



FOR IMMEDIATE RELEASE

March 4, 2020 (Key West, FL). New York Times Bestseller Sophy Burnham to present at “Age is an Attitude: Celebrate the Second Half of Your Life” Womankind Women’s Forum set for March 20 – March 22

Women in their middle and later life are invited to a fun and uplifting weekend forum at The Studios of Key West on Friday, March 20 – Sunday, March 22 to reflect and get curious about what else may be possible. Presented by Womankind and facilitated by local coach, consultant, and columnist Elisa Levy, attendees will enjoy engaging presentations and insightful workshop panels on reinvention and reflection with *New York Times* Bestseller, international speaker, psychic medium, and spiritual director Sophy Burnham and radio talk show host, columnist, expert entrepreneur, and CEO advisor Dr. Gayle Carson (aka “Spunky Old Broad”). Womankind puts the spotlight on Burnham for a peek inside what’s to come that weekend.

Washington D.C.-based author Sophy Burnham is an award-winning playwright, novelist, and non-fiction writer, with three books (*The Art Crowd*, *The Art of Intuition*, and *The Book of Angels*) that have appeared on *The New York Times* and other best seller lists and translated into twenty-four languages. Her articles and essays have been published in *Esquire*, *New York*, *The New York Times Magazine*, *Town & Country*, *Reader’s Digest* and many other magazines. She is also an international speaker whose presentations include Omega Institute, Smithsonian Institute, and Body & Soul Interface Conference. Womankind caught up with her to offer a sneak peek at the weekend ahead.

Womankind: What IS it with that feeling that “something is missing,” or that there is “something else?”

Burnham: This is a nagging spiritual invitation of the Universe* (as I call God). It is inviting us to look more deeply, to search inside our hearts. What do we really want? To be loved. To love. To be a lover in the widest sense. When we love, we need nothing. There is no more “not enough.”

Womankind: What is the biggest take-away you hope aging women will have?

Burnham: Oh, that is different for each one. That’s why my work is now mostly one-on-one. I do not offer the same advice to everyone, for we are each in different places. Moreover, the spiritual journey begins always where you are right now. But I can say this: don’t be afraid of growing old. This is a wonderful and special period of life! Everything in our culture tells us we must be afraid of growing old. Everything is telling us all the time to be afraid of pain, of not being loved because of diminishing bodily functions, of being cast out as useless, worthless, unwanted, banished from the living tribe. Don’t be afraid.

Womankind: Can you share a few specifics about your presentation at the Womankind Women’s Forum?

Burnham: I will talk about fear and our image of what growing old means, and how wrong it is. I will talk about what aging is really about. And about love. And angels. And seeing into spiritual dimensions, and what happens when you die, and how you don't need to believe what ignorant people tell you about what will happen then. Depending on the audience and what they want, I will offer at least two or three exercises and meditations on how to increase intuition – or how to see into spiritual realms, including angels – or how to notice that we are carried and loved beyond our wildest dreams. About the meaning of life, and how to use these last years given to us well.

In addition to the Saturday afternoon workshops, a welcome reception on Friday, lunch on Saturday, and gentle yoga and a closing garden brunch on Sunday allow attendees to connect with friends, old and new. Burnham will have her books for purchase will be available for half-hour readings for an additional cost. Tickets are \$225 and can be purchased at womankindkeywest.com. Sponsored in part by Marion Levine, Destination Florida Keys & Key West and Barefoot Appraisals. For more information call Womankind at 305-294-4004. Womankind. Rightfully yours.

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Image: International speaker, psychic medium, spiritual director, and New York Times Bestseller Sophy Burnham will be a Keynote Speaker in Womankind's upcoming Women's Forum: Age is an Attitude, Celebrate the Second Half of Your Life. The uplifting weekend forum will be held at The Studios of Key West on Friday, March 20 – Sunday, March 22, and will also feature Keynote Speaker Dr. Gayle Carson (aka "Spunky Old Broad") facilitated by local coach Elisa Levy, and offers workshops that will help women reflect and get curious about what else may be possible.