foss, MS and a certified NLP practitioner. For early registration call 928-778-1058 or e-mail info@kenosis.net.

This program has had such enormous success with adults

Last year's retreat participants at the Chauncey Ranch



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“Salk’a Folk” (Salka means “undomesticated energy” in Quechua.) Photograph by Carla Woody. Prints of Carla’s photographs are offered through Odonata Gallery on-line at www.odonatagallery.com.

that Carla envisioned it as an excellent resource for teens. This year Cindy Foss and Julianna Hamilton are facilitating **Navigating Your Life Path for Teens**, sponsored by and held at Achieve Academy in Prescott Valley. Reformatted especially for teens, it is life-defining course work, perfect for young people on the cusp of major decision-making regarding their future.

Neuro-Linguistic Programing, or NLP is the study of human excellence and a powerful change modality. “Our brain codes experiences we have, especially those that take place early in life. The coding becomes our perceptions or beliefs about ourselves, the world and what is possible. It becomes the filter

photograph by Jo Elliott



through which we experience our life, affecting our behaviors, relationships, the quality of the decisions we make, our health, virtually everything. NLP has processes that assist a person in identifying their own unconscious belief system, enabling them to break through barriers that may hold them back as well as creating a stronger foundation of their strengths,” Carla explains. “NLP has precision processes that allow you to quickly cut to the core of your template.” For those who are deeply committed to this work, Carla teaches a 20 day/five month NLP Certification Training at Kenosis, when time is available.

In her private practice Carla has had ongoing success with clients addressing various health issues, especially those that are stress related; autoimmune diseases, allergies, arthritis, digestive disorders and others. She facilitates processes that connect with the root cause, thus eliminating the need for that illness to get our attention, restoring the body to its natural state of well-being. Carla also works with transforming limiting beliefs, realizing life dreams, enhancing relationships and releasing grief and trauma.

Stretching out beyond the local community, Kenosis offers extraordinary spiritual travel experiences. **Embracing the Heart of the Andes** are two-week trips in June and July. On these

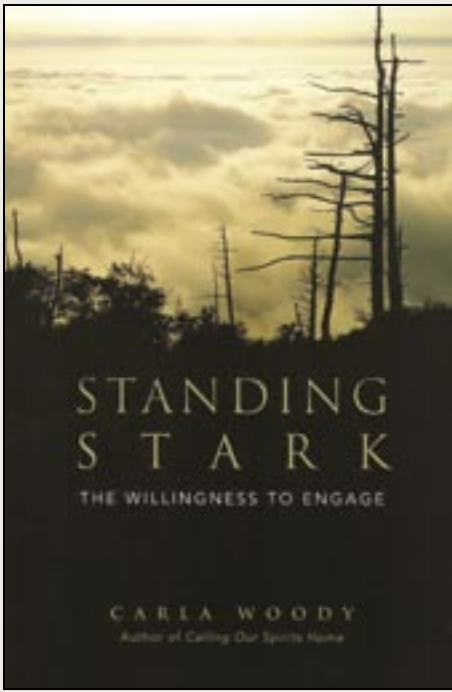
Carla in ceremonial circle with Don Américo Yábar and Q’eros.

journeys you are invited to step outside time and enter a deeper reality, experience the magic of Peru and the beauty of her people with internationally renowned Andean mystic Don Américo Yábar, nagual Gayle Yábar, Q’ero elders and other healers. Join a group of people who come from all over the world, from Australia, New Zealand, and Europe, as well as the United States, and range in age from teens to eighties, coming together to enter the world of native healing and spirituality. Magic happens. Healings take place. You return home transformed, bringing these new energies with you into your everyday life. The Kenosis scholarship fund, co-sponsored with Nine Gates Programs, allows young adults (18-25) who might not otherwise be able to participate on these trips. Donations to this fund are accepted at Monday evening meditation practice and a tax-deductible donation is included in the regular trip tuition. There are also scholarships available for local programs for any age.

Entering the Maya Mysteries, spiritual travel to Mexico, will be offered January 13-22, 2007. Travel to temple ruins, some deep in the jungle, explored by few. Learn about ancient Maya cosmology and how it manifested at these sacred sites, with Carla and Alonso Mendez, of Tzeltal Maya heritage. Experience the very rare opportunity of engaging in Lacandon Maya ceremony and storytelling, that are almost extinct, through an elder who has graciously consented to share his traditions that they be witnessed and lived on.

Besides the spiritual travel trips, Carla’s work reaches beyond Prescott as she gives various conference presentations on topics from *World Health* to *Conflict Resolution* across the United States and as far away as St. Petersburg, Russia.

At Kenosis there is something for everyone, programs that meet people



Standing Stark: The Willingness to Engage is a groundbreaking guide for those who are looking for a spiritually orientated life. In easily understood language, Carla explains complex issues that are often encountered as someone moves toward mysticism. Available locally at **Lifeways** and also on-line at www.amazon.com or www.kenosis.net.

where they are and can take them as deep as they want to go. There is ongoing, mindful support from a community of like-minded souls on the spiritual path. Over a period of a year these programs form a complete package to take a person into life changing transformation.

When asked what inspires her, Carla answers: "People who stand up for what they believe, living an unprescribed life. They are fresh and enduring even if their unprescribed life is a secret they hold, unknown to the masses, one practiced alone or acknowledged by few." Carla herself has inspired me and many, many others whose lives have been touched by the work she does in the world.

For more information about any of these programs visit the Kenosis website at www.kenosis.net. You can read what others are saying about their experiences as well as articles and a free monthly newsletter. Call (928) 778-1058 or e-mail info@kenosis.net for further details.

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