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500-word Biographical Statement Peggy Tabor Millin, MA

“I teach the classes I wish had been available to me,” says Peggy Tabor Millin of her fifteen-year career offering classes and retreats to women nationwide. She shares her personal journey of finding her writing voice in her new book, *Women, Writing, and Soul-Making: Creativity and the Sacred Feminine* (Story Water Press, 2009). Drawing on her experience with students, she shows that as women release fear and self-doubt and lay claim to their individual expressions of the sacred feminine, they develop writing skill, self-confidence, and deepening self-awareness.

Millin views the writing process as a means to inspire women to give voice to their truth. She applies the term “fearless” to the writing she encourages. “I define ‘courage’ as an impetus to overcome obstacles in the outer world,” she says, “and ‘fearlessness’ as the impetus to overcome obstacles in our inner world.” Her technique, Centered Writing Practice™ (CWP) is central to her teaching. CWP incorporates three elements: 1) freewriting to prompts such as photographs and concrete nouns purposefully designed not to evoke a specific emotional response; 2) listening to the body for the wisdom of knowing what is true and what the writer needs to learn about herself; and 3) writing in community because that is where the feminine finds support and prospers.

“Writing is the tool,” participant and published author Kelle Olwyler says, “and soul-making is the work.” Millin agrees that when women write from their bodies instead of their heads, no matter the content or end product, the process brings them closer to their essential selves, their souls. “A writer only needs to open to possibility; she does not have to ‘believe’ in the process or have any special intent in order for the writing to do its work,” she says.

Millin has published nonfiction articles for *New Realities*, *Lotus*, the Smithsonian Institution’s *Native People*, and regional magazines. Her short stories and poems have appeared in print and online literary journals. After a pilgrimage to Medjugorje in Yugoslavia (now Bosnia), Celestial Arts Publishing Company invited her to write *Mary’s Way: A Universal Story of Spiritual Growth* (1990). Millin later worked as a freelance editor for Celestial Arts, Three Roses Press, other publishers and for individual writers. She has edited books by SARK, Caroline Joy Adams, and Susan S. Trout, among others.

Millin received degrees from University of California, Berkeley, and Northwestern University, receiving an MA in psychoneurology and communication disorders. She has worked for the University of the Pacific, San Francisco; the Department of Rehabilitation at the University of Arizona, Tucson; and the Eastern Band of Cherokee Indians in Cherokee, North Carolina. Millin’s interests include the anthropology of language, Eastern religions, metaphysics, and dream interpretation.

Millin welcomes inquiries or requests for workshops and speaking engagements. Her presentations and workshops are appropriate to any groups interested in women and creativity, the process, inspiration, and motivation to write, and/or the healing power of writing. For more information, see www.clarityworksonline.com.