



**Suggested Questions to Inner Guidance re: ACIM Lab Work**  
*For Finding and Releasing the Four Phases of Our Separation Defenses*

The following Perfection Healing Lab Class consist of things that have to be dealt with or moved through as you awaken. Each, for lack of better words, is like a phase of release moving you deeper into your peace in God. They are in the order you can most easily handle. The Holy Spirit or your Inner Guidance will guide you through addressing them using the holy instant each step of the way. At first, trust and faith will need to be clearly chosen until such time as your inner work yields tangible results in feeling clearly the love of God moving into your awareness. With persistence, you will be amazed at how you feel. This can require a few or several sessions to clearly experience, but peace does come as clear evidence that the work with your Holy Spirit does the work. So as you 'ask' and 'receive clarity', you will find the Holy Spirit is performing His function: Returning you to sanity and the fullness of your birthright as a son or daughter of God. Soon, your awareness of God's eternal love is once again experienced. You will feel your Infinite Oneness in Peace that You Are!

|                                     |  |
|-------------------------------------|--|
| <b>My Defenses Against My Peace</b> | <p><b>Phase I: Questions related to releasing obstacles (grievances) in choosing for My PEACE:</b></p> <p>Defenses against our peace comes in the form of holding on to grievances and not forgiving or releasing past transgressions with others. These can number as many as a hundred or so every tens years the ego's defenses in fear have been running. Most are buried deep within our subconscious and we are not even aware of them; however, with your Holy Spirit's assistance, each will be revealed and your defense can be laid to rest for they serve you no more.</p>  |
|                                     | What am I holding on to that's blocking all the peace that God is holding out for me (on worksheet #1, #2, #3?)  |
|                                     | What am I holding onto that is blocking my awareness to the thoughts God is holding out for me? (on worksheet #1, #2, #3?)   |
|                                     | Are there grievances that I can forgive/release that block my peace in this situation or life? (think or say what is involved)   |
|                                     | Is there anything that I am holding onto that is blocking my clear communication with my guides which I can release?   |
|                                     | Is there anything I am avoiding as a defense for fear of becoming vulnerable, in this lifetime or perhaps prior lives?   |
|                                     | Is there anything specifically blocking me from that I am hiding from myself, hidden or concealed?   |
| <b>My Defenses of My Body</b>       | <p><b>Phase II: Releasing my defenses of my body (sin, sickness, disease, aging, etc.)</b></p> <p>Defenses against our bodies are created as we have been raised to believe we are just the body and it is valuable for what it offers, thus we see it separate from the superbly natural, etheric, omnipresent, omnipotent, love of God. Asking these questions focuses on learning and releasing this illusion of separation at every level. Tangible, physical, mental, and emotional healing miracles are to be expected for as we lab-class with the Holy Spirit, it will shift our perception from the illusion to the Real.</p> |
|                                     | Is there any defenses I can release that block me seeing clearly I am light and not the body?  |
|                                     | Is there anything linked to the (specific physical or emotional pain) that I am feeling right now that I can release?  |
|                                     | Is there anything that is keeping me from feeling free which I can release?  |
|                                     | What is blocking me from receiving the full awareness/experience of my birthright? (perfect health, happiness, peace, etc.)  |
| <b>My Defenses Against Death</b>    | <p><b>Phase III: Releasing my defenses against death or my attraction to death:</b></p> <p>During this phase we work on releasing our attraction to death as if what God created was not eternal just as it is. We will be guided, some through the worksheets and some completely differently. Ask and you will receive all that is needed.</p>   |
|                                     | Do I have attractions to death and if so, can they be released using the Lab worksheets or otherwise to release this?  |
|                                     | I am willing to see my life as eternal... is there any beliefs I have, polarized or otherwise, that is telling God I want to do it my way?   |
|                                     | Is there anything blocking me from seeing that eternal life is happening here right now in God's Kingdom? Is so what?  |
|                                     | Are there any affirmations that will assist with this that are on the Lab Affirmation sheet or otherwise?  |
| <b>My Defenses to God</b>           | <p><b>Phase IV: Releasing my defenses to God or my fear of God:</b></p> <p>Releasing the fears of God is the final phase of letting go of our separation, it is returning to being just as God created us.</p>   |
|                                     | Is there anything that is stopping my conversation with the Holy Spirit that I can release?  |
|                                     | Is there anything that I am holding onto that is blocking my clear communication with my guides which I can release?   |
|                                     | Do I have fears of my magnificence and if so, can I release them to God?   |
|                                     | What fears are blocking me to trusting God completely?   |