



Enlightened or Mad? A Psychologist Glimpses into Mystical Magnanimity

David Y.F. Ho

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"Enlightened or Mad? A Psychologist Glimpses into Mystical Magnanimity", tells the story of the author's life as a journey of spiritual discoveries in the East and the West. This is a journey in quest of an integrated identity, sense of self-mastery, and new directions to lead a good life - in short, spiritual fulfillment.

Spirituality then provides the unifying theme and context to interpret experiences, normal and abnormal, in China and the United States. Spirituality derives creative energy from madness to reach new heights; madness receives the healing, calming effects of spirituality to become benign. Wedded to ecumenicity, spirituality dissolves ethnic or cultural boundaries, fosters universal love, and promotes world citizenship.

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