

# Planetary Transformation: The Coming New Earth

by Dolores Cannon

*There have been many prophecies and visions of our future and the evolution of consciousness of our world. Dolores Cannon has been at the forefront of this investigation, researching what she calls the “lost knowledge”—the origins of life on Earth and throughout the universe. In this article she shares this information, which she admits is controversial: a view of planetary transformation that is both mind-bending and awe-inspiring.*

AND I SAW A NEW HEAVEN AND A NEW EARTH, FOR THE FIRST HEAVEN AND THE FIRST EARTH WERE PASSED AWAY. —REVELATION 21

My research in the field of hypnosis has taken me on unimaginable journeys through time and space to explore the history of the past and the possibilities of the future. When I first began my investigations through past life therapy, I thought I would only find people remembering lives on Earth, because naturally that was all we knew about. My belief system has really been stretched and extended over the past thirty years. As my work progressed, I was given a great deal of information about the beginning of life on Earth. I was told that this is the time for this knowledge to come forth. We are moving into a new world, a new dimension, where this information will be appreciated and applied.

During my work, I have heard much about everything being composed of energy; the shape and form is only determined by the frequency and vibration. Energy never dies; it only changes. I have been told that the Earth is changing its vibration and frequency and preparing to rise into a new dimension. There are countless dimensions surrounding us all the time. We cannot see them because as the vibrations speed up, they are invisible to our eyes. It is important for us to know more about this shift to a new dimension because it is coming soon.

Earth is a school that we go to and learn lessons, but it is not the only school. You have lived on other planets and in other dimensions. You have done many, many things you cannot even imagine. Many of the people I have worked with in the last few years have regressed to lifetimes where they were light beings living in a state of bliss. They had no reason to come into the Earth's density and negativity. They volunteered to come to help mankind and the Earth at this time. I have encountered what I consider to be three waves of these new souls who are living on Earth. They have come at this time because most of those who have been here for lifetime after lifetime have become bogged down in karma and are not advancing. They have lost sight of the purpose for being here.

The first wave of these souls, in their late 40s to early 60s now, had the most difficult time adjusting. They didn't like the violence and ugliness they found in this world and wanted to return “home”—even though they had no idea, consciously, where that might be. The second wave is now in their late 20s and early 30s. They are moving through life

much more easily. They are generally focused on helping others, creating no karma, and normally going unnoticed. The third wave is the new children, many of whom are now in their teens. They have come in with all the knowledge needed, on an unconscious level. Their DNA has already been altered and they are prepared to proceed with little or no problems. Some of these children are only nine or ten years old and have already graduated from college. They are forming organizations, and amazingly, these are organizations to help the children of the world!

#### HOW LIFE ON EARTH BEGAN

In order to understand why these three waves of volunteers have come at this time, we have to go back to the beginning—the beginning of life on our world. I know this information is controversial, but when the same information has come to me over and over in thousands of regressions, I feel we cannot ignore it.

Eons ago there was no life on Earth. There were many volcanoes and the atmosphere was full of ammonia. The planet had to be changed for life to begin. In my research I learned that there are Councils that make the rules and regulations for creating life throughout the universe. There are Councils over the solar system, Councils over the galaxy, and Councils over the universe. It is a very ordered system. These higher beings go throughout the universe looking for planets that are suitable for life. They say that when a planet reaches the point where it can sustain life, it is a very momentous occasion in the history of that planet. It is given its Life Charter.

Then various groups of ETs or higher beings are given the assignment to go and begin life on that planet. These beings are called the Archaic Ones or the Ancient Ones. They have been doing this since the beginning of time. This does not put God out of the picture at all—He is very much in the whole picture. These beings first bring in single-cell organisms to get them to divide and form multi-cell organisms. It depends upon the conditions on each planet which organisms form. After they have seeded a planet, they go back to check on the cells from time to time over the eons. Often the cells do not survive, and they find the planet lifeless again. These beings have told me, “You have no idea how fragile life is.”

So down through time they did this on Earth, and life began to form. And after a time plants began to form, because you have to have plants before you can introduce animals. As life began to develop, they kept coming back to see and care for it. They formed the oceans and cleansed the air so that various life forms could evolve. Eventually the higher beings began to create an intelligent being. This has happened on every planet; this is the way life is formed.

In my books, I have called these beings “keepers of the garden,” because we are the garden; we are their children. Now in order to create an intelligent being they had to take an animal with a large enough brain that it could begin to learn things, and one that had hands so it could develop tools. This is why they chose the ape. Some people don't go

along with this, but the truth is that we are 98% genetically compatible. You could give blood to an ape and it would live; that's how close we are genetically. But even so, creating the human being required genetic manipulations and mixing in other cells and genes brought from all over the universe to create the different races. They said we will never find the missing link; it doesn't exist. Our evolution jumped generations. It did not happen by random chance.

Over time, whenever something needed to be given to humanity, these beings would come and live with humans and give them what they needed. Every culture in the world has legends of the culture bringer. The Indians have the corn woman who taught them how to plant. There are legends of the ones who taught us about fire and how to develop agriculture. In all the legends of the world these beings come from the sky or from across the sea. These were the teachers, and they could live as long as they wanted. They are the ones who have come down to us as legends of gods and goddesses. It is still happening now, but they cannot live among us; they would be too conspicuous. So when they want to give us new ideas to speed up our evolution, they put them into the atmosphere. Whoever picks up on that idea is the one who will invent it. They don't care who invents it as long as it is in the timeline. An example of this is free energy, which I am hearing in my travels that people are developing all over the world.

#### THE LOST GARDEN OF EDEN

When an intelligent being was created on Earth, the Council decided to give us free will and see what we do with it. There are planets where there is no free will. The Star Trek directive of non-interference is very, very real. This is part of the Council's directives: they cannot interfere with the development of an intelligent species. They can help by teaching us and giving us knowledge, but they cannot interfere. Even when we take what has been given to us and turn it into something destructive, they cannot interfere or tell us not to do it.

We were supposed to be a perfect species that never got sick and could live as long as we want. Earth was supposed to be like a Garden of Eden, a perfect place, but something unexpected happened and changed the whole plan. When life was beginning to develop nicely, a meteorite hit the Earth and it brought bacteria that caused disease. This was the first time disease was introduced to the Earth. When this happened the beings overseeing Earth's evolution went back to the Council. They asked what to do now that their perfect experiment was spoiled. There was great sadness. The question was whether to destroy everything and start over, or to allow life to continue to develop. The Council decided to let it go ahead and evolve because so much time and effort had been involved. They allowed it even though they knew, because of disease, that life on Earth would never be perfect as originally planned.

These higher beings continued to observe our evolution from afar, but something happened in the 1940s that *really* caught their attention: the explosion of the atomic bomb. This is something we were not supposed to have at our stage of evolution. They

knew we would not be able to control it, that we would use it for destruction. Destruction of the Earth would not be allowed because it would reverberate throughout the galaxies, disturbing too many planets and even life on other dimensions. It was during this time, at the end of the 1940s and beginning of the 1950s, that UFO sightings began to be publicized. The higher beings went back to the Council and asked what to do since they are not allowed to interfere with mankind's free will. That is when the Council came up with what I think is a brilliant plan. They said, "We cannot interfere from the outside, but what about if we help from the inside?" It is not interfering when you ask for volunteers to come in and help. This is how the call was given throughout the universe for souls to come to help the Earth.

The people on Earth have been caught in the cycle of reincarnation, on the wheel of karma, for hundreds and hundreds of lives, coming back and making the same mistakes over and over again. We are supposed to be evolving but we are not. This was the main reason Jesus and the other great Prophets came to Earth: to teach people how to get off the wheel of karma, to help humanity to evolve. But we are still making the same mistakes over and over again: creating wars and so much violence. So the people on Earth were not going to be able to save the Earth. It needed pure souls who are not caught in the wheel of karma, who have never been to Earth before.

In the last five years of my work I am finding more and more souls who have come directly from God. I have had people go back to where they were ETs, to where they were on other dimensions, to where they were light beings and did not need a body. The volunteers who come have a sheath or cover over their souls so they cannot accumulate karma, because once they accumulate karma they have to be reborn again and again. Now there are tens of thousands of these new souls all over the world, and the higher beings have said they don't have to worry about us destroying the Earth. They say we have finally tipped the balance. We *are* going to be able to save the world.

I have asked to know what God is. They said that our conception is just a tiny thread of what He truly is. We cannot even *begin* to conceptualize what He is. They all describe God in the same way: He is not a man—if anything He would have been a woman, because women are the creative force. But God is neither man nor woman. He is a huge Source of all energy, described as an immense Fire or Light. Some call God the Great Central Sun, a huge energy Source, and yet so full of love, total love. One being described the Source as "The heart of the Sun. The heart of God." When the pure beings who have come directly from God go back to the Source, they do not want to leave. This is where we all began; we were originally one with this Source. The souls who have come directly from God say that there is no separation; it is all one. I have asked, if you loved it so much, why did you come? They all said the same thing: "I heard the call." Even the ones who are ETs have said the same thing. And when they come in, like all of us, their memories are erased. I have asked, wouldn't it be easier if we remember why we have come? They said it wouldn't be a test if you knew the answers.

THE SIGNIFICANCE OF 2012

The question has been asked whether there will be a fourth wave. It will not be necessary because something *else* is going to happen: we are moving into a *New Earth—the first time it has ever happened in the history of the universe*. Many civilizations have perished down through history because of man. Atlantis was one example but there were many others. Each of these civilizations had tremendous advances. They had psychic abilities; they could do anything with their minds. The men of those times wanted more—power and greed—so eventually they violated the laws of the universe and they had to be brought down. Each time this happened, some humans were left to start civilization over again. This has happened time after time after time. The higher beings say we must understand this because we are reaching that point again. They do not want to have to destroy humanity, so they came up with this idea that has never been done before: the New Earth. The Earth is going to evolve to a higher dimension whether it takes us with it or not. It is a living being. If we want to go with it, our vibrations have to match the new vibrations. And beings all over the universe are watching us to see—are we going to be able to pull this off?

Many civilizations have disappeared from the Earth without a trace. Among these are the Mayans, the Anasazi, and many others. During regressions I have had people go back to those times. Each of these ancient cultures evolved spiritually to a point that their entire civilization moved into a higher dimension. The Mayans saw that the next great advancement was going to be when the entire world would shift into a higher dimension. This is what they saw happening in 2012. It is not the end of the world; it is when the entire *world* moves into a new dimension.

The transition began around 2003. The culmination is going to be in 2012. Time is speeding up. Earth's frequencies and vibrations are changing. But not everyone is going to go, just as it says in the Bible: "Then two shall be in the field; the one will be taken, the other left." It is very real. When the transformation reaches its peak in 2012 the energy becomes so strong it will push the Earth into the new dimension. There will not be anything dramatic; it will be very subtle, very slow, and only those who are really aware will know anything is happening. Things will look different and feel different. The old Earth is where we are going to have all the catastrophes, and these are going to increase because the Earth is lifting itself as it shifts.

You cannot change your frequency or vibration immediately; it would be too strong and would destroy your body. It has to be done in stages. Many of us can sense on another level of our being that something is happening. With the changes subtly going on around us, our physical bodies must also change in order to adjust. Some of these physical symptoms are unpleasant and cause concern. Just be aware of what is happening: the body is adjusting and adapting to different energy levels so it can move on.

PREPARING FOR THE NEW EARTH

As the New Earth is formed, when you first cross over, you will be in your physical body. Eventually over time it will turn into a light body, just the way these other beings are. My subjects are being told that they must change their diet in order to make the adjustment into the new world. You have to be lighter. Heavy foods will hold you to the old Earth. They have said many times that the ideal foods are live foods: fresh fruits and vegetables. Lighter foods will allow you to change your vibration and the frequency more easily. They say to stay away from sugar, and to drink lots and lots of water; the true value of water is unfathomable.

Many people have asked, “What am I supposed to be doing?” We are here to help each other, *being* there for each other. There are two things that we have to get rid of in order to go to the New Earth: negative karma and fear. There is good karma and negative karma. As long as you are bogged down with negative karma, you are going to remain on the old Earth, because the way the law of karma is set up, you must repay it. Too many people are caught up in negative karma and do not know how to release it. That is the reason why new souls had to come, because they don’t have karma, and they can help others to release theirs. You have had many lifetimes with the same people, going over the same circumstances and not resolving it. Until you can stop that cycle and get off of the wheel of karma, you are not going to be able to evolve upward.

The way to get rid of negative karma is to forgive and let go. Some of my clients have said, “I can’t forgive them, you don’t know what they did to me.” That is what makes people sick: holding on to this baggage and garbage and not letting it go. You have to let it go because it is not hurting the other person, it is only hurting you. The first thing you’re going to have to do is forgive. Now, sometimes that is difficult to do face to face with the person. And sometimes the person with whom you have negative karma has died. You don’t have to face the person to ask for forgiveness and to forgive them; you can do it *mentally*. Picture the person in your mind and just speak to him or her mentally. Focus on the person and send your forgiveness and love. Everything comes back to love. It all goes back to your treating others as you would want to be treated yourself. It begins to turn to the vibration of love and that is the most powerful thing there is.

Now, the second thing you have to do *after* that is to forgive yourself, which is also very difficult. People are always good at blaming others without looking at themselves. It takes *two* to create a situation. Even though you consider yourself to be the victim, you’re still a part of the whole thing, perhaps even from a previous lifetime. You have to look deep inside to be able to see and accept your part in the circumstances, and then forgive yourself. Release it and let it go. It has no place in your life any more.

The second most important thing they say you have to do if you want to go to the New Earth is let go of fear. Fear is a paralyzing emotion. It’s the strongest emotion a human has. If you don’t understand something you are going to be afraid of it. Fear drags you down and holds you back. If you have love there is no fear, but many people live their entire lives in fear. There is so much on TV, in movies, and elsewhere trying to generate fear. You have to think for yourself and ask lots of questions. Make up your own mind.

Then what you come up with will be your truth. Most of the time what we fear never happens anyway. Fear is so powerful that when you think of something on and on, through the law of attraction you draw that very thing toward you. You have to get rid of fear because it is debilitating and binding; it will hold you to the old Earth.

Meditation is very helpful. They say the best time to meditate is just before the sun comes up, when all the Earth is quiet and still. Any time that you can set aside for yourself to be quiet, alone, and just relax will be beneficial. Then ask your questions and listen for your answers.

At a recent conference I attended, Annie Kirkwood, author of *Mary's Message to the World*, described a vision she had of this transformation. She saw the Earth sphere begin to pull apart, like a cell when it divides in two, and then it separated into two Earths. And on the New Earth she heard them saying, "We did it, we did it!" On the old Earth she heard them saying, "Poor thing, she died believing all that." One group is not even going to be aware that anything has happened.

I would like to end with a quotation from my book, *Convoluting Universe Book Three*, a message given during a session with one of the souls who have come directly from God:

You *are* God. It is given to you to manifest your God beingness. Open your God self, and allow the light to enter. From within, will come such light. It will *manifest* from the very core of your being. The world which you envision is already inside of you. You are not *moving* to another planet. You are breaking out of your shell. This planet—this shell—is bringing forth that light. It is given to you to enter your light *fully, fully* and to draw it out. And to say, I AM LIGHT. Nothing in God's beingness can exist without the permission of God. I say to you, YOU ARE GODS. YOU ARE THE LIGHT!

© 2010 by Dolores Cannon. Dolores Cannon is a past-life regressionist and hypnotherapist who specializes in the recovery and cataloging of "Lost Knowledge." She has been specializing in past-life therapy since 1979. She is the author of fifteen books and has done over 1000 radio appearances. She travels all over the world teaching her unique technique of hypnosis and bringing the message of the coming New Earth. This article was compiled from an interview with Dolores Cannon by *Light of Consciousness*, as well as her DVD, *Awaken*, from a November 2009 lecture in Long Beach, CA, and her books *The Convoluting Universe Book Two* and *Book Three*. For further information visit [www.ozarkmt.com](http://www.ozarkmt.com).