

MASTER TABLE OF CONTENTS

“A-LIST” UPDATES and CONCLUDING COMPILATIONS:

“Notes at the End” & “Final Call”

Each is linked to its respective PDF at the PFCN.NET Articles and Bulletins section

#1 March 5, 2010

- Introduction
- Announcements
- Opening Remarks
- Comments and Observations from Alex Kochkin
- Notes on New Creation and New Earth
- Time, Future, and Changes
- Sun and Space Energies
- Earthchanges
- The Sky is Falling?!
- Military, Armaments, War, and the Dark
- Let Us Not Be Fooled
- Worrying and the “White Knuckle Grip”
- An Interim Antidote
- How Are You Attending?
- Concluding Remarks

#2 April 20, 2010

- Introduction
- Spiritual Evolution and Transformation
- Earthchanges and Related
- Ad Copy: “Got Awake?”
- Cognitive Breakdown & Mass Insanity
- The End of this Civilization
- Moves Toward War
- Concluding Remarks

#3 May 10, 2010

- Opening Remarks
- Interventions and Changes
- Pattern and Principles
- The Human Vehicle and the 5th Dimensional Levels
- Concluding Remarks

- The Time of Ultimate Change (by John Crawford)
- On “The Three Options” – commentary on K Bishop essay

#4 May 29, 2010

- Opening Remarks
- Discussion Group Notice
- Connecting with the Higher Light – An Experiment?
- The Gulf of Mexico Oil “Volcano”
- Moves Toward War
- Economy and You – Last Call

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“Notes at the End” & “Final Call”

#5 August 1, 2010 (Part 1)

- Dear Readers
- Please Stop
- A Note of Caution
- So, What Remains?
- Changes and Problems, Problems with Changes
- Transformation of this Existence
- In Conclusion

- What is Happening? (by John Crawford)
- An Ultimatum (by John Crawford)

- Another Exercise:
- Connecting with the Higher Light – An Experiment

- Space
- Planetary Alignment this Week

#6 August 6, 2010 (Part 2)

- Dear Readers
- A Creation Made New: Toward a New Earth
- Situation
- A Central Problem
- Options
- An Alternative

- Planetary Environment
- Space and Earth

#7 September 10, 2010

- Preface
- Discussion/Salon Wrap-up
- You Can't Have It Both Ways
- From the Masses to the Masses...
- The Secrets of the “Mysteries”
- Origins and Resolutions
- Turning Evil to Good?
- The Body, The Cells, & The Changes
- What Remains?
- Beyond the Human Species and More
- Graphical Stories
- Fractal Time/TWZ 2010 through 2012
- Energizing the Power Body (by John Crawford)

#8 October 5, 2010 Part 1 of 2

- Community
- The Human World at Large
- ET's and Aliens
- Situations and Scenarios
- Soul Beings – Higher Self

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#9 October 14, 2010 Part 2 of 2

Ascension, the Main Event

- Introduction
- The Near Death Experience
- Spiritual Evolution
- Two Questions to “The Problem”
- Spiritual Psychology
- Higher Self/Soul Being
- Considering the Scenarios
- Concluding Remarks

Additional Reading

October 15, 2010 - Postscript

December 2010 Letter (interim update)

- Ascension and Transformation of the Human and Higher Being

#10 January 1, 2011

Letter to Readers

January 30, 2011 Letter

A “Global Political Awakening”? ...Guess Again.

- Recent Events
- Crisis and Change
- Density of Falsehoods

Appendix

#11 February-March 2011

Dear Readers

- Disinformation and Spreading of Fear – A Word-to-the-Wise
- Transformation and Ascension Process – Changes in Consciousness, Changes in Existence
- Trauma Aperture
- Event Horizon and Building New Runways
- What Has Been Gained or Learned?
- Polarity Consciousness
- “Reports from the Field”
- Graduation
- Popping Out of the Matrix
- A Transfer of Consciousness
- Careful What You Wish For
- A New Earth
- Islands of Light
- Final Resolutions
- Beyond Choice
- In Conclusion, a few more “notes for the journey”...

- A Possible Teaching and Training Program to Foster Cooperative and Awakened Community:
- Awakened Community & Social-Spiritual Consciousness

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#12 April-July 2011

- Preface
- Taking the “Red Pill” or a Pseudo-version”
- Pattern Recognition and Self-Teaching Through Higher Awareness
- Introduction
- The “Changes” and More
- Physical and Energy Body Notes
- Future Viewing and Predictions (or not)

Recent posts at the NES Forums

- Apocalypse and Catastrophe :: Real Truth Revealed and the Unraveling of the Story
- Grace, dignity, and equanimity
- May 1 Message (included also in this update)
- Some Personal Musings and Meanderings...
- The World - *Why bother?*
- Further Comments on the “Human Sovereign” Tendencies
- Possibly a fairy tale...
- Further thoughts on certain “mysteries and secrets” of this era

#13 December 2011

- Preface
- Introduction to this Series of the A-List Updates
- Background Reading
- Notes on the Process: Ascension and Transformation

NES Postings:

- This Leg of Our Journey and Our True Nature
- (Originally posted at NES on November 21 and Updated on Dec 1, 2011)
- What Remains? Human or ?
- December 1, 2011
- The Void, Is-ness, and What Is-Not
- The Human Question
- Intervention of Our Higher Selves Revisited
- Why Does All That Is So Un-right Persist As It Does?
- Notes on War
- Of Tar Pits, Descent into 3d, and Being Free
- Something *Is* Happening – The Invisible made Visible
- Notes on the Void
- A few Q&A concerning recent postings

#14 November 2011

- Preface
- The Human Question – An Introduction
- The Future - A Somewhat Different Point of View
- Notes on the Matrix World Order
- Postscript to November 9th, 2011 Notes on the Matrix World Order
- Suffering, Karma, and Spiritual Awakening
- Humans Having A Spiritual Experience, or?

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“Notes at the End” & “Final Call”

- Who Are You? – What Are You? – Why Are You?
- Further comments to the NES postings regarding
- Notes on the “Matrix World Order”
- Re: What Remains and The Secret of the “Mysteries”
- PostScript to What Remains and The Secret of the “Mysteries”
- 2012? Distractions, Ascension... Look beyond!
- The corrections energies: An Invocation, An Intention, An Attention

#15 October 2011

- Preface
- Coping
- Hemispheric Polarities and Oneness
- Notes on the Matrix World Disorder
- Righteous Delusions
- The “Alien Menace” Revisited
- Bifurcations on the Path
- Carrying On and Going Forth
- Humanity’s Near-Term Future

#16 September 2011

- What Remains?
- Self-Referencing, Self-Teaching, Truth, and Knowing
- The Bifurcation
- Personality Self and Ascension – Structures of Individuation
- An Invocation, An Intention, An Attention

#17 August 2011

- At the End of the “11th Hour”...
- Why Does Everything Seem So *Difficult*?
- The End to Suffering and Return of Light
- Critical Mass, the Dark, and Our Situation
- Enabling Others Out of This Mess
- Blocked? Attacked? Feeling foiled?
- The Short of It and the Pure Zone
- The Membrane and Your Greater Self
- Something New... Something Wonderful
- Duality and Oneness
- What Is the Point? “As above, so even higher...”
- Further Thoughts on...
- “We Are Here To Go”
- Observer Self, Detachment, and Identifying Your High Attractor
- Of the Higher Oneness
- Private Sessions: A “Limited Offer” for A Limited Time
- An Invocation, An Intention, An Attention

#18 January-February 2012

- Preface
- About This Update
- Attrition of the “Long March”
- Moving On...

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“Notes at the End” & “Final Call”

- Portals and Causeways to Higher Space
- Earthchanges, Visions, and the Virtual Space
- Notes on the Viability of the Human Vehicle
- New Beginnings ...and an Ending
- To Transcend Human... Move Beyond Thinking as a “Human”
- Correction Energies and Ascension
- Duality and Ascension
- Catastrophe and Transformation
- The Start of 2012 Letters from Alex
- Why Creation in 3d? (Well, otherwise it would be flat!)
- Knowledge or Pathos?
- “Foreign Installation”
- Desolation Ascension, "Issues" with Higher Self, and the New Energies
- The Experiment
- Future Considerations and a Hinge Point
- The Learning
- Why Am I Here and What is Being Learned?
- Each of Us A Conduit for the Correction Energies...
- The Learning and The Leaving
- “Departures” Leaving the old and familiar for... ?
- The Void, Voidness, Feelings and Knowings - and “The All”
- The Void, The Self, Ascension
- Ascension, Surrender, and the Void
- Embarkation Lounge: One of the Keys...
- Embarkation Lounge: Another of the Keys – “High Affection”
- Embarkation: What are these "Keys"?
- The Control Over Humans
- The Clean-up of the Dark Forces
- Sounds, Sounds, Everywhere Sound
- The Sounds and The Great Changes
- Light Bodies and the Old and the New Creation
- "What has been learned?"
- Cosmic Child and Inner Journey to the Higher Self 2011

#19 March-July 2012

- Tempus fugit
- Commentary
- *A (Partial) Near Future View*
- Comments on Future Viewing
- Terminal Collapse
- “Mayonnaise”
- Mental and Spiritual Exhaustion
- “Waking Up” and the “Matrix Sleep”
- The Ancient Record, An Ongoing
- Retrospective
- From Tribal-social Animals with Self-interests ...To Self-centered Social-tribal Animals
- Further Notes on the Dark Forces
- A Rough Approximation of the Earthly

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“Notes at the End” & “Final Call”

- Timeline
 - The Timeline +/- 1,000 years (roughly) :
 - “As below, so above”:
 - To Summarize
- Toward the High Attractor and Leaving Human Existence
- Notes on Higher States
- High Joy and the High Attractor
- Correction Energies – Suggested modifications

#20 August-December 2012

Notes at the Edge and Beyond

- *Tempus fugit*
- The Future – An “Existential Bifurcation”
- The New Energies
- The New Energies – Short Update
- And so it is under way...
- Correction Energies –A Large-field View
- Where We Are At and the Boundary Layers
- Where We Are At and the Boundary Layers - Update
- A Further Update to “Where we are at...”

#21 January-March 2013 - Last Update

Introduction and Summary to Concluding Articles

Sections:

- Introduction *pages 1-4*
- Summary Notes from Forthcoming Concluding Essays *pages 5-16*
 - *The Human Question*
 - *Queen of the Machine*
 - *Death and Transfiguration*
 - *Problems of Dissipation*
- Closing Remarks *pages 16-21*

Appendix 1 :: Recapitulation of key points from our material *pages 23-27*

Appendix 2 :: Recent NES Posts made since last A-List *Update pages 28-87*

- The Astral, The Humans, and Ascension
- Some additional points
- The Astral, The Humans, and Ascension –
- Ascension “Upsets” and the Descent of the Supramental
- The Press Pot
- The Upset
- Future? ...some further thoughts
- The Wave and The Supramental “Correction”
- Future Visions: New (Gregorian) Year Day
- Notes from (4d “virtual reality”) filtered space
- Many Levels of the “Correction Energies”
- Confusion and the Pressure - Caterpillars and Butterflies
- Part 1 - “Exploding Self”: Pressures and Relief
- Part 2 - Ascension and the Expanding “Self”
- “Trust, caring, service, in the overarching context of the higher Oneness...”

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- “Trust, caring, service, etc.” – Re-translated – A Self-referencing guidance for the human self, relations between humans, as well as for soul and higher level spiritual beings.
- The New World
- Memorandum to Self - Subj: Unifying Our Fields & Getting Off the Merry-GoRound
 - Bodies
 - Is it Real?
 - Where to Draw a Line?
 - Future Human
- Reply Re: “Memo to Self and Next Level Embarkations”
- Next Level Up, Next Stop

#22 Epilogue with NES posts from Apr-Aug 2013

- Letter to readers, one and all
- Miscellany
- Synopsis of Concluding Essays
- “Epilogue” – “Nothing More to Teach” - The existential catastrophic crisis...

Appendix - Compilation of NES posted essays after the Jan-Mar 2013 A-List *Update*

- At the Center...
- “Special Status”
- Ascension and the “New Age” False Ascension
- Reflections on “End Times” Brinksmanship
- Waiting for ...? What? Why?
- The Big Changes -- About Those “Feelings”
- Feelings and Intuitions – The Abysmal or The Higher Light
- Follow-up comments
- Re: Feelings and Intuitions – The Abysmal or The Higher Light
- Humans - Cancers - Corrupted Nature
- “End Times” Insanity
- Addendum to “*End Times Insanity*”
- Redemption and “Suffering” of Souls
- Supplementary to “The Human Question”
- Binary or Quantum? Dual Mind as an Aberration
- Pacific Islands: Human Story in Microcosm
- In “His” Image –Creator of All
- If it is of any help...
- A little of what I know
- Excerpt from “The Human Question”
- A Grand Unification
- Apocatastasis - Transformation of Matter, Biology, & Consciousness
- The “Microcosm” of “You”
- Next Levels Up Where Illusions and Delusions of 3d are Played Out “A Kodak Moment” – and a short update
- Having a “3d” Experience
- Dolphins, Humans, and Spiritual Beings
- Growing Your Own Spiritual-Energetic Capacities
- Ascension Breakthroughs
- Getting Off the “Merry-Go-Round” and “Surrendering”

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- Postscript Re: posting: “We are at the end...?”
- Re: “Caught in the middle with the pressure on high” - Comments
- “Caught” but Really Free
- Additional Comments on “Next Levels Up
- Earthchanges & The Greater Changes
- Follow-up: “Earthchanges & The Greater Changes”
- Timing of the Changes & Some Whys and Wherefores
- The “Eschaton” & Point-of-View
- Questions before Embarkation:
- “Magic Slippers” – Personal protocols
- Whispers of the Dark & Waking Out of the “Dream”
- Continued discussion of “Problems of Ascension”
- Glitches in the Matrix – Waking in the Dream
- Continuation of “Problems of Correction and Ascension”
- “What Remains?” - A Question of Deception
- “Crystal Body” and Related Practices

The “Corrections Energies”

- An Invocation, An Intention, An Attention
- Basic version
- Correction Energies Update
- About potted plants...
- Re: Addition to “Correction Energies”

Compilations from the Concluding Essays:

[Notes on Ascension – through Dec 2013](#)

Statement from Alex and Tish

It’s Over ...What’s Next? Important Preface to “Notes on Ascension”

Introduction to “Notes on Ascension”

Notes on Ascension - A Question...

Notes on ascension - “Control Issues”

Notes on Ascension – Continued

Notes on Ascension - “Evidence” and Signs are not Always According to “Expectations”

Notes on Ascension - Tearing Down the Theatre to End the “Movie”

Notes on Ascension - The “High Attractor” and “Home”

Notes on Ascension - Transformation or Spiritual Depletion

Notes on Ascension - Confirmatory Signs

“Light Quotient Potentials”

Notes on Ascension – Practices

Additional postings and short essays:

Get Out of 4-d Astral, Now!

“Useless Eaters” of a Fallen Creation - Spiritual “Weight Loss”

“Judgment, Accomplishments, Fulfillment” - What is *Spiritually* Real?

The “War is Not” ... - Epilogue to “End Times” Insanity

Human Icons and Memetic Attachments

Follow-up comments to - “Human Icons and Memetic Attachments”

What is Real: Truth, Beauty, Love

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[Notes at the End - Dec 2013-May 2014](#)

- “Notes at the End” – Preface
- Status of NES Forums and the PFCN Main Site
- This is repeated here since it bears repeating... What is Real :: Truth, Beauty, Love
- A Short Update
- In the End...
- “In the End” ...further thoughts on “ascension”
- Question: Origins of the Wave of Light?
Time, Ascension of the Light, and the Co-created Maintenance of a Reality of Error
- Postscript Re: Fields of Time and Light, etc.
- Some brief Q & A: “Time”, the Error, etc.
- Twice Born, Thrice Born
- Follow-up to the essay “The Human Question” A Spiritualized Human?
- “Glorification of God” and Departing from “False Reality”
- “Conversations at the End”
- “Conversations at the End” ...continued
- Inquiry into the “Self”, the Problem of Spiritual Nihilism, and the Cosmic Scheme of Things
- Ascension and Getting Help from “The One”
- Participation or Withdrawal? A “Trick Question” for Some
- Collapse of the Earthly Existence
- Love, Caring, and Creation
- Eight Worlds? – ...*“all has been found lacking” and is to be remade...*
- Devastation of the Astral
- Preferring Suffering: True Freedom, Like Existential Truth, Can Be Too Disturbing
- Perhaps there is Nothing to “Heal” –and the All Consuming “Consumption”
- “Universe is a Hologram”?
- This “Universe” is Not the Same as The All or Creation
- Near Death Experience (NDE) “Returnees” and the Ascension-Transformation Process
- Follow-up to Additional NDE Questions
- Notes on Ascension: The “Red Pill” Reloaded
- Notes on Ascension: Confirmatory Signs
Notes on ascension: Confirmatory Signs, Red Pill, etc.
- Notes on ascension: “An Excess of Joy” - Part 1
- A Vastness Beyond Vastness

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[“Final Call” – Compilations of Essays from May through December 2014](http://www.pfcn.net/Bulletins/Final%20Call.pdf)

<http://www.pfcn.net/Bulletins/Final%20Call.pdf>

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- Be Free ...page 13
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- Retrospective on the Work from 2007 ...page 18
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Appendices to “Final Call”:

Appendix-1: Sciences of Space and Earth

<http://www.pfcn.net/Bulletins/Final%20Call-APPENDIX-Science-7.pdf>

Supplemental to Appendix on Sciences of Space and Earth

<http://www.pfcn.net/Bulletins/Final%20Call-APPENDIX-Science-II.pdf>

Appendix-2: Dreams-Visions

<http://www.pfcn.net/Bulletins/Final%20Call-APPENDIX-DreamsVisions.pdf>

Appendix-3: Practices - Your Highest Attractor and the Corrections Energies

<http://www.pfcn.net/Bulletins/Final%20Call-APPENDIX-Practices.pdf>