

# Wholeness and Holiness

*How to Be Sane, Spiritual, and Saintly*



DAVID RICH0

ORBIS  BOOKS  
Maryknoll, New York 10545

Founded in 1970, Orbis Books endeavors to publish works that enlighten the mind, nourish the spirit, and challenge the conscience. The publishing arm of the Maryknoll Fathers and Brothers, Orbis seeks to explore the global dimensions of the Christian faith and mission, to invite dialogue with diverse cultures and religious traditions, and to serve the cause of reconciliation and peace. The books published reflect the views of their authors and do not represent the official position of the Maryknoll Society. To learn more about Orbis Books, please visit our website at [www.orbisbooks.com](http://www.orbisbooks.com).

---

Copyright © 2020 by David Richo

Published by Orbis Books, Box 302, Maryknoll, NY 10545-0302.

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage or retrieval system, without prior permission in writing from the publisher.

Queries regarding rights and permissions should be addressed to: Orbis Books, P.O. Box 302, Maryknoll, NY 10545-0302.

Manufactured in the United States of America

---

### Library of Congress Cataloging-in-Publication Data

Names: Richo, David, 1940– author.

Title: Wholeness and holiness : how to be sane, spiritual, and saintly / David Richo.

Description: Maryknoll, New York : Orbis Books, 2020. | Includes bibliographical references. | Summary: “Wholeness and Holiness guides us through a three-step journey to psychological soundness, spiritual wholeness, and saintly holiness. To attain this goal, a person must work at all three”— Provided by publisher.

Identifiers: LCCN 2019039423 (print) | LCCN 2019039424 (ebook) | ISBN 9781626983533 (paperback) | ISBN 9781608338184 (ebook)

Subjects: LCSH: Psychology, Religious. | Christianity—Psychology. | Psychology—Religious aspects. | Spiritual formation. | Holiness—Christianity.

Classification: LCC BR110 .R53 2020 (print) | LCC BR110 (ebook) | DDC 248.4—dc23

LC record available at <https://lcn.loc.gov/2019039423>

LC ebook record available at <https://lcn.loc.gov/2019039424>

# Contents

*Introduction*      xi

## **Part One Sanity**

1		
What Is Sanity?	3	
2		
Discovering Who We Are	7	
3		
Going from Empty to Full	11	
4		
How Childhood and Its Wounds Help Us to Know Ourselves	15	
5		
What Our Relationships Tell Us about Ourselves	19	
6		
Healthy Sexuality	31	
7		
Ten Steps to Psychological Well-Being	35	

8	Affirmations for Sanity and Self-Esteem	39
---	--	----

**Part Two  
Spirituality**

9	What Is Spirituality?	45
10	Our Heroic Journey	51
11	Two Spiritual Paths	57
12	An Unconditional Yes	63
13	Showing Integrity and Loving-Kindness	69
14	Our Options in the Face of Hate or Hurt	79
15	Ten Steps to Spiritual Growth	85
16	Affirmations for Spiritual Progress	89

**Part Three  
Sanctity**

17	What Is Sanctity?	93
----	-------------------	----

18		
Can Saints Be Crazy?	99	
19		
The Divine Reversal	103	
20		
Sanctity Tailored to Who We Are	111	
21		
Companions Here and Hereafter	115	
22		
Universal Love	119	
23		
Opening to the Holy Spirit	123	
24		
Practicing Contemplation	133	
25		
Ten Steps to Sanctity in Our Modern World	141	
26		
Holy Affirmations	149	
<i>Epilogue</i>		
Practicing Sane Love, Spiritual Love, Sainly Love	151	
<i>About the Author</i>	157	