

**Independent Checksheets**  
**Independent Checksheets Foundation**

**CHECKSHEET OF 17 FEBRUARY 2011**

Non-Confidential Downloads

**THE INDEPENDENT  
PURIFICATION CO-AUDIT COURSE**

NAME: \_\_\_\_\_ ORG: \_\_\_\_\_

POST/OCCUPATION: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_

**PREREQUISITES:** None.

**MATERIALS:** Book: Clear Body Clear Mind  
Forms: Purification RD Forms Pack

**LENGTH OF COURSE:** One week full time (eight hours per day, five days per week).

**PRODUCT:** An individual who has the data necessary to complete the Purification Program to full End Phenomena.

**SEQUENCE:** This checksheet is studied once through in the sequence listed on the checksheet.

**CERTIFICATE:** Upon successful completion of this course, the student may be awarded the certificate of INDEPENDENT PURIFICATION CO-AUDIT COURSE completion.

**IMPORTANT NOTE:** In doing this course, be very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is because he or she has gone past a word that was not understood.

The confusion or inability to grasp or learn comes AFTER a word that the person did not have defined and understood.

Have you ever had the experience of coming to the end of a page and realizing you didn't know what you had read? Well, somewhere earlier on that page you went past a word that you had no definition for or an incorrect definition for.

Here's an example. "It was found that when the crepuscule arrived the children were quieter and when it was not present they were much livelier." You see what happens. You think you don't understand the whole idea, but the inability to understand came entirely from the one word you could not define, *crepuscule*, which means twilight or darkness.

It may not only be the new and unusual words that you will have to look up. Some commonly used words can often be misdefined and so cause confusion.

This datum about not going past an undefined word is the most important fact in the whole subject of study. Every subject you have taken up and abandoned had it's words which you failed to get defined.

Therefore, in studying the materials of your course, be very, very certain you never go past a word you do not fully understand. If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood.

Don't go any further, but go back to BEFORE you got into trouble, find the misunderstood word and get it defined.

At several points of the checksheet you are asked to do a demonstration, or DEMO, of a point of the material you have read. A demo is done using bits of things such as paper clips, pen tops, coins, small blocks of wood, etc. For example, if you are asked to demonstrate how to fly a kite, you might show it like this: "This lighter represents the kite, and you tie a tail to it, which is this paper clip. Then you attach string to the kite, which is this rubber band. Now, the wind, shown by this pen, is coming from this direction and the person (indicated with an eraser), holds the kite and runs in the direction of the wind. When the wind catches the kite it lifts it in the air and you let out the string to fly the kite higher and higher."

Demonstrations help a student work out how things operate, are assembled, etc.

If you run into trouble, get help from the Supervisor.

### SECTION I: PURIFICATION THEORY

1. Book: *Clear Body Clear Mind, Part 1*  
Chapter 1: "Our Biochemical Society" \_\_\_\_\_
2. **DEMO:** Detoxification. \_\_\_\_\_
3. Book: *Clear Body Clear Mind, Part 1*  
Chapter 2: "The Development of the Purification Program" \_\_\_\_\_
4. **PRACTICAL:** Write down on a piece of paper the three elements of the Purification Program. If you are studying in a course room, place your write up on the Supervisor's desk. \_\_\_\_\_
5. **PRACTICAL:** Do a write up of why it is important to get a physical examination by a doctor prior to doing the Purification Program. Include in your write up who should not attempt to do the program and why it must be done with a partner. If you are studying in a course room, place your write up on the Supervisor's desk. \_\_\_\_\_
6. Book: *Clear Body Clear Mind, Part 1*  
Chapter 3: "How the Purification Program Works" \_\_\_\_\_
7. **DEMO:** How drugs or other toxins can affect a person years after originally ingested. \_\_\_\_\_
8. Book: *Clear Body Clear Mind, Part 1*  
Chapter 4: "Flushing Out Toxins" \_\_\_\_\_
9. **DEMO:** How the Purification Program works to remove toxins from a person's system. \_\_\_\_\_
10. **PRACTICAL:** Write down the symptoms of:  
a. overheating,  
b. salt and potassium depletion  
c. heatstroke  
and how you would handle each of these if either you or your partner began to experience them. If you are studying in a course room, place your write up on the Supervisor's desk. \_\_\_\_\_

11. Book: *Clear Body Clear Mind, Part 1*  
Chapter 5: "Importance of a Proper Schedule" \_\_\_\_\_
12. Book: *Clear Body Clear Mind, Part 1*  
Chapter 6: "Nutrition" \_\_\_\_\_
13. Book: *Clear Body Clear Mind, Part 1*  
Chapter 7: "Oil: Trading Bad Fat for Good Fat" \_\_\_\_\_
14. Book: *Clear Body Clear Mind, Part 1*  
Chapter 8: "Calcium and Magnesium: The 'Cal-Mag Formula'" \_\_\_\_\_
15. **PRACTICAL:** Practice making Cal-Mag following the recipe in this Chapter. \_\_\_\_\_
16. Book: *Clear Body Clear Mind, Part 1*  
Chapter 9: "Niacin, the "Educated" Vitamin" \_\_\_\_\_
17. **DEMO:** How Niacin works on the Purification Program. \_\_\_\_\_
18. Book: *Clear Body Clear Mind, Part 1*  
Chapter 10: "Nutrition and Deficiencies" \_\_\_\_\_
19. Book: *Clear Body Clear Mind, Part 1*  
Chapter 11: "Nutritional Supplements" \_\_\_\_\_
20. **PRACTICAL:** Write down why you increase the amount of niacin on the program and why you must increase the other vitamins in proportion the amount of niacin. Refer to the tables in the chapter while doing this exercise if you wish. If you are studying in a course room, place your write up on the Supervisor's desk. \_\_\_\_\_
21. Book: *Clear Body Clear Mind, Part 1*  
Chapter 12: "Increasing the Niacin" \_\_\_\_\_
22. Book: *Clear Body Clear Mind, Part 1*  
Chapter 13: "The End Phenomena of the Purification Program" \_\_\_\_\_
23. **PRACTICAL:** Explain to your program partner or another person what the valid end phenomena of the Purification Program are. \_\_\_\_\_
24. **PRACTICAL:** Explain to your program partner or another person what the participant should continue to do following the completion of the program. \_\_\_\_\_

**SECTION II:  
PURIFICATION APPLICATION**

1. Book: *Clear Body Clear Mind, Part 2*  
Chapter 1: "Administration of the Purification Program" \_\_\_\_\_
2. **PRACTICAL:** With your partner or another person, use the steps 1 - 9 in the section ORIENTING THE PARTICIPANT and explain to him or her the following:

- a. Why a person must have medical approval to participate in the program. \_\_\_\_\_
  - b. Explain the basic theory and main elements of the program. \_\_\_\_\_
  - c. Explain the procedures to be followed on the program, the need for keeping to a routine schedule, getting enough sleep and following the correct vitamin regimen. \_\_\_\_\_
  - d. Explain what the nutritional supplements taken on the program and why these are taken. Refer to the tables on pages 123 - 124 as you go. \_\_\_\_\_
  - e. Explain how to prevent heat exhaustion while in the sauna and how to handle it should symptoms of heat exhaustion, salt or potassium depletion or heatstroke occur. \_\_\_\_\_
  - f. Explain what niacin is, what it does and its role on the program. \_\_\_\_\_
  - g. Explain some of the manifestations that can occur during the program and the importance of continuing the program to completion once begun. \_\_\_\_\_
3. **PRACTICAL:**
- a. Look at the Purification Program Daily Report form attached to this checksheet and notice the information asked for each day on the program. \_\_\_\_\_
  - b. Then, make enough copies of the daily report form for both you and your program partner for at least two weeks on the program. \_\_\_\_\_
4. **PRACTICAL:** Obtain a legal size manila folder and write your name with a marking pen in large letters across the front. Your filled out daily report form is placed in here each day and sent to the Program Supervisor monitoring your progress through the program. \_\_\_\_\_
5. **CONDITIONAL:** If you and your program partner are doing the program without a Program Supervisor, explain to your partner (refer to the book as needed): what you would look for to verify that the program is being correctly administered how you would determine when to increase the niacin dosage and the other vitamins and supplements. \_\_\_\_\_
6. Book: *Clear Body Clear Mind, Part 2*  
Chapter 2: "Withdrawal from Drugs" \_\_\_\_\_
7. Book: *Clear Body Clear Mind, Part 2*  
Chapter 3: "More on Nutrition and Individual Schedule" \_\_\_\_\_
8. Book: *Clear Body Clear Mind, Part 2*  
Chapter 4: "Questions and Answers Regarding Program Completion" \_\_\_\_\_

9. **PRACTICAL:** Write down different symptoms that might indicate that the program has been overrun. Include what you would do if it appeared that your program partner had overrun the program. If you are studying in a course room, place your write up on the Supervisor's desk. \_\_\_\_\_

10. Book: *Clear Body Clear Mind, Part 2*  
Chapter 5: "Drugs: Their Effects and Manifestations" \_\_\_\_\_

**SECTION III:  
PURIFICATION PROGRAM**

1. **PRACTICAL:** Do the Purification Program following the instructions in *Clear Body Clear Mind* to full attainment of the end result of the program. \_\_\_\_\_

2. **CONDITIONAL:** If you are supervising your program partner through the program without a Purification Program Supervisor review his/her daily reports and write instructions on each report for the next day's program time, including any increases in niacin, vitamins and other supplements. \_\_\_\_\_

**SECTION IV:  
STUDENT COMPLETION**

**1. STUDENT COMPLETION:**

I have completed the requirements of this checksheet and I know and have applied the materials studied to a successful completion of the Independent Purification Co-Audit Program.

STUDENT ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

I have trained this student to the best of my ability and he/she has completed the requirements of this checksheet and knows and completely applies study tech.

STUDENT ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

**2. STUDENT ATTEST AT C&A:**

I attest :

a. I have exchanged for my course. \_\_\_\_\_

b. I have studied and understand all the materials on the checksheet. \_\_\_\_\_

c. I have done all the drills on the checksheet. \_\_\_\_\_

d. I have produced the results required in the materials of the course. \_\_\_\_\_

STUDENT ATTEST: \_\_\_\_\_ DATE: \_\_\_\_\_

C&A: \_\_\_\_\_ DATE: \_\_\_\_\_

**3. CERTS AND AWARDS:**

This graduate has been issued a certificate of INDEPENDENT PURIFICATION  
CO-AUDIT COMPLETION.

C&A: \_\_\_\_\_ DATE: \_\_\_\_\_

(Route this checksheet to the Course Admin for filing in the student's folder.)

Revision by  
Independent Checksheet Compilations

DK:jaw