

3 Faces of Spirit

Spirit as *It*

(3rd person)

Sensing the mystery of Spirit

Contemplation and service

Action

Spirit as *You* or *Thou*

(2nd person)

Intimate contact with God or the Beloved

Communing

Prayer

Spirit as *I*

(1st person)

Know thy Self as Spirit

Awakening

Meditation

Integral Life Practice

Ken Wilber

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This leads us to three vital practices that help us connect to these Three Faces:

The 3rd-person Infinite Face is accessed through reflection **ABOUT** the Divine.

The 2nd-person Intimate Face is accessed through devotional prayer **TO** God.

The 1st-person Inner Face is accessed through meditation **AS** God, the realization that I am one with God.

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