

Everything that's going on...

IN & OUT

March 6–12, 2008

OF ANTI-M

Woody

**The founder of Kenosis
talks about how
to have richer life
and the wisdom of
indigenous cultures.**

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The Tour de Cure
wheels through
the neighborhood
to fight diabetes.

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Questions for Carla Woody

In Search of An Authentic Life

Carla Woody is the founder of Kenosis, an organization providing programs to guide people through life transformations in areas such as relationships, health and spirituality. Kenosis, based in Prescott, offers retreats and spiritual travel to global destinations.

io What is Kenosis?

cw The word “kenosis” comes from the Greek and means “to empty.” When I established the organization in 1999, I recognized what that word implies is an important part of our work toward human potential.

io You were a logistician for, what...18 years? What prompted you to change your life’s course so completely?

cw I had several breakthroughs, the most important one through Peruvian mystic Don Américo Yábar, that compelled me to make a change. I had long outgrown the purpose that track had in my life and recognized there was another path for me to take, one that had lain dormant in me for years.

io Do you find most participants in your programs come to you after dramatic life changes (such as divorce or health changes) or are they generally on an ongoing search?

cw People who show up are looking to deepen their everyday reality in some way. A crisis often serves as a wake-up call. But for many, it’s because they feel a longing, a sense that there must be something more to life than how they’ve been living.

io As “advanced” as modern American society is, you feel we can learn from the people of the Andes—and other indigenous peoples. What do they know that we don’t?

cw Reciprocity [is] a cultural value prevalent in most indigenous cultures. It speaks to how they relate to each other and nature. Most

people who participate in our programs experience a profound sense of peace and connection through exposure to this value.

io What does it mean to live an authentic life?

cw To me, it means living through my core values in such a way that it enlivens my spirit and naturally affects others in a positive way. In my belief, this is a powerful way of waging peace.

io Neuro-Linguistics Programming assumes our brains are pre-wired, but not hard-wired. Do you think it is this “wiring,” these early-life experiences that prevent us from achieving fulfillment as adults?

cw Your brain codes experiences you have, usually early on, which become your perceptions and beliefs about yourself, the world, and what’s possible. NLP strategies provide a practitioner with ways to help someone uncover their unconscious beliefs, strengthen those that work and transform those that hold them back.

io Does commitment to a spiritual path imply major changes in the day-to-day or can one pursue an authentic life with a 9-to-5 and an SUV with leather seats?

cw The degree of change depends on the person and how closely their present choices go along with their spiritual values. Absolutely you can still have a 9-to-5, but how you go about it and what is important to you will likely shift to create more alignment.

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(**Carla Woody** *Continued from page 25*)

io **If you could advise people of the North Valley to do one thing every day toward a richer life, what would it be?**

cw I'm an advocate for meditation. It's been my daily practice for around 25 years and keeps me in balance. It doesn't have to be anything exotic, but as simple as following your breath for even a short period of time. I've also found it important to be in nature as much as possible.

io **What will be the biggest surprise for those who attend your free seminar on Saturday, March 8?**

cw There's a map to this territory called spiritual growth, even though the travel is individual. There are actually phases that people tend to go through with specific questions they address. It's comforting to most people to know they're not alone in how they're feeling and there are ways to demystify the process and dispense with conflicting factors.

io **At the end of the day, are you living an "authentic" life? Would you say you are enlightened?**

cw I do my best. There's choice in every moment and I view life to be made up of levels of learning bringing us toward authenticity. In that sense, I've "lightened" over the years through that commitment. My internal core values and external life are very closely matched.

io **Is there another question you wish we had asked?**

cw The question: Is it worth it? And the answer is yes! Making positive change calls for courage. We discover what we're made of, how rich such a path can be, as well as role model that to our family and community. **io**

Gutowski Cabinet Works in Anthem is hosting a free discussion with Carla Woody on Saturday, March 8. [See This Week.] For more information contact Carla Woody at info@kenosis.net or visit www.kenosis.net.