

### What Happens When You See Earth from Space?

When astronauts see Earth from space, they are overwhelmed with a sense of awe and a feeling of increased connection to other people and to the planet as a whole.

Video link:  
<https://lab.sapienship.co/what-happens-when-you-see-earth-from-space/>

The craziest thing I learned today is that astronauts who view Earth from space tend to experience a cognitive shift. Many of them report a phenomenon that's been named "the Overview Effect". When they see Earth from space, they are overwhelmed with a sense of awe and a feeling of increased connection to other people and to the planet as a whole.

Viewed from space, Earth has no country borders and no apparent conflict. It looks fragile and precious.

Edgar Mitchell from the 1971 Apollo 14 mission described the effect like this: "You develop an instant global consciousness, a people orientation, an intense dissatisfaction with the state of the world, and a compulsion to do something about it. From out there on the moon, international politics look so petty."

So far, only about 600 astronauts have had the opportunity to view our planet from space. But in recent years, several virtual reality projects have been offering a simulation of this experience to us ordinary people.

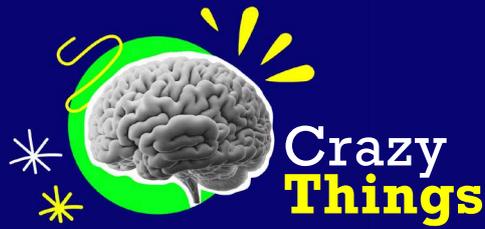
Sometimes, life presents us with moments that shift our worldviews for the better. The challenge lies in preserving that perspective, even when faced with life's obstacles.

## Activity

1. Display the video linked above to the group using a projector or a screen.
2. Divide the group into several teams.
3. Pick one of the questions from the list below. Let each team discuss it and then present their thoughts to the group. Alternatively, assign a different question to each team. When they present their findings, ask the remaining teams to share their thoughts as well.

## Questions for Discussion

1. Have you ever experienced anything similar to the Overview Effect?
2. Have you ever experienced a moment that significantly shifted your worldview?  
Describe the experience and how it changed your perspective.
3. Why do you think seeing Earth from space can lead to such a profound cognitive and emotional shift in astronauts?
4. Edgar Mitchell mentioned developing a “global consciousness.” What does this term mean to you, and why is it important in today’s world?
5. How can we maintain a sense of global responsibility and interconnectedness in our daily lives, even without experiencing the Overview Effect?



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