

Fran Shaw
Associate Professor, Department of English
University of Connecticut

Date of first appointment: 1977

Revised 2020

Department of English
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EDUCATION

Ph.D. 1973	Union Institute	Cincinnati, OH
A.M. 1971	Stanford University	Palo Alto, CA
A.B. 1969	Barnard College	New York, NY

DISSERTATION

Educating Toward Life: New Ways to Teach Creative Writing and Literature (abstract available through *Dissertation Abstracts*, 1973)

PROFESSIONAL HISTORY

1977-Present	Associate Professor English, University of Connecticut at Stamford. Founder of Writing Center at UConn-Stamford. Founder and Editor for 20 years of award-winning <i>Myriads</i> literary journal. Currently teaching Topics in Writing, Business Writing, Writing for Magazines and Websites, and Creative Writing. Specialty: writing “experiments” to enhance creativity.
1975-1977	Instructor, Norwalk Community College, Norwalk, CT. Taught Composition, Introduction to Literature, Creative Writing. Worked with Neighborhood Youth Corps.
1975-1977	Famous Writers School faculty member, Westport, CT
1975-1977	Head of Public Relations, Biocel Corporation, New York, NY
1973-1975	Advertising Copywriter, Purdue Frederick, New York, NY

- 1972-1973 Instructor, University of Colorado, Boulder, CO. Team-taught six-credit daily course in Composition & Literature for the Black Education Program.
- 1972-1973 Instructor, Loretto Heights College, Denver, CO.
Created and taught new course, "Experiments in Writing."
- 1970-1971 Instructor, University of Hartford, Hartford, CT.
Taught Creative Writing.

RESEARCH INTERESTS

Innovative ways to teach writing, especially techniques to tap deeper sources of creativity, motivate writers, and promote ease and effectiveness, whatever the writing task. Writing as a vibrational practice that serves higher energies and inspires a greater level of awareness in writer and reader.

PUBLICATIONS

Books

I AM Stories: Higher Consciousness at 6000 Feet. A short-story cycle to be published in 2021.

Lord Have Murphy: Waking Up in the Spiritual Marketplace. New York: Indications Press, 2015. (#1 Amazon bestseller in Faith & Spirituality, June 2015)

La Otra Atencion. Buenos Aires: SENNIN EDITORES, 2014.

Notes on The Next Attention. New York: Indications Press, 2012

50 Ways to Help You Write. Longmeadow Press (Borders Books), 2008

Writing My Yoga: Poems for Presence. New York: Indications Press, 2004

What a Team! New York: Reader's Digest Books, 2007

Sharing: How Kindness Grows. New York: Reader's Digest Books, 2006

The Write It Up Video Course and The Write It Up Workbook. Deerfield: MTI Film and Video (Simon & Schuster), 1995. Three forty-minute tapes, checklist card, and workbook comprise this self-teaching course for business writers.

Grammar and Composition, 7-12. Co-author. Boston: Houghton Mifflin Company, 1986. Six

books, each with a series of unique “Writer’s Workshops” providing step-by-step instruction in real-life writing tasks.

30 Ways to Help You Write. New York: Bantam Books, 1980. The first book to combine meditative and sensory awareness exercises with free-flow writing. Reviewed and lauded in *Writer’s Digest*, *Teachers & Writers*, *Changing Times*, *Hartford Courant*, *Springfield Republican* and cited in *How to Get Happily Published*.

Poetry and Stories

“Heads Up” (story), *Taj Mahal Review: International Journal of the Arts and Literature*, Vol. 20, No. 2, December 2020

“Not This, Not That,” *Taj Mahal Review*, Vol. 20, No. 1, June 2020

“Here, Where We Are,” *Taj Mahal Review*, December 2019

“Out of the Corner,” *Taj Mahal Review*, March, 2019

“Casting Off,” “Swiss Chocolate,” “High Meadow,” *Taj Mahal Review*, February 2019

“Angie Learns to Sing” (story), *Voices and Visions: A Collection of Contemporary Short Stories*, September 2018

“Thick and Thin” (story), *Taj Mahal Review*, Vol. 17, No. 1, June 2018

“At River’s Edge” and “Who Looks?” in *Harvests of the New Millennium*, Vol. 10, No. 1, 2017

“Leave Her at the Door” (story), *Taj Mahal Review*, Vol. 16, No. 1, June 2017

“At the Threshold,” in *The New English Verse: An International Anthology of Poetry*, 2017

“Unison,” in *Taj Mahal Review*, December 2016

Six haiku in anthology, *Heart Breaths: Book of Contemporary Haiku*, 2016

“Head Case Studies” (story), *Taj Mahal Review*, June 2015

“Cleaning House,” *Taj Mahal Review*, June 2014

“Wave-Watching,” *Harvests of the New Millennium*, Vol. 7, No. 1, January 2013

“Face to Face,” *Taj Mahal Review*, December 2013

“All the Things,” *Harvests of the New Millennium*, Vol. 4, No. 1, January 2011

“Tableaux,” *Taj Mahal Review*, December 2010

“The Week in Review” and “Waterfall,” *Taj Mahal Review*, June 2010

“Sowing” and “By the Lake,” *Taj Mahal Review*, December 2009

“As It Is” and “Gently, Gently.” *Taj Mahal Review*, Vol. 8, No. 1, June 2009

“In the Garden,” *Taj Mahal Review*, December 2008

“Caterpillar Thoughts,” *Taj Mahal Review*, June 2008

“Guru on Ice” and “Unison,” *Harvests of the New Millennium*, January 2008

“Alice’s Bookshelf” (story), *Taj Mahal Review*, June 2007

“Fully Cooked” (story), *Taj Mahal Review*, December 2007

“Out of the Corner” and “Am I?,” *Taj Mahal Review*, December 2007

“Snow Gems,” *Taj Mahal Review*, June 2007

“Grandmother,” *Immortal Verses*, International Library of Poetry, Spring 2008

“The Autograph Seeker,” (story), *Taj Mahal Review*, December 2006

“The Unspoken,” *Taj Mahal Review*, December 2006

"Clearing the Rains," *Taj Mahal Review*, June 2006
"How to Quiet the Mind," *Taj Mahal Review*, June 2006
"Ruffled Feathers" and other poems, *Taj Mahal Review*, June 2006.
Poetry in *American Poetry Anthology*, June 2006.
"Ruffled Feathers," and "Elective Humiliation," *Seeker Magazine*, March 2005.
"How to Quiet the Mind," *The Weston Forum*. April 7, 2005.

Articles

"Letting Your Inner Sun Out," *inspiremetoday.com*, Jan. 25, 2020
"Stress Into Bliss?" *Taj Mahal Review*, Dec. 2016
"An Intelligence That Bypasses Thought," *Parabola*, August 2015
"Reflections: Like An Inner Sun Coming Out," *Taj Mahal Review*, Dec. 2015
"3 Hidden Keys to Higher Self" *beliefnet.com* August 2015
"Contact Higher Intelligence and Transform Your State," *simplereminders.com*,
August 29, 2015
"Fran Shaw on 'Lord Have Murphy,'" interview by Jeffrey Pritchett, *examiner.com*,
August 25, 2015
"3 Ways to Use Your Cellphone to Call Your Higher Self" *OM Times*, August 2015
"Three Ways We Can Use Phones to Increase Self-Awareness" *Elephant Journal*,
August 2015
Published in these other venues as well:
--theselfimprovementblog.com 8/5/15
--kajama.com 8/17/15
--*The Tattooed Buddha*, 9/24/15
--*Whole Living Journal*, Sept/Oct 2015 issue
--*Practical Spiritual Life*, August 2015
-- *Earth Star: Conscious Living in the 21st Century*, August/September 2015
--*Conscious Community Magazine*, November 2015 issue, print and online versions;
also in December 2015 newsletter, print and online versions
"Featured "Luminary" of the Day, *inspiremetoday.com*, Nov. 12, 2015
Review of my book LORD HAVE MURPHY in *Earth Star: Conscious Living in the
21st Century*, August/September 2015
Review of my book LORD HAVE MURPHY, "Does Your Inner-Voice Have a Name?
Oh, Lord Have Murphy!" *Patheos: Hosting the Conversation on Faith*, October 2015
"A Sacred Energy," *Gurdjieff International Review*, Winter 2013
Excerpts from "Notes on The Next Attention," *Parabola*, Spring 2011.
"Sayumi Kamakura: Poet of the Spirit," *The Haiku of Sayumi Kamakura: A Critical Study*, 2010.
"Business Writing That Succeeds," *Biz*, No. 11, September 1982.
"From Weak Backs to Well-Being," *Meridian*, June 1981.
"Business Letters That Succeed," *Self*, September 1980.
"Stand Up for the Alexander Technique," *Macroscopic*, September 1980.
"Digging It," *Carriage Trader*, August 1977.

"A for Archaeology," *The Hour*, August 1977.
"Shredding: An Answer to the Garbage Problem?" *Connecticut*, March 1972.
"Tune Into Rock to Tune Into Youth," *Hartford Courant*, 1970.
Weekly newspaper column for *Hartford Courant*, 1964-1965.

Book Reviews

"Face to Face: Women Writers on Faith, Mysticism, and Awakening," *Parabola: Myth, Tradition, and the Search for Meaning*, Winter 2004

"In Search of Hidden Treasure," *Parabola*, Spring 2004

"The Biology of Transcendence," *Parabola*, Fall 2003

"The Nature of Home" *Parabola*, Summer 2003

"Thou Art That: Transforming Religious Symbols," *Parabola*, Summer 2002

"Singing to the Sound: Visions of Nature, Animals, & Spirit" *Parabola*, Spring 2001

"Rene Daumal: The Life and Work of a Mystic Guide," *Parabola*, Spring 2000

"The Best Spiritual Writing of 1998" *Parabola*, Summer 1999

"Work and Life of the Spirit," *Parabola*, Fall 1999

"The Book of Margery Kempe," *Parabola*, Spring 1999

"The Soul of Sex," *Parabola*, Winter 1998

"Intimate Nature: The Bond Between Women and Animals," *Parabola*, Summer 1998

"Mortally Wounded," *Parabola*, Winter 1997

"Shambhala: The Fascinating Truth Behind the Myth of Shangri-la," *Parabola*, Summer 1997

"Waking the World: Classic Tales of Women and the Heroic Feminine," *Parabola*, Spring 1997

"The Life of the World to Come," *Parabola*, Winter 1996

"Asking for the Earth," *Parabola: Myth, Tradition, and the Search for Meaning*, Fall 1996.

APPEARANCES, READINGS, CONFERENCE PAPERS AND COLLOQUIA

Radio Interviews & Podcasts by Date

1/20/16 Dr. Jo Anne White ,“Fran Shaw: Laugh Your Way to Awakening,” Power Your Life, blogtalkradio, 30 minutes

5/29/15 “God Laughs and Plays,” Whitley Strieber’s Unknown Country/Dreamland podcast, one-hour interview

7/13/15 The Stuart Vener Show, KCAA radio (LA), nationally syndicated on iHeartRadio, 10-minute interview

7/14/15 The Tazz and Paula Show, KKUP (CA) radio show & podcast, one-hour interview

7/16/15 Write Now Radio, radio show & podcast, 30-minute interview, blogtalkradio

7/17/15 Kathryn Zox Show, Voice America/World Talk radio show, 25-minute interview

7/20/15 Late Night in the Midlands with Michael Vara, 2-hour interview, blogtalk radio

7/22/15 Morning in Sonoma with Ken Brown, KSVY (CA), 20-minute radio interview

7/24/15 Money for Lunch, 10-minute radio interview with Bert Martinez, on iheartradio and itunes

7/24/15 Dream It Alive podcast with Ash Kumra, 30-minute interview

7/27/15 Haines Ely KMVR (CA) “Earth Mysteries” 45-minute radio interview, KVMR

7/28 Mark Alyn KABC Radio, LA “Late Night Health Show” 20-minute radio interview

7/29/15 Beth & Dagny I AM U Radio, one-hour interview blogtalkradio

8/4/15 Randi Fine, “A Fine Time for Healing” one-hour interview blogtalkradio

8/5/15 Mitchell Rabin, “A Better World” radio NYC, one-hour. interview

8/6/15 Al Cole, CBS “People of Distinction,” one-hour interview (& on iTunes radio network)

8/11/15 Sara Troy “The Art of Positive Living” PLV-Radio, one-hour interview

8/13/15 The Kim Pagano Show, KVTA radio, 20-minute interview

8/14/15 Annette Aben, Tell Me A Story, blogtalkradio, 30-minute interview

8/14/15 Bev Smith, The Bev Smith Show, 30-minute interview

8/18/15 Janelle Alex, Mission Date Night, 30-minute interview

8/20/15 Dr. Susan Allison, We Carry the Light, Transformation Talk Radio, one-hour interview

8/20/15 Dr. Jean Adrienne, Power Talk, one-hour radio interview

8/22/15 Dr. Valerie Kirkegaard, Waking Up in America, KXAM, one hour

8/25/15 Connie Bowman, Happy Healthy You, radio show, one hour

8/26/15 Dawn Newton, Open Air, radio show 88.9FM KPOV, two hours

8/27/15 Irene Conlan, The Self-Improvement Show, Voice America, radio show, live, one hour

8/28/15 Inez Brady, Living Smart and Well, radio show, one hour

8/31/15 Teri Williams, Soulful Living, Empower Radio, 30 minutes

9/9/15 Robert Sharpe, Bringing Inspiration to Earth, radio show, one hour

9/10/15 Omar Cumberbatch, The Wellness Ultimatum, radio show, 30 minutes

9/22/15 Dr. Erica Goodstone, Healthy Baby Boomers, blogtalkradio, 30 minutes

9/28/15 Dr. Carol Francis Show, blogtalkradio, one hour
9/30/15 Kathleen O’Keefe-Kanavos, Living Well Talk Radio. 30 minutes
10/1/15 Rhonda Harrison, Searcher’s Road Map, blogtalkradio, 1 hour (broadcast to 138 countries)
10/4/15 Lisa K., OM Times Radio, Heaven and Earth, one hour
10/19/15 Terri Heiman, Catch Your Spirit, blogtalkradio, 45 minutes
10/26/15 Pam Rennie, Universal Energy Radio, one hour
10/29/15 Ilene Dillon, Full Power Living, blogtalkradio, one hour

Book reading by and with UConn President Herbst, my children’s book *Sharing: How Kindness Grows*, annual young children’s reading event, UConn-Stamford, November 2014.

Poetry reading, Orchard House Café, New York, NY, October 2009.

“Writing Your Yoga: Poems for Presence,” workshop leader, International Conference in the Arts and Humanities, Honolulu, HI, January 2005.

Poetry Reading, “Writing My Yoga,” Barnes & Noble, Westport, CT, April 9, 2005. “Meet the Author, Fran Shaw,” in honor of National Poetry Month.

“About Daumal and His Insights Into the Nature of Poetry,” (paper), Legacy of Daumal in the Americas, Rene Daumal Centennial Conference, Paris, March 2008

Reading (children’s books to groups from three local nursery schools), Children’s Reading Week, Coop Bookstore, Stamford, CT, November 2007

Book Reading, *Sharing: How Kindness Grows*, and other works, to pre-school children from three local nursery schools, as part of Children’s Reading Week at the Coop, Stamford, CT, November 2006

Poetry Reading, University of Connecticut at Stamford, April 19, 2005. Part of the festival celebrating faculty authors and their works.

Workshop Leader, “Writing Poems for Presence,” Two-Day Poetry Writing Workshop, Traditional Arts Weekend, Lake Conference Center, Tunsten, NY, July 2005

“Writing My Yoga,” Great Writers at Barnard Conference, New York City, November 2005

Workshop Leader, “Exploring the Creative Process,” Creative Arts Workshop, Sagaponock, NY, July 2005

Poetry Reading, The Lake Conference Center, Tunsten, NY, July 2005

Participant, "Writing as Rewriting," Interactive Workshop, Stamford, November 2005

"Effective Public Relations Writing," workshop leader, Group W, New York, 1995

"10 Tips from Write It Up," individual presentation, Best of America Conference (annual national conference for training directors and human resource specialists), New York Hilton, January, 1991.

"What is Poetry?" Two individual presentations (conducted writing experiments), Whitby School, American Montessori Center, Greenwich, CT, May and June, 1991.

"What is Egoism?" workshop leader, Foundation for Educational Learning Technologies, Staten Island, NY, May, 1991.

"Planning and Writing the Economics Term Paper." A workshop for finance students, UCONN/Stamford, September, 1991.

"The Write It Up Method: Training Trainers," European American Bank, Long Island, NY, March 1991.

"Applying the Write It Up Method: Better Letters and Memos," Coronet Inc., Chicago, IL, 1990.

"Writing from Your Experience Now," an experiment for E.S.L. students, Stamford, CT 1990.

"The Classroom Experience," (keynote address) Parent Orientation Program, Stamford, CT 1989.

Workshop leader, "Writing Term Papers" and "Writing Essay Exams," Stamford, CT 1989.

Participant, "Women's Words: Barnard Writers on the Process and the Product," Barnard College, N.Y., NY, 1989.

"Getting in the Mood," opening presentation, Writers' Conference for Older Adults, sponsored by the Stamford Commission on Aging, the Stamford Board of Education, and the Stamford Jewish Community Center, Stamford, CT, 1987.

Reading of original poetry, University of Connecticut, Stamford, 1987.

"The Heuristics of Invention," Seminar for Teaching Assistants, sponsored by the Connecticut Writing Project, Storrs, Ct., 1986.

"How to Help Your Child Write," Parent Orientation Program, University of Connecticut, Stamford, 1986.

"Writing at the University," University Experience Course, Stamford, CT, 1986, 1987.

"Getting Started," keynote presentation, Connecticut Writing Project Workshop for Freshman English Teaching Assistants, University of CT, Storrs, CT, 1985.

"Teaching Composition," workshop for English faculty at Avery Point Campus, UConn, 1985.

"Motivating Writers," Westhill Writing Seminar, Westhill High School, Stamford, CT, 1985.

"A Workshop in Teaching Composition," for teaching assistants at University of CT, Storrs Campus, 1985.

"Travel Through Time," writing experiment for advanced psychology students, University of CT, Stamford Campus, 1985.

"Experiments in Writing," two-session workshop on board the Cunard *Countess*, 1985.

"The Composing Process," keynote presentation, Connecticut Writing Project Summer Institute, Storrs, CT, 1984.

"Imaginative Writing," Stamford High School Pre-College Readiness and Enrichment Program, Stamford, CT, 1984.

"Workshop in Writing," Junior League of Stamford/Darien, CT, 1982.

"A Writing Experiment," Institute for Retired People, Stamford, CT, 1982.

Interview, "Conversations with Writers," half-hour television show sponsored by Storer Cable and the New Haven Free Public Library, 1982.

"Workshop for Writing Teachers," individual presentation, Conference on English Education, Anaheim, CA, 1981.

"Editing Manuscripts," one of four panelists, 7th Annual Connecticut Writers League Conference, Hartford, CT, 1981.

Writing Workshop, G. Fox and Company, Hartford, CT, 1981.

Interview, ABC Network Radio's "Meet the Author," broadcast to 1700 stations nationwide, 1981.

Radio interviews: KLQQ, Los Angeles, CA 1981; WEZN, Bridgeport, CT, 1981, WMMM, Westport, CT 1981.

Writing Workshop for Teachers Series, Wilton Public Schools, Wilton, CT, 1980.

TV interview, "Midday Live," Cincinnati, OH, 1980.

"How to Help Your Students Write," individual presentation, National Council of Teachers of English (NCTE) Annual Conference, Cincinnati, OH, 1980.

"How to Enjoy Writing Whatever You Want," individual presentation, American Pen Women Writers' Conference, Stamford, CT, 1978.

SERVICE

Judge, Poetry, Stamford Festival of the Arts

Brochure, *Books-for-Zim*, in support of a CT grassroots initiative to help village schools in Zimbabwe, July 2006

Advisory Board Member, Foundation for Educational Learning Technologies, Gardiner, NY.

Writing Consultant, Whitby School (American Montessori Center), Greenwich, CT

Consultant and Workshop Leader in writing to major corporations such as General Electric Capital, Texaco, Group W, American Can Corp., and the Connecticut Society for Certified Public Accountants

Planner, conferences for high school teachers in Fairfield County, including Fairfield County's first annual Advanced Institute for Teachers of Writing (National Writing Project).

Liaison, Pre-College Readiness and Enrichment Program, Stamford High School.

Consultant, K4 Gifted Children Program for the Stamford Public Schools.

Visiting Faculty, Yale University Seminar in Computer-Assisted Instruction

Professional Associations

National Conference of Teachers of English (individual presentation)
Conference on College Composition and Communications

AWARDS

Danforth Fellow

Woodrow Wilson Fellow

Phi Beta Kappa

AZsacra International Poetry Award 2013

Poetic Journeys Award 2004-2005

Amy Loveman Poetry Prize

Laureate Poetry Prize (a national winner, published in *Best College Verse*)

Sounds of Young America, one of six winners nationwide (2 awards, one for poetry, one for playwriting)

Top Senior Award, Connecticut Scholastic Writing Award (for short story)

LANGUAGES

French and Spanish