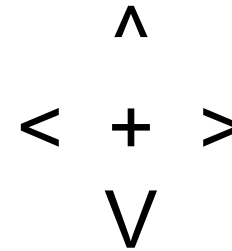


inside/Outside Light Science



The Official Study Program of the

**NEW FRIENDS OF THE TRUE COURSE**



New Friends Of The True Course Publishing  
San Francisco, CA

**PART ONE**

Introduction to the True Course



Brochier's name is not as widely known as the Wright Brothers?

As we come to the end of this Unit, you must make a choice. How will your journey continue? What do you want to find at the end of your voyage? Will you continue forward to the warmth and brilliance of the Outer Light that greeted Brochier on the banks of Port Judith? Or will your path merely lead to the dusty pages of forgotten history books where the misbegotten Wrights met their fate? The decision is now up to you! What do you perceive? What do you feel?

Forward! Upward!

\* \* \*

—Review and Refraction for Part 5—

- (1) What did Maurice Framans Brochier perceive at Point Judith? What did the Wright Brothers rationalize in their work? Compare and contrast.
- (2) Don't forget to ask your instructor for more information about more information and payment options for beginning UNIT TWO of the Official Study Program of the NEW FRIENDS Of The TRUE COURSE!

\* \* \*

## Table of Contents

1. Beginning the Journey	4
2. Learning to Experience the Outer Light	8
3. The Inner Light	12
4. Using Scientific Concepts in Everyday Life	15
5. The Story of the True Course	19

## Part 1: Beginning the Journey

Congratulations are in order, for you are about to begin an exciting new journey! This is a path that few are willing and even fewer are able to traverse. Even starting such a journey is a sign of the rare strength that you possess. So we, the NEW FRIENDS Of The TRUE COURSE again wish to congratulate you for your perspicacity and mettle in feeling the warmth and brightness of the outer light shining forth upon the path of the True Course. No one of us begin this journey lightly, but those of us who will pursue the Course are blessed with a life full of the brilliance of the society of New Friends.

To mark this occasion, let us think through what it is to begin this journey. Close your eyes and imagine what it is like to prepare for a long hike or automobile ride. What are you thinking about? What will you bring? What are things that you notice in the room? What do you feel inside? What do you perceive outside? Perhaps you are considering the weather for the day. Will it be warm or cold? Sunny or dark? How can you prepare for any such contingency? Or perhaps you are considering the supplies you should bring. Do you have enough provisions? Do you need something to read? Have you procured the proper tickets? What about gasoline?

have never met. These people before them might have been lying! But the New Friends of the True Course are not like such groups. Instead of telling you how things are or were, we teach you techniques that allow you to discern Truth for yourself! You may have never witnessed the “flight” of the Wright Brothers that possibly occurred at some point in the past. But you have witnessed birds migrating, and you have met your True Course instructor in person (or online). The essence of True-th is discerning the Outer Light for yourself, not just because someone with unknown motives told you what is so.

In fact, the New Friends have discovered that flight was achieved long before what children are told in school. Here is that story: In early 1883, French immigrant Maurice Faramans Brochier completed his long journey across the Atlantic Ocean to arrive at his new home near Point Judith, Rhode Island. Hovering in the night sky, Brochier observed what he described as a “*objet volant non identifié*” illuminated by many watts of electrical bulbs. At the end of a perilous sea journey, the traveler came face-to-face with the luminous brilliance of external light. This is only the earliest of many such encounters with **Outer Light** that have been personally verified by Platinum Level Network Leaders among the New Friends of the True Course. Why do you think it is that

presence of the flock, even without the aid of so-called **cognition** or pseudo-scientific **rationalization**. You are just like this bird, perceiving the light of the course and feeling the warmth of the society of friends as you continue on your way. Furthermore, just like the bird, a student on the course gains increasing altitude while “flying” along the journey. In this way, your instructor is above you on the path, just as the Platinum Network Leader is above the instructor. On any Course, moving forward means moving upward!

Such is the magic of flight! When humankind first looked at the bird, they dreamed of flying. Only within our lifetimes has this dream become a reality. The aircrafts of today replicate the amazing feat of flight that still eludes even the most learned avian scholars. As every schoolchild learns, the famous Wright Brothers were the first to achieve the goal of flight at an obscure location sometime in the early Twentieth Century. But were the Wright Brothers in fact the first beings to join the majestic bird in the wonders of air travel? How do we know this is a Truth? Sometimes, a group of people will come together to tell you how things are or have been. They tell you certain people lived in the past and did actions. They purport to explain how hidden and unknown things work. They take their authority from people they do not know, and sometimes

Yes, there are many difficulties at the onset of a journey. But perhaps something about this thought exercise has struck you as odd. Do you know what it is? Try to think back to the moment that you noticed a word or phrase that seemed amiss. What was it?

Maybe you aren’t sure what it is yet, but as you continue learning the revolutionary techniques of our proprietary method of Science, these issues will come into focus. Here’s a hint to help you along in this preliminary lesson: What did you perceive when the prompt asked you to “feel inside”? Did you notice that the room of your mind’s-eye became imperceptibly dimmer? Did the warmth and brilliance of the light become just a little fainter? Of course it did! This is the inevitable effect of the turning one’s face from the outer light. The outer light is obviously not within. And that should—of course—go without saying!

Now you have learned this central tenet of inner/Outer Light Science, the revolutionary set of techniques discovered and refined by the New Friends. Observe your instructor. Do you notice the way in which your instructor always perceives what is before them? This is a result of the training instilled in this official study program: the training that will soon be yours! Pay close attention as you read and advance

upon the path of knowledge, but refrain from turning inward. The outer light is the source of all that is True, as we shall see in the following pages.

Hold your strength, NEW FRIEND, your journey along the TRUE COURSE has only just begun!

\* \* \*

## Part 5: The Story of the True Course: The Outer Light and YOU!

You are now nearing the end of the “*gratis*” First Unit of the inner/Outer Light Science Study Program. But your journey is far from over! This First Unit is the proverbial tip of the iceberg that marks the onset of a life-long path of knowledge. At the conclusion of this unit, your Network Leader will discuss options for continuing your way upon the True Course, where you will scale ever higher to reveal new vistas of Outer Light! But we’re getting ahead of ourselves. Before you can move forward you must first see how the path has been trod. The concepts that you have learned along the way were discovered and developed by the Friends ahead of you on the True Course. What is the Story that produced the knowledge collected in these pages?

To begin the story, first imagine a migrating bird. Have you noticed that every year the birds around your home will vanish, only to reappear the following spring? Where do the birds go? And how do they know the way? No expert in the avian sciences can explain exactly why or where birds travel. Even more, scientists wouldn’t even think to ask how a bird is able to find its way. Yet the birds know! The birds always **perceive** the way forward and **feel** the

It is imperative as a student of the True Course that you memorize these pairs and/or copy them into a notebook for easy reference. These essential concepts are the skeleton that make up the spine of the atlas that will guide you forward on your journey!

\* \* \*

—Review and Refraction for Part 4—

(Spend 5-10 per prompt)

- (1) With your study group, take turns explaining the meaning of each oppositional pair. Which pair is most relevant to your life today?
- (2) Begin keeping a journal where you keep track of every instance of an oppositional pair that you notice in your everyday life. Schedule a weekly meeting to discuss your entries with an instructor.
- (3) Write and send a letter to a former colleague or classmate describing your journey on the Course so far. Did your letter mention perception and feeling? What about cognition and rationalization? Why or why not?

\* \* \*

—Review and Refraction for Part 1—

*At the end of each section (or “Part”) of the inner/Outer Light Science (i/OLS), you will be asked to look without to review the progress you have made along the path, and also to consider your next stops of movement as you pursue the brilliance of the outer light. Spend time with your instructor, network leader, or study group to discuss your responses to the prompts. If you are studying alone, please visit the Web Home of the NEW FRIENDS Of The TRUE COURSE to be assigned to a “virtual study group” with other Online students.*

(Spend 5-10 per prompt)

- (1) What is the difference between the inner light and the outer light? How can you be sure?
- (2) How are warmth and light best experienced? Through perception, feeling, or both? Explain.
- (3) Where do you hope that your course will lead? Discuss with your network leader.

\* \* \*

Part 2: Learning to Experience the Outer  
Light: Perception and Feeling

At this point in your journey, you've learned a little about the inner and Outer Light. But you may be wondering: How do the instructors and network leaders distinguish between these two sources of brilliance? How can one ever aspire to this level of scientific discernment to master this system? What are the next steps forward on the Course?

Do not despair! Although the way is not always clear in your initial steps, as you move forward the course will brighten considerably. Think of the example of the railroad. When a train first leaves the station, the ties and rails can be difficult to discern. The conductor and engineer must spend the first several miles determining the depth and directions of the tracks. Just imagine the havoc if the transportation scientists did not fulfill these important duties! While the rails are always ill-defined at first, as the trains gain speed, momentum, and (yes of course!) distance, the train will itself know its own direction, leaving the engineer the time and energy to focus only on the task of perceiving. And this is the crucial lesson that we will now discuss: the importance of perception and feeling in the traversal of the Course.

Light Science is governed by such oppositional pairs. Review the below “cheat sheet” as a guide to correctly employing our simple concepts in any situation you may encounter.

**inner/Outer Light Science Oppositional Pairs:**

outer	inner
light	darkness
True-th	Un-True-to
feeling	rationalization
organ of exteriority	organ of interiority
perception	cognition
airplane	automobile
employment	education
feet	hands
photographs	books
outer space	bodies of water
calibration	reconstruction
information	geometry
combustion	electricity
instructor	charlatan
compass	map
improvisation	intuition
judgement	discernment
experience	sight
culture	society
anxiety	disgust
digital	print
aesthetics	ethics
music	dance
myths	advertisements



*valid for whatever life throws at me! But how will I know which concept is appropriate for a particular life event? What if I mis-apply this method and find myself taken off the course?*

Unfortunately, these serious concerns are well-founded. Although our official study program is the only proven method for advancement upon the Course, the misapplication of key concepts can quickly lead an undisciplined student into dangerous territory. Do you recall the fraudsters who claimed to “feel” the inner Light discussed in Part 3? They were once students of the True Course just like you! However, their malpractice has taken them irrevocably far from the True-th of the Outer Light. And they must be shunned! Do not follow in the footsteps of Charlatans! It is vitally important to review the essential scientific concepts so that you may refract the Outer Light onto others. Every student should strive to bring in new learners to follow them upon the course.

Let’s now review the key scientific concepts and consider how they may be applied in everyday life. As we all know, the world is structured by a series of fundamental oppositions: Inner is the opposite of Outer. Darkness is the opposite of Light. Children are the opposite of the Elderly. Food is the opposite of Drink. Flight is the opposite of Swimming, etc. As a guide to life and the world, the inner/Outer

To experience the Outer Light, we must both perceive and feel! (By now, careful readers may have noticed that the text has not yet mentioned how to experience the inner Light. This is an important observation that indicates how this scientific learning program has already attuned you to the “rails” of the pathway. The modes of experience for the inner Light will be covered in Part 3 of this program).

To fully comprehend our experience of the Outer Light, we must then define perception and feeling. But what exactly is perception? And what about feeling? What exactly is that?

As every child knows, **perception** is primary defined as the attunement between the perceptual organs of exteriority and the exterior world, as such. When the organ of exteriority reach a state of equilibrium with that which is without, then the act of perception has occurred. Perception can never be fully instantaneous as a moment of experience, but can only be recognized in the moment after perceiving has expired. That which is perceived is the inherent frequency of the exterior world upon the body’s organs of exteriority. This is the “common sense” understanding of perception and experience, which in fact wholly describes how we perceive the outer light! The **organ of exteriority** responds to the frequency of the outer light,

leading the pursuit forward along the path. This is what it means to “**calibrate the compass.**” Be careful to realize that this in fact not a metaphor, but is a literal calibration of the inner compass that happens in the act of perception.

Unlike perception, **feeling** is the assimilation of the organ of interiority with the frequency of the exterior world. Some (see later Lessons in the Program) have made grave mistakes in assuming that the organ of interiority corresponds to the interior world, just as the organ of exteriority corresponds to the exterior world. But the Light Science of the New Friends has conclusively shown in repeated empirical demonstrations that there is in fact NO interior, as such. The reflection of the outer world on the organ of interiority can be misperceived in a moment of false perception as the interior. But, as we have already shown, the organ of exteriority (which is of course the necessary for perception) can perceive only the exterior world. This raises the question of how the interior can ever be perceived in itself. And the answer is obvious: It cannot be perceived! As we will cover in the next section on the inner light, there are indeed certain phenomena of interiority that are the sources of both un-True-th (and True-th). But feeling is in fact the **organ of interiority** becoming attuned to the frequency of the outer light.

## Part 4: Using Scientific Concepts in Everyday Life

At this point of your journey upon the True Course, you can begin to take stock of how far you’ve already come. Think back to the railroad journey discussed in Part 2. You are the engineer of this psychic railway, and by now you can devote your energy more fully to the endless track before you. You’ve already mapped out the depth and direction of the rails—now the train knows its course. But this is not the time to sit back and relax! Just as the railroad engineer must be ever-vigilant in the combustion room, you must remain aware of the brilliant flame of the Outer Light. If the transportation scientist is not wary, a fire could jeopardize the train journey, and the same is true for your voyage along the Course! Perception and feeling are not hobbies to be pursued in your free time, or after a hard day of work or school. The scientific concepts we’ve introduced can and must be integrated into all aspects of your life and livelihood in order to advance along the True Course!

Now you are probably thinking to yourself: *Yes of course I see the value of the inner/Outer Light Science! The New Friends have conclusively proven through empirical demonstrations and logical formulas that these scientific concepts are*

These are the key concepts associated with both the Outer Light and the inner Light that comprise the core of this scientific system of thought. From this moment forward, you will primarily refine and deepen these basic concepts as you move along the path towards the luminescence of the Outer Light!

\* \* \*

—Review and Refraction for Part 3—

(Spend 5-10 per prompt)

- (1) Explain how feeling and cognition are analogous to perception and rationalization. Use examples from the text.
- (2) List the ways in which your instructor has modeled the correct mode of cognition. Be specific!
- (3) Think of an instance in which you or your group members have engaged in rationalization. How has this affected your progress on the path?

\* \* \*

In a nutshell, these are the basic characteristics of perception and feeling necessary for the continuation upon the psychic railway that is the TRUE COURSE!

\* \* \*

—Review and Refraction for Part 2—

(Spend 5-10 per prompt)

- (1) What is the most recent moment of perception you can recall? Discuss with your partner.
- (2) How is feeling distinguished from thought?
- (3) What is the surface upon which the outer light reflects when taking into account the proven non-existence of the interior as such? Ask your instructor for assistance if you get stuck—and be careful of the time limit for each prompt!

\* \* \*

### Part 3: The Inner Light: The Source of Un-True-th (and True-th)

Now that we've mastered the concepts associated with the Outer Light (perception and feeling), we must move on to the most perilous step along the True Course thus far: the Un-True-th and True-th of the inner Light!

As your Instructor has surely made clear by this point, the Platinum Network Level can never be achieved by attempts to feel the inner light. But why is this mistake so common? And how can you avoid this pitfall?

Early Light Scientists who developed a primitive form of the inner/Outer Light Science first taught that the inner Light could be felt under certain special circumstances. But, as we have definitively learned in Part 2 (see above), the organ of interiority can never "feel" the light that supposedly emanates from within, because light exists in the realm the organ of exteriority, which is perception. Accordingly, it is logically impossible that one could feel (let alone perceive!) the inner light. Charlatans who continue to distort the compass's direction along the True Course will gladly mislead you about this crucial point of understanding. DO NOT BE MISLED! Please report to your instructor if

anyone approaches you to discuss the ability to feel the inner light.

As a point of fact, the inner Light is THE source of Un-True-th along the True Course. So does the mean that the Inner Light is evil? Yes and no Even those who distort the True Course (i.e., those who claim to "feel" the inner light) will admit that the un-True-th flows only from the inner light. Yet the inner Light, being a reflection of the Truth of the Outer Light, can also contain elements of True-th. Thus the inner light cannot be dismissed as *purely* evil.

So how are Un-True-th and True-th of the inner Light made known to those along the course? The answer lies in the processes of cognition and rationalization (or: anti-cognition). Because perception can on only be experienced in the moment after the organ exteriority is attuned, there must be a process in which the mind reaches an equilibrium with the exterior world. This process happens in time, and is the act of cognition and/or rationalization. The process of **cognition** reveals **True-th** when the traveler re-cognizes the reflection of Outer Light upon the interior. On the other hand, **rationalization** (or anti-cognition) find **Un-True-th** in an act of false discernment. Rationalization is thus the inner light reflecting on the exterior world, confusing the way forward upon the Course.