



“Saints see things in their connectedness and wholeness. They don’t see things as separate. It’s all one, and yet like the Trinity, it is also different.”

Richard Rohr  
Franciscan Priest | Teacher  
(b. 1943)

Canonized saints are traditionally defined as individuals who have been officially recognized as having lived a virtuous life. They found ways to see the interconnectedness of all things and, most importantly, how to live a life consistent with that reality.

Philosophy professor Peter Kreeft has suggested that this way of seeing can offer a standard operating model for being human. It is an invitation for any one of us to recognize how we are all connected in some way, despite how easy it might be to focus on the many ways we might be different.

Today’s quote offers a way to bring sainthood a bit closer for each of us. But first, we must overcome the illusion of our separateness. Mystic Thomas Merton suggests that we will never escape the illusion if we try to find ourselves only within ourselves. Rather, we must look for ourselves in others.

Richard Rohr would agree: “what you do to the other, you do to yourself; how you love yourself is how you love your neighbor; how you love God is how you love yourself; how you love yourself is how you love God. How you do anything is how you do everything.”

*How can I see myself in others? In what ways can I live today in the realization of how everything is connected?*