



Conversations with History:

Inspiration, Reflections, and Advice from
History-Makers and Celebrities on the Other Side

By Susan Lander

We followed the ups and downs of their lives in the media. We know about their mistakes, their struggles and their joys. But have you ever wondered how celebrities and public figures such as Andy Warhol, Mahatma Gandhi and Steve Jobs would reflect on their lives since they passed? In an unprecedented reading experience, *Conversations with History* sheds some light.

As a psychic medium, I interviewed twenty-two spirits who were famous (or infamous) during their time on earth. Ranging from 600 BC to 2011, these renowned personalities—Ben Franklin, Abbie Hoffman, Frederick Douglass, Andy Warhol, Farrah Fawcett, Betsy Ross, Charlemagne, Gandhi, Henry Ford, Marie Laveau, Leni Riefenstahl, Sappho, Albert Einstein, Nostradamus, Dudley Moore, Walt Disney, Eva Perón, Louis Armstrong, John Belushi, Patrick Swayze, Kurt Vonnegut, and Steve Jobs—have returned to share their most important messages with us.

And now, with the clear-eyed vision one only gains from the Other Side, they're taking center stage one last time to offer us insights into their lives that they didn't possess while they were here. Their passing led them to understand their life lessons and the ramifications of their choices.

In *Conversations with History*, these famous spirits open up to share the lessons they've learned since their passing in order to help us live our lives better—lessons in abundance and prosperity, love and relationships, creativity and art, personal responsibility for the world around us, and the legacy we will leave for future generations.

ABOUT THE AUTHOR

Susan Lander is a lawyer, writer, teacher and psychic medium who spent 20 years in the legal field before transitioning to a career honoring her very special gift: the ability to communicate with spirits. A lifelong clairvoyant and a message medium, Susan is able to see, hear and feel spirits, and to transmit their emotional messages from the Other Side. Using her unique combination of psychic, analytical and teaching skills, Susan has led hundreds of seminars on the topics of spiritual and psychic development, leadership, law and public speaking. She lives in New York City.

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INTRODUCTION: BEN FRANKLIN IN MY KITCHEN

What would you do if Ben Franklin was standing in your kitchen?

That's how this book got started. Well, actually it started with Ben Franklin's schedule.

It was the morning of September 12, 2011. I was writing another book and decided that I needed some help with discipline. Someone had sent me a copy of Franklin's schedule, his daily routine recorded in his autobiography, so I hung it up on my refrigerator, hoping that it would motivate me. It was simple and direct and right down to business—lots of time for work, “diversion” or conversation, and addressing “Powerful Goodness.” Then I saw a flash of shoulder-length gray hair, gold wire-rimmed spectacles, a furrowed brow, thin-lipped smile . . . it was *him*, decked out in full colonial garb.

I am what is called a medium - I can communicate with spirits. I can see them, hear them, and feel them. Granted, I don't usually see the spirits of famous dead people. Usually I see people's deceased loved ones or “spirit guides” (the spirits that help us walk our paths while we are here on Earth). But I was looking at Ben Franklin's schedule, so why wouldn't he come visit? I chalked it up to an interesting, but singular, occurrence and went on with my day.

The next day I was looking at the schedule and there he was again. Oops. Which brings me back to my original question: “What would you do if Ben Franklin was standing in your kitchen?” I decided to talk with him.

So we started talking. Although I was feeling more than a little silly, I started showing him things that an 18th-century visitor might find interesting in a modern Manhattan apartment: my computer, my sound dock with my iPhone, the microwave, the view from my 17th-floor apartment. He reacted to everything with curiosity and amazement, and I was just as curious and amazed to be talking to him.

Ben was fascinating to talk with and a very distinguished gentleman (although he says he prefers to be called a “statesman”). He was good-natured, focused, intense, and so smart, with an underlying sense of humor and sense of purpose. Though the expression on his face was often a thin smile, I also got the impression that he was about to crack a joke at any second. He told me that he loves puns and will sometimes sit and make them up, saving them to drop at an appropriate time as if he'd spontaneously come up with them right then. He said it makes him look clever - “Little do they know!”

He told me that he enjoys creating and inventing and “being of service,” but feels there is “a danger in taking oneself too seriously” or “being too pious—just know who you are and go on from there.” When he said this, it occurred to me that I was being given some very interesting information, and I wanted to remember everything.

So I grabbed some paper and began asking him questions. (Twenty years in the legal field has taught me how to ask a good interview question.)

And that is how *Conversations with History* was born. As a matter of fact, Ben gave this book its name. Since then, the spirits haven't stopped coming, and they haven't stopped talking. The wisdom that their messages hold for all of us never ceases to amaze me.

At the beginning I kept asking myself "Why me?" and "How could this be real?" But I have come to realize that it doesn't matter. Whether or not you believe that it is real, I think that there is something fascinating and wonderful to be found in every interview. Each one is very different, although there do seem to be common threads or themes woven throughout them.

What I can say is that these participants know many things I don't, and the information that came through in my interviews has taught me a great deal. What I have learned has made my life better and happier every day, and I am looking forward to sharing it all with you. There are lessons in abundance and prosperity, love and relationships, personal responsibility for the world around us, and the legacy we leave for future generations.

The historical figures who "knocked" and came forward to participate are a very interesting and eclectic group. Most of the participants seemed to have chosen me. I had barely even heard of some of them. But I chose a few others whom I was personally interested in, asked if they would participate, and was happy I got to talk with them.

Most of these folks have vastly different areas of knowledge and expertise from me. I have some experience in social justice and politics from my 20 years in the legal field, but that's about it.

Included in these interviews are actors, abolitionists, businessmen, artists, spiritual leaders, a king, a warrior, a poet, musicians, a prophet, and a voodoo priestess. One of the participants passed away sometime in the 6th century b.c., while the most recent passed in 2011. In his interview, Einstein talks about the nature of time; I think I got a C-minus in physics. The ancient Greek poet Sappho gave me new poems; I can't write a poem to save my life. So much in these interviews is outside the realm of my experience, and that is what made it so illuminating, challenging, and fun to work on.

By the way, I have always been a terrible history student. But after writing this book, I am proud to say that I'm not quite as bad as I used to be.

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Interview Topics & Talking Points

1. How did you get the idea to write this book?
2. What is a medium?
3. At what point in your life did you realize that you were psychic?
4. What made you switch from a career in law to mediumship?
5. How did you choose the participants?
6. Do you think that you were really talking with these spirits?
7. How did the communication process work?
8. In general, what did the spirits in the book talk about?
9. What were the most surprising things you learned about your celebrity guests?
10. Who were your favorite celebrity guests in spirit?
11. Which was your most difficult interview?
12. What did they share about the Afterlife?
13. What, if anything, did they teach you about God, and the concepts of Heaven and Hell?
14. What do you consider to be the most helpful lessons that we can learn from this book?

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.