

Space has always been the most beautiful thing according to mankind. Dozens of astronauts and cosmonauts have gone up to space to explore the endless vast of space, and in return, dozens of pictures taken of space are what they brought back. In those pictures were probably the most beautiful thing to ever grace mankind eyes. Although its just the picture of the earth, what makes it so breathtaking to us as beings?

When both astronauts and cosmonauts went up to space they would see a plethora of things, stars, planets, and our own earth. Many astronauts when they are in space experience what is called as *The Overview Effect*. Its an affect that usually happens during their first day in space, the first time they look out the window and see the earth, its a feeling they get when they notice that they're apart of planet earth. They get a sense of togetherness, a shift from a closed mind, to expanded awareness of our situation. Not from a small city, state or country, but earth. Many astronauts and cosmonauts describe the earth by, quote, **(1)**“a tiny, fragile ball of life hanging in the void, shielded and nourished by a paper-thin atmosphere (McElhatton).”

Up in space, you can't see borders or boundaries, there is no sense or separation, all you see is one united planet. You can't see the political difference, the conflicts, or different cultures. It's just one fragile planet that we live on and that we, as the inhabitants, have to take care of. It's beautiful, delicate, and it's ours.

**(2)**“There was a startling recognition that the nature of the universe was not as I had been taught... I not only saw the connectedness, I felt it... I was overwhelmed with the sensation of physically and mentally extending out into the cosmos. I realized that this was a biological response of my brain attempting to reorganize and give

meaning to information about the wonderful and awesome processes that I was privileged to view (McElhatton).” Many people who went up to space started organization’s from their new world view like “Fragile Oasis” make projects like the documentary “Planetary”. “Fragile Oasis” was started by astronaut Ron Garan is an organization for astronauts alike to bound over their new world views, even teaming up with a filmmaker by the name of Guy Reid to make the documentary “Planetary” that was all about *The Overview Effect*.

You don’t just have to be an astronaut or a cosmonauts to experience *The Overview Effect*, you can experience it by studying pictures that have been taken from space. Thanks to technology you can experience the same feeling of togetherness right on your couch! You can experience the wonderful feeling that lets you know that you're not alone, there millions of people out there going through struggles every, living life, having fun, being who they are. Everyone is linked one way or another and there’s no reason for all the hate that there is, just know that at the end of the day we’re just a bunch of inhabitants on one small planet.

## Works Cited

McElhatton, H. (n.d.). How astronauts change after seeing Earth from space. A Beautiful World. Retrieved March 16, 2023, from <https://abeautiful.world/stories/the-overview-effect/#:~:text=The%20Overview%20Effect%20has%20been,a%20pa per%2Dthin%20atmosphere.%E2%80%9D>