

# Back to School for All of Us

by Dr. Liliana Cerepnalkoski

Ahhh. September in Bucharest; the sun was gentle, there was a different tint to the light, and the leaves were beginning to turn golden. We busied ourselves with back-to-school activities — preparing uniforms, books and school supplies. I recall the excitement of the first day of school, the butterflies in my stomach, the reunion with dear schoolmates and cherished teachers. I loved September, because I loved school; a new year of hard work, and with it, the excitement of studying new things. The educational system, though very strict, was good in those days; so when someone finished high school, she already was “somebody,” a well-rounded person. Those were the good times, “back in the day,” as my son says when he hears my stories.

Ahhh. September in Los Angeles; the sun was warm, the light was bright, and the plants were flourishing. My son was in a private college preparatory high school, and I was a busy, diligent, working mother — running around to buy uniforms and school supplies and to arrange all my son’s classes, extracurricular activities and lesson schedules. I made sure he was busy with interesting, educational activities and associating with peers I knew well (and whose parents I knew well), from the time school ended until I picked him up after work.

When I expressed guilt over not spending enough time with my son, my colleagues (physicians and scientists) invariably replied, “Don’t worry about the amount of time spent with your child. It’s not the quantity of time, but the quality of time that counts.” It was a fashionable statement, repeated enough times to hypnotize one into believing it.

It sounded strange to me, however, and I never believed it for a minute. With the value of hindsight, I still do not perceive that time with children works this way. We cannot declare, “Come here, Mommy will give you five minutes of quality time.” Instead, we must have ample amounts of flexible, non-structured time — enabling spontaneous moments of beautiful, meaningful, and



memorable connection. With an open heart, we must inhabit a state of spacious awareness (it is imperative to learn how to be fully present in the moment) despite fatigue, stress, obligations, and the distractions of multiple responsibilities.

September arrives again in L.A., and the golden sun is beautiful. With a touch of nostalgia, I recall the times I prepared my son for a new school year. I also observe parents with high school children and listen to the parents’ stories. It is not easy to be a parent today. We are trained for our professions but uneducated in how to live life itself — how to manage inner states of being, feel happy, function well in relationships, be good spouses, and most importantly, be good parents. For these critical roles, we are woefully unprepared. We learn on the job and make mistakes. We suffer, and our children suffer. Take this story by way of example:

Several years ago, a family friend invited me to meet with their son, whom we’ll call “Jim”

— a 14-year-old who suspected he was a narcissist. Jim was very unhappy and demanded to be taken to a psychiatrist. Worried and dutiful, Jim’s parents took him to a couple of mental health professionals, each of whom laughed at the self-diagnosis of narcissism and sent Jim home. Jim continued to feel disturbed, however, so I agreed to meet with the family for an informal, friendly visit.

Jim was nice looking, bright, mature, articulate, and well-built for his age, yet his voice and eyes conveyed a deep sadness. As I tried to make introductory small talk, Jim stopped me and said, “I’m a terrible narcissist. I need to talk about this.” I asked Jim to tell me if he knew what narcissism was. He did not know exactly but related detailed, touching stories of incidents that began when he was six years old. With obvious suffering and tears of remorse, he shared numerous instances where he behaved poorly toward some of his peers, in effect causing them great suffering.

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Jim recalled, for example, how his immigrant family had less financial means, and therefore less toys, than other families in his school. So in kindergarten, Jim made friends with a wealthy classmate, simply to be invited to this boy’s house to play video games. Jim did not particularly like this boy but fully took advantage of the relationship, visiting frequently. When Jim’s birthday approached, however, Jim invited a few classmates he liked but excluded this boy who mistakenly had believed that Jim was his true friend.

Of course, the children talked openly about the upcoming party, causing the uninvited boy and his mother to feel very hurt. Jim was intensely remorseful as he recalled the story — emphasizing how self-interested he had been and how his behavior had brought this boy and his mother to tears. I was touched; here was a decent, intelligent child, advanced for his age and remarkably self-aware.

I told Jim that while his behavior was not right, he was not a narcissist. He simply had been a selfish little boy. The good news was that he was very self-observant — unlike some people who go through life with little or no awareness of their behaviors. In addition, he was truly remorseful. That kind of understanding, sincerity, and good behavior is extremely important in all relationships. Lastly, it was clear that Jim would not intentionally hurt people again. So I congratulated Jim for his early start on the path of transformation, at the young age of 14. Jim felt relieved and continued the conversation by quoting Buddha and Christ. I was surprised. I looked at him clairvoyantly and was so deeply touched that I almost cried. His energy system was radiant with golden light, a clean, perfect chakra configuration, and bright aura. A little Buddha!

Jim stayed in touch with me, as he was yearning to learn about the world of intuition, energy and God. He attended some of my lectures and became my young protégé. We did intuitive exercises that proved that he was extremely psychic; he had great ease accessing all kinds of information. We kept in touch for several years, as he went through high school (which he found uninspiring), associated with peers (with whom he had nothing to discuss), had sex with many girls (as an unconscious sport), and did his share of marijuana at parties and engaged in other useless activities.

Sadly, as it became subject to contamination, I watched Jim’s energetic system change into various shades of gray. Drugs create a breach of the aura and superior chakras, leaving them vulnerable to opportunistic energies and entities. I warned Jim about the effects of drugs, but he could not stay away from them.

Jim eventually dropped out of high school and spent several years at home, doing nothing but chatting with strangers online and smoking pot. Eventually he took his GED and enrolled in college, and, occasionally, he held part-time jobs. But he persistently felt bored, with no joy or purpose in life. Despite his good mind and articulateness, he became lazy, depressed, and disenchanted — consequently, he dropped college classes repeatedly and otherwise wasted time.

I advised Jim to get a degree in a good field and be a man. If he was to help change the educational system one day, as he claimed he wanted to do, he needed to know the system through direct experience. He refused to work, however, saying that he had no need for money — since parents and relatives gave him small sums here and there. I told Jim that if he truly had no financial needs, he either must volunteer full-time, for others less fortunate, or work and donate all his salary to charity.

I share this story to illustrate that young people do not fully

anticipate the consequences of experimenting with drugs — including marijuana, which they consider harmless. The consequences are in fact huge: infestation with negative energies and entities that rob youth of their spark and compel the youth to act out of character. Sexual promiscuity also leads to energetic contamination, in turn making healthy psycho-sexual integration more difficult. This contamination is why there is no spark in some teenagers’ eyes; other energies are acting through them, compelling them to do, say and feel uncharacteristic things.

Jim started praying and spending time in nature, eventually becoming interested in studying spirituality and religion. Still, he did not invest serious time in these subjects. He wanted to be a motivational/transformational speaker, but with no proper educational background, preparation, or solid foundation, who would take him seriously? A few times, Jim was offered a platform to speak in front of family and friends. On these occasions, he only told us, “People, just be!” He was cute, young, and endearing, but refused to acknowledge that he needed to engage in serious study, work, and self-development to reach his goals.

The scenario unfolds all too many times; promising, bright youngsters are ensnared by drug experimentation and precocious sex that are dismissed as teenage fun and normal rebelliousness, but that have serious, lifetime repercussions.

There also are teens who do not experiment with drugs, but who are energetically sensitive and naturally intuitive. After telling parents that they perceive spirits or see angels, they often are pathologized and medicated by mental health professionals. Although there may be actual pathology in some cases, usually these teens are unnecessarily drugged. They simply have higher sense perception and spiritual experiences than current psychiatry does not recognize as “normal.”

For all these reasons, it is time to develop a radical new life-curriculum for the enlightened, evolved human — the human of the future. We need to incorporate the basic life skills of energy consciousness/awareness, energy management, and energy hygiene into our education system. By learning to facilitate and maintain a good energetic configuration, teens can feel naturally high, on energy and on life. There will be no need for them to turn to drugs — an artificial replication of this state of consciousness.

We also need to place a higher value on self-awareness; develop a greater perspective on the role of humanity in the universe; raise our overall consciousness; and ultimately transform Homo sapiens into Homo luminus — human made of light/a radiant being. True transformation only can happen at the level of energy. Fortunately, energy skills can be taught to people of all ages.

So it looks like it is back to school for ALL of us, big and small — children, parents, and society as a whole. We need to learn to “do” life differently on planet Earth, discarding old, outmoded strategies and holding ourselves and one another accountable. Time is running out. We must graduate, and help each other graduate, to the next level in our human and planetary evolution — learning, healing, evolving, and transforming for the benefit of all humanity and the unified field of consciousness.

**Dr. Liliana Cerepnalkoski** is a pioneer in the fields of medical intuition and energy medicine. A gifted clairvoyant and a physician-scientist with a diverse background of study in general medicine, cancer and AIDS research, intuition, spirituality and metaphysics, Liliana easily bridges the realms of Science and Spirit.

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