



Peggy Kornegger

Q Tell us about “Living with Spirit, Journey of a Flower Child”?

A “Living with Spirit, Journey of a Flower Child,” is a memoir in which I describe the changes I have experienced in my life since the 1960s era: from flower child to feminist activist to spiritual seeker. My personal changes were part of a larger wave of transformation and awakening that continues to the present day. In the book, I write about how swimming with wild dolphins and whales, traveling to sacred sites such as Machu Picchu, and studying with Maya elders contributed to my metamorphosis. Individuals around the world are experiencing their own life-changing transformations today.

Q What made you write it?

A I’ve learned so much from others who have written about their search for the higher meaning in life. I wanted to write a book that might provide support and guidance for others on journeys of the spirit at this time.

Q What is the hardest thing about writing a book, in general?

A Self-discipline — getting yourself to persevere through a long process in which closure is a distant goal, not a daily occurrence.

Q What is the most important thing potential readers of “Living with Spirit, Journey of a Flower Child” should know?

A That “living with spirit” — joyfully, with an open heart — is possible for everyone.

Quick questions

How many books have you published so far? This is my first, although my work has previously appeared in anthologies. In the past, I’ve written primarily for magazines and other periodicals.

Other than writing, what work do you do professionally? Editor

Are you jealous of other writers? No, good writing always inspires me.

Will print be dead in 25 years? I don’t think so, but the advent of e-books certainly is changing everything.

How does anyone find the time to write these days anyway? Prioritize; you have to make a firm commitment to keeping space and time for writing, in spite of distractions.

