SOFTWARE & TECH

Dolores Cannon Custodians

PUBLISHED
November 25, 2026

REFERENCE
#1795580858376836

Introduction: Unveiling the Mysteries of Dolores Cannon's "The Custodians"

For decades, the topic of extraterrestrial contact has captivated the human imagination, sparking debates between skeptics and believers. Among the most influential voices in this field is Dolores Cannon, a pioneering hypnotherapist who specialized in past-life regression and exploring the unknown. Her 1998 book, **The Custodians: The Abduction of Humans and Extraterrestrial Contact**, remains a cornerstone of ufology and consciousness research. In this comprehensive article, we delve deep into the concepts, cases, and controversies surrounding **Dolores Cannon Custodians**, examining why this work continues to resonate with readers seeking answers about alien encounters, human origins, and the nature of reality.

Unlike many authors who approach the subject through sensationalism or fear, Cannon's work is grounded in thousands of hours of hypnotic sessions with clients who reported memories of non-human contact. She claims that these memories are not fantasies but genuine recollections of interactions with what she calls "Custodians" – benevolent extraterrestrial beings who oversee human evolution. By combining rigorous hypnotic methodology with a compassionate worldview, Cannon created a framework that challenges conventional abduction narratives. This article will explore the core themes of *The Custodians*, including the different types of extraterrestrials Cannon encountered, the purpose of abductions, the role of past lives, and the spiritual implications of contact.

Who Was Dolores Cannon? The Pioneer of Hypnotic Regression

To fully understand **Dolores Cannon Custodians**, one must first appreciate the author's background. Dolores Cannon (1931–2014) was an American regressive hypnotherapist and author who developed a unique technique called Quantum Healing Hypnosis Therapy (QHHT). She began her career in the 1960s, initially using hypnosis to help clients quit smoking or lose weight. However, she soon discovered that under deep hypnosis, clients would spontaneously recall past lives, space lives, and parallel existences. This led her to write over 20 books, including the popular series *Conversations with Nostradamus* and the three-part *Keepers of the Garden* series.

The Custodians, published in 1998, is the second book in what later became known as the "Custodians Series." It directly followed *The Keepers of the Garden*, which introduced the idea that extraterrestrials are involved in human development. While *The Keepers* focused on the broader concept of planetary guardianship, *The Custodians*zeroed in on the abduction phenomenon – but presented it from a surprising angle: instead of being traumatic victimizations, abductions are part of a compassionate program to upgrade human DNA and prepare humanity for a shift in consciousness.

Overview of "The Custodians": A Paradigm Shift in Abduction Literature

Most people who have heard of alien abductions associate them with fear, physical examinations, and
Missing Time and Budd Hopkins's popular work on the subject. Dolores Cannon's approach is radically different. In **Dolores Cannon Custodians**, she presents over a dozen detailed case studies from her hypnotic sessions, where clients – who had no prior belief in aliens – described interactions with beings that appeared to be part of a larger cosmic plan. The "Custodians," as she names them, are not malevolent; they are caretakers of the human experiment, tasked with ensuring our species evolves to the next level of spiritual maturity.

According to Cannon, many abductions occur on a higher, non-physical level. The physical body may remain in bed while the consciousness is taken to an extraterrestrial environment for education or genetic procedures. This explains why many experiencers have only fragmentary or dreamlike memories. Through hypnosis, Cannon helped them retrieve the full story, often revealing that these encounters are scheduled before birth as part of a soul contract. The book challenges the victim mentality and instead portrays experiencers as willing participants in a cosmic collaboration.

Key Themes in Dolores Cannon's Custodians Work

The richness of **Dolores Cannon Custodians**lies in its multi-layered themes. Below, we explore the most significant ideas presented in the book.

The Types of Extraterrestrials Described

Cannon categorizes several extraterrestrial races encountered during her sessions. The most prominent are:

- The Custodians: Tall, human-like beings with a gentle demeanor. They oversee the abduction program and are concerned with human evolution.
- The Zetas: Small, gray-skinned beings with large black eyes. Often associated with physical procedures, but Cannon says their role is misunderstood – they are genetic engineers helping to repair human DNA.
- The Pleiadians: Blonde, Nordic-looking beings who are more spiritually advanced and serve as guides.
- The Reptilians: Present in some sessions, but Cannon often reframed them as beings who lost their way, rather than purely evil.
- Hybrids: Crossbreeds between humans and extraterrestrials, created to facilitate integration between species.

Each race serves a distinct purpose, and Cannon emphasizes that all are part of a larger federation working under source energy.

The Purpose of Abductions: Genetic Upgrades and Spiritual Evolution

Traditional abduction narratives focus on medical exams, sperm and egg harvesting, and the creation of hybrids. Cannon's clients described the procedures as **cleaning up humanity's genetic code**, removing impurities, and implanting frequencies that raise our vibrations. She writes that humanity's DNA has been damaged over millennia due to negative thought patterns and environmental factors. The Custodians are helping us reawaken our dormant DNA strands (often linked to the so-called "junk DNA") so we can function as multidimensional beings.

The hybrid program is not about replacement, but about creating a bridge between humans and extraterrestrials. These hybrids are being raised in underwater or underground bases, and many will eventually be reintroduced to Earth to help during the transition to a new age. Cannon also discusses the concept of **"walk-ins"**– souls from other planets who take over the bodies of consenting humans to assist in this transformation.

The Role of Past Lives and Parallel Realities

One of Cannon's most distinctive contributions is the integration of past-life regression with extraterrestrial contact. In her sessions, clients often discovered that their "abduction" memories were actually recollections of lives on other planets, or even in other dimensions. The soul, she argues, has many experiences across time

and space simultaneously. Therefore, an abduction experience might be a merging of two realities – the physical life on Earth and a parallel existence where the soul serves as a guardian or helper for the universe.

This perspective removes the linear fear of abduction. If you are aware that your higher self agreed to participate, the experience becomes a mission rather than a trauma. Cannon's technique helped many clients release fear and embrace a greater understanding of their own soul's journey.

The Implantation and Tracking Systems

Another recurring theme in **Dolores Cannon Custodians**is the use of implants. Clients reported tiny devices placed in their bodies (often in the brain, nose, or ear) that serve as tracking and communication devices. Cannon's clients under hypnosis said these implants are not harmful; they monitor the individual's spiritual progress and transmit energy to help with DNA activation. Some implants also act as "cellular recorders" that download information about Earth's environment. Cannon insisted that these implants can be removed with the power of intention or through hypnotic release, because they operate on a vibrational level.

Impact of "The Custodians" on Ufology and Spirituality

Since its release, **Dolores Cannon Custodians**has been both praised and criticized. Thousands of readers have found comfort in her non-threatening portrayal of extraterrestrials. For many who felt traumatic about their encounters, Cannon's work offered a path to healing and meaning. The book helped shift the conversation from fear-based abduction to co-creative contact. In spiritual circles, her descriptions of DNA upgrades and dimensional shifts have been integrated into New Age beliefs about the 2012 transition and the current awakening of humanity.

Critics, especially within the scientific community, dismiss Cannon's work as speculative and based on unverifiable hypnotic recall. Hypnosis can produce false memories, and skeptics argue that her clients were influenced by leading questions. However, Cannon herself was aware of this criticism and claimed she used a non-directive technique, allowing the subconscious to reveal information without suggestion. She also noted that many of her clients had no prior interest in UFOs, and their detailed descriptions matched across different cases.

Regardless of one's stance, it is undeniable that **Dolores Cannon Custodians**has inspired a generation of researchers and experiencers. Her books continue to be bestsellers in the consciousness and paranormal genres. The idea that aliens are not invaders but benevolent helpers has become a mainstream alternative to the more sensationalist accounts.

How Dolores Cannon's Work Differs from Other Abduction Researchers

To appreciate the unique position of **Dolores Cannon Custodians**, it helps to compare her work with other prominent figures in ufology.

Researcher	Approach	Main Thesis
John Mack	Psychiatric case studies	Abductions are real and transform the experience
David Jacobs	Academic analysis	Abductions are breeding programs with hostile intent
Budd Hopkins	Field investigations	Abductees are victims of a secret alien agenda
Dolores Cannon	Hypnotic regression	Abductions are soul-agreed collaborations for evolution

While Jacobs and Hopkins paint a dark picture of alien intentions, Cannon offers a hopeful, spiritual perspective. Her work aligns more with the "contactees" of the 1950s, like George Adamski, but she grounds her claims in therapeutic practice and a coherent cosmology.

Practical Applications: Healing and Personal Evolution

For readers who have had their own unusual experiences, **Dolores Cannon Custodians**provides tools for transformation. Cannon encouraged her readers to:

1. Seek hypnosis: To uncover the deeper purpose of their encounters and release any residual fear.
2. Develop meditation: To raise their vibrational frequency and communicate consciously with their guides.
3. Educate themselves: About the soul's journey, reincarnation, and the larger cosmic structure.
4. Release victim consciousness: Recognize that they are volunteers in a grand experiment.

These steps have helped many experiencers move from anxiety to empowerment. The book also cautions against trying to force contact without proper spiritual preparation, as lower vibrational entities may interfere.

Criticisms and Controversies

No exploration of **Dolores Cannon Custodians**would be complete without addressing the criticisms. Academics and scientists often point out that hypnosis is notoriously unreliable for verifying objective events. Additionally, some of Cannon's claims – such as humans having 12 DNA strands or the existence of underwater bases – are beyond current scientific evidence. Furthermore, her portrayal of all aliens as benevolent can be seen as overly simplistic, ignoring cases that involve physical harm or terror.

Within the ufology community, some researchers feel that Cannon's work dilutes the seriousness of genuine abduction cases, where people report ongoing harassment and missing children. Others note that her theories about DNA and spiritual evolution are borrowed from channeled works like those of the Ra Material, without always citing sources.

However, Cannon herself addressed these issues by stating that her work is not scientific proof but rather a compilation of what her clients' subconscious minds revealed. She encouraged readers to trust their own intuition and discern

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