

The following is a sample interview with Susan Lander, author of the book *Conversations with History: Inspiration, Reflections and Advice from History-Makers and Celebrities on the Other Side*. It is published by Hay House (available August 11, 2014) and available at all bookstores or online at: www.HayHouse.com, www.amazon.com and www.barnesandnoble.com.

An Interview with Susan Lander

1. What gave you the idea to write this book?

I had a near-death experience in 2011, and I made the choice to stay here on earth because I knew I still had work to do. I knew that there were books I needed to write. I didn't know exactly what they would be about until four months later when Ben Franklin showed up in my kitchen. As a medium, I know that famous people do show up sometimes, so I chalked it up to an interesting occurrence. But when he showed up again the next day, I decided to start asking him questions—I was in the legal field for 20 years so I know how to ask a question! That was how the book started.

2. What made you switch from law to mediumship and write this book?

The short answer is that I got sick. Like many people, I have not had an easy life. I struggled with physical problems since I was a teenager. Despite my struggles, I earned a BA in telecommunications, then put myself through law school while working full-time. I became an attorney and worked for a labor union in Washington, D.C. Then a freak exposure to some very toxic mold pushed my already marginal health over the edge. My immune system broke down and I became allergic to seemingly everything. Although I underwent many medical interventions, I became too sick to continue practicing law.

In 2011 I experienced a health crisis that culminated in a week-long coma. My spirit guides came to me, and in what I could only call a near-death experience, asked whether I wanted to stay on earth. They gave me three minutes to decide, saying that if I stayed, there was a big surprise in store. I told my guides that I wanted to stay.

When I awoke from my coma, everything had changed. To this day, my doctors, calling my recovery “miraculous,” shake their heads and say they don't understand it. Four months later, the surprise my spirit guides promised appeared—Ben Franklin showed up in my kitchen. Thus began the

parade of spirits clamoring for an interview, and when I was well enough, I wrote. I titled my book *Conversations with History*, and when it was finished, I entered it in a contest with Hay House—and won a publishing contract. No agent, no rejections, just a book contract. I am living proof that miracles can and do happen if you are walking your path.

3. How did you choose the participants?

I didn't—they chose me! Right after my interview with Ben Franklin, I realized that this concept would make a very interesting book. So I asked psychically, "Who should I talk to next?" I immediately received the names Abbie Hoffman (the Vietnam-era activist), Frederick Douglass (the abolitionist), Andy Warhol, and Farrah Fawcett. I knew about Andy Warhol and Farrah Fawcett, but I didn't know much about the first two. I would never have chosen them and that's how I knew that this was being orchestrated from the Other Side.

Within two weeks, I had done interviews with all of them, and they were all really interesting and different from each other. After that, I received names and signs about who should be included, and somehow I always knew the next few participants who were coming up at any given time. I then went on to do the 22 interviews that are in *Conversations with History*, plus another 22 interviews that I've done for a sequel.

4. Do you think you were really talking to these spirits?

At the beginning, I wasn't so sure. I'm a lawyer, and I spent almost 20 years in the legal field before transitioning to a career in writing and communicating with spirits, so I need things to be proven to me. I'm also very practical. But I've been working with spirit and teaching others to work with spirit for many years. I've trained with the top psychics and mediums in the world, such as Lisa Williams and Sonia Choquette. I know I can communicate with spirits and I know how to do that. As a medium, I also know to avoid bias, so I avoided researching these people before the interviews. If I knew absolutely nothing about them I would read a paragraph or two on the Internet, just enough to get a few questions to ask. Then I did the research *after* I did the interviews in order to put together the biographies.

Most of these folks have very different areas of knowledge and expertise from me. In these interviews are actors, abolitionists, businessmen, artists, spiritual leaders, a king, a warrior, a poet, musicians, a prophet, and a voodoo priestess. They lived as far back as the 6th century b.c., while the most recent passed in 2011. In his interview, Einstein talks about the nature of time but I think I got a C-minus in physics. The ancient Greek poet Sappho gave me new poems, but I never wrote a poem in my life. That's how I knew this information was coming from another realm and was not just my imagination. It's also what made the entire project illuminating, challenging and fun.

5. How did the communication process work?

I communicated with these spirits the same way I communicate with all spirits on the Other Side. The spirits and I live in different dimensions and they don't have a physical voice, so I connect with them using my psychic senses of hearing, seeing and feeling. Sometimes this information comes in the form of words, phrases or music, or images that suddenly pop into my brain. The spirits can also transmit their feelings, so I can actually feel how someone or something affected them. I then take all of this information and put all it together in a way that makes sense. People who communicate with spirits like this are called "message mediums" and we are used to this process.

6. What did these spirits talk about?

In their interviews, they can look back at their lives and their choices, talk about what they would have done differently, and teach us lessons we can use to make our lives better now.

They do talk about their personal lives, for example, the spirit of Farrah Fawcett talks about her love for Ryan O'Neal and for their son, Redmond. Andy Warhol talks about himself being his own art. Some of them talk about what they're doing now on the Other Side. But it was about more than that. They orchestrated this whole project in order to help us live better lives, so we don't have to be in the position of looking back at our lives from the Other Side and saying "I wish I had done this or that."

7. What are the most important lessons that we can learn from this book?

Readers can expect to learn something new about these fascinating

celebrities and historical figures, while at the same time benefiting from simple, practical lessons they can teach about how to live our best lives now. In these interviews these spirits share many lessons in abundance and prosperity, love and relationships, personal responsibility for the world around us, and the legacy we leave for future generations.

These are not just dusty old stories from the history books; these are enlightening, inspiring interactions with masters in their fields. They were famous for a reason: they lived from their hearts and acted from their passions, and they're still famous because of it. They advise all of us to live this way in order to achieve what we came here to do.

One of their most important, consistent messages was to have the courage to do what you want to do now. Follow your passion now! And if you want to say something to someone you love, say it now. Make the most of your time here every day, because you just don't know what your future will hold.

FOR INTERVIEWS AND APPEARANCES CONTACT:

Susan Lander / media@SusanLander.us / (917) 940-8639

www.SusanLander.us