



For Immediate Release

Contact: Cindy Foss, Public Relations

Tel. 928-778-1058

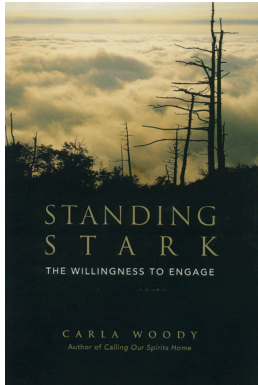
E-mail: tcfoss@cableone.net

Website: www.kenosis.net

STANDING STARK The Willingness to Engage

By Carla Woody

STANDING STARK: The Willingness to Engage is a groundbreaking guide for those who are looking for a spiritually oriented life. In easily understood language, this book explains complex issues that are often encountered as someone moves toward mysticism. Carla Woody incorporates her own decade-long adventures with renowned Peruvian mystic Don Américo Yábar and integrates them with the challenges of everyday living. **STANDING STARK** will show the committed traveler how to embark upon the journey into the deeper mysteries of existence and follow the guideposts along the way.



The book:

- Provides a model that identifies phases of evolution.
- Gives explicit ways to move from one level to the next.
- Delves into hidden realms discussed infrequently in spiritual literature.
- Empowers readers to develop a direct relationship with their innermost self and what they deem as sacred.

Advance Praise for STANDING STARK

“This book is filled with wonderful stories that help to illustrate with great clarity our underlying relationship with spirit. I’m sure readers will gain insight from Carla’s writing, as did I.”
— Stephan Rechtschaffen, MD, Co-founder and CEO, Omega Institute for Holistic Studies

“Carla’s easy, honest style of sharing spins us through this story of a willingness to be fully human — the most sacred act we can ever achieve while being here on earth. She opens her heart to us page after page so that we, in turn, can experience feeling that wondrous gift of being wholeheartedly alive — in every moment — no matter what!”

— Jacquelyn Small, Founder, Eupsychia Institute, author of *Awakening in Time* and *Becoming a Practical Mystic*

“...Woody teaches us to soar to new heights of consciousness and open magical portals into our Core Selves. Miraculously, she also addresses terrorism, environmental destruction, medical dilemmas and other modern issues that distract so many of us from following our true paths. **STANDING STARK** is a magnificent adventure, as well as a fascinating read!”

— John Perkins, author of *Shapeshifting*, *The World Is As You Dream It*, *Psychonavigation* and *Spirit of the Shuar*

“Writing from direct personal experience, Carla Woody tackles the mystery of life with sensitivity and an open heart. Most importantly, like an experienced teacher, she probes us to search deeply into the wellspring of wisdom buried in the inner recesses of our being.”

— Kyriacos C. Markides, author of *The Mountain of Silence*, *Riding with the Lion* and others

CARLA WOODY is a long-time teacher of conscious living known for taking spiritual concepts and grounding them for practical use. She is the founder of Kenosis, an organization supporting human potential and spiritual emergence. She is also the author of *Calling Our Spirits Home: Gateways to Full Consciousness* and articles on whole health.

March 2004 • ISBN 1-930192-02-9 • \$14.95 • Perfect bound • 204 pp
Published by Kenosis Press • Distributed by Biblio Distribution, Inc.

###