Orbital

1
00:00:00,870 --> 00:00:03,000
- Since the dawn of humanity,

2
00:00:03,000 --> 00:00:06,753
100 billion lives have come and gone.

3
00:00:07,740 --> 00:00:09,600
Of all those people,

4
00:00:09,600 --> 00:00:14,586
barely 700 of us have made
the bold leap into space.

5
00:00:14,586 --> 00:00:16,627
- Three, two, one.

6
00:00:16,627 --> 00:00:19,377
(rocket roaring)

7
00:00:20,286 --> 00:00:21,119
(beeping)

8
00:00:21,119 --> 00:00:22,290
- For more than 60 years,

9
00:00:22,290 --> 00:00:24,720
we astronauts have returned from orbit

10
00:00:24,720 --> 00:00:27,540
sharing eerily similar experiences.

11

00:00:27,540 --> 00:00:28,800
- I could not believe it.

12
00:00:28,800 --> 00:00:29,730
- It was just incredible.

13
00:00:29,730 --> 00:00:32,193
- The way it was glowing in the darkness.

14
00:00:33,240 --> 00:00:35,760
- This experience is so common

15
00:00:35,760 --> 00:00:38,643
and so powerful that it has a name.

16
00:00:39,600 --> 00:00:41,634
The overview effect.

17
00:00:41,634 --> 00:00:43,350
(dramatic music)

18
00:00:43,350 --> 00:00:46,982
- When I was in orbit, I had a dream.

19
00:00:46,982 --> 00:00:49,860
(dramatic music)

20
00:00:49,860 --> 00:00:51,860
It was a dream where I saw the beginning

21
00:00:53,580 --> 00:00:55,125
of all things,

22

00:00:55,125 --> 00:00:58,542
(intense dramatic music)

23
00:01:00,300 --> 00:01:03,750
matter, energy, space, time.

24
00:01:03,750 --> 00:01:05,520
The core ingredients of our universe

25
00:01:05,520 --> 00:01:08,942
appeared in a rush of elemental foam.

26
00:01:08,942 --> 00:01:10,650
(dramatic music)

27
00:01:10,650 --> 00:01:14,580
I watched protons and
neutrons fuse into atoms,

28
00:01:14,580 --> 00:01:19,257
atomic particles amassing and
collecting into gas clouds.

29
00:01:19,257 --> 00:01:21,480
(dramatic music)

30
00:01:21,480 --> 00:01:25,530
Star after luminous star arriving,

31
00:01:25,530 --> 00:01:28,200
gathering until the
spiral of the Milky Way

32
00:01:28,200 --> 00:01:29,950

unfurled before me.

33
00:01:29,950 --> 00:01:32,700
(dramatic music)

34
00:01:36,480 --> 00:01:39,603
On an outer arm, I found our sun.

35
00:01:40,560 --> 00:01:44,013
A primordial furnace surrounded
by clumps of gas and rock.

36
00:01:44,911 --> 00:01:47,661
(dramatic music)

37
00:01:49,800 --> 00:01:54,423
Masses absorbed and grew until
our solar system emerged.

38
00:01:55,800 --> 00:01:59,733
Proud gas giants keeping
watch over rocky spheres,

39
00:01:59,733 --> 00:02:01,350
(dramatic music)

40
00:02:01,350 --> 00:02:04,326
encircled by lonely exoplanets,

41
00:02:04,326 --> 00:02:07,076
(dramatic music)

42
00:02:08,130 --> 00:02:11,283
and a single blue pearl,

43
00:02:12,960 --> 00:02:13,793
Earth.

44
00:02:15,349 --> 00:02:18,182
(tranquil music)

45
00:02:30,000 --> 00:02:32,403
Then a miracle,

46
00:02:33,244 --> 00:02:35,670
(tranquil music continues)

47
00:02:35,670 --> 00:02:36,503
life.

48
00:02:38,910 --> 00:02:41,493
Just single cells
floating in a vast ocean.

49
00:02:42,570 --> 00:02:45,510
Their simplicity was deceiving.

50
00:02:45,510 --> 00:02:47,430
Fed by the awakening rays of the sun,

51
00:02:47,430 --> 00:02:50,670
they released a giant exhale of oxygen,

52
00:02:50,670 --> 00:02:52,443
transforming the atmosphere,

53
00:02:53,324 --> 00:02:57,060

(tranquil music continues)

54
00:02:57,060 --> 00:02:59,107
and the dance began.

55
00:02:59,107 --> 00:03:03,030
(tranquil music continues)

56
00:03:03,030 --> 00:03:05,553
Single cells collected and specialized,

57
00:03:06,420 --> 00:03:09,543
dividing and growing,
becoming interdependent.

58
00:03:10,770 --> 00:03:11,603
Contact,

59
00:03:12,720 --> 00:03:13,683
communication,

60
00:03:15,390 --> 00:03:16,223
communion.

61
00:03:17,200 --> 00:03:20,430
(dramatic music)

62
00:03:20,430 --> 00:03:23,070
Soon there were organisms

63
00:03:23,070 --> 00:03:25,844
seeking deeper sips from the cup of life.

64

00:03:25,844 --> 00:03:27,570
(dramatic music)

65
00:03:27,570 --> 00:03:31,491
Trial and error stretching
for billions of years,

66
00:03:31,491 --> 00:03:33,690
(dramatic music continues)

67
00:03:33,690 --> 00:03:36,622
generation upon generation.

68
00:03:36,622 --> 00:03:40,440
(dramatic music continues)

69
00:03:40,440 --> 00:03:43,530
Neural pathways spread like galaxies,

70
00:03:43,530 --> 00:03:46,203
networks, big and small,

71
00:03:48,120 --> 00:03:52,923
mycelium, reptilian, mammalian,

72
00:03:55,170 --> 00:03:56,043
evolution.

73
00:03:57,053 --> 00:03:59,160
(dramatic music continues)

74
00:03:59,160 --> 00:04:02,043
A continuum of change and progress.

75
00:04:02,950 --> 00:04:06,533
(dramatic music continues)

76
00:04:10,560 --> 00:04:11,660
And then it was human.

77
00:04:12,960 --> 00:04:13,953
And we looked back,

78
00:04:16,650 --> 00:04:21,650
the mind of the Milky Way
in search of its own depths.

79
00:04:21,667 --> 00:04:24,500
(tranquil music)

80
00:04:26,670 --> 00:04:28,900
It felt like a story I knew

81
00:04:30,767 --> 00:04:33,753
until I realized it wasn't just ours.

82
00:04:37,534 --> 00:04:40,367
(tranquil music)

83
00:04:44,370 --> 00:04:47,223
- Earth is a water planet.

84
00:04:48,660 --> 00:04:50,340
Billions of years ago,

85
00:04:50,340 --> 00:04:53,790
the first microbes

flickered into existence,

86
00:04:53,790 --> 00:04:56,223
so small as to be nearly invisible.

87
00:04:57,930 --> 00:05:01,240
Today, giants roam the ocean depths

88
00:05:02,340 --> 00:05:04,083
calling out in song.

89
00:05:05,234 --> 00:05:10,234
(dramatic music)
(whale calls)

90
00:05:12,064 --> 00:05:14,897
(water splashing)

91
00:05:19,620 --> 00:05:24,123
Humpback whale songs have
melodies, sections, and themes.

92
00:05:25,140 --> 00:05:28,080
Structure and meaning
are passed among pods

93
00:05:28,080 --> 00:05:30,153
repeated across the oceans,

94
00:05:31,140 --> 00:05:33,813
evolving year after year,

95
00:05:35,220 --> 00:05:38,285
an expression of their very essence.

96
00:05:38,285 --> 00:05:41,035
(dramatic music)

97
00:05:45,480 --> 00:05:47,673
We think of music as human,

98
00:05:48,960 --> 00:05:51,000
but whales have been singing

99
00:05:51,000 --> 00:05:52,863
since before we walk the Earth.

100
00:05:54,309 --> 00:05:57,059
(tranquil music)

101
00:06:08,610 --> 00:06:12,423
From orbit, continents
drift by underneath you.

102
00:06:13,410 --> 00:06:16,743
Thousands of miles are
traversed within minutes.

103
00:06:21,270 --> 00:06:25,803
Down below, giants
crisscross vast landscapes.

104
00:06:27,210 --> 00:06:30,030
Step after grueling step,

105
00:06:30,030 --> 00:06:33,303
they migrate in search of food and water.

106
00:06:35,220 --> 00:06:38,824
The endless trek that survival demands.

107
00:06:38,824 --> 00:06:41,574
(tranquil music)

108
00:06:45,690 --> 00:06:49,020
When an elephant succumbs
to natural causes,

109
00:06:49,020 --> 00:06:51,333
their family gathers to bury them.

110
00:06:52,890 --> 00:06:55,860
They cover them with dirt and branches.

111
00:06:55,860 --> 00:06:58,263
They grow silent in reverence.

112
00:07:00,990 --> 00:07:01,983
They mourn.

113
00:07:07,050 --> 00:07:09,423
We think of funerals as human,

114
00:07:10,440 --> 00:07:12,420
but elephants perform these rituals

115
00:07:12,420 --> 00:07:16,065
before the first of us
were ever laid to rest.

116
00:07:16,065 --> 00:07:18,815

(tranquil music)

117
00:07:31,980 --> 00:07:34,143
Flight is challenging for humans.

118
00:07:35,430 --> 00:07:37,980
To escape the atmosphere takes millions

119
00:07:37,980 --> 00:07:40,443
of pounds of thrust exploding beneath us.

120
00:07:41,880 --> 00:07:43,590
But many in the animal kingdom

121
00:07:43,590 --> 00:07:45,603
grace the skies with ease.

122
00:07:47,104 --> 00:07:49,854
(tranquil music)

123
00:07:52,890 --> 00:07:55,920
With sinewy bodies and hollow bones,

124
00:07:55,920 --> 00:08:00,903
the eagle surfs unseen
currents rising, gliding.

125
00:08:02,940 --> 00:08:06,513
At high altitudes, the
environment is unforgiving.

126
00:08:09,090 --> 00:08:13,444
It is a conversation

between wind and beast.

127
00:08:13,444 --> 00:08:16,194
(tranquil music)

128
00:08:18,510 --> 00:08:22,173
We took to the skies only
with the aid of machines,

129
00:08:24,900 --> 00:08:26,940
but eagles have been gliding higher

130
00:08:26,940 --> 00:08:29,544
and farther than us for millennia.

131
00:08:29,544 --> 00:08:32,294
(tranquil music)

132
00:08:42,960 --> 00:08:46,953
- Life doesn't exist on
Earth, it exists within it.

133
00:08:49,710 --> 00:08:52,530
Billions of years ago, Earth was a barren,

134
00:08:52,530 --> 00:08:55,083
lonely rock dusted with
chemical compounds,

135
00:08:55,937 --> 00:08:59,100
but life has transformed it,

136
00:08:59,100 --> 00:09:01,740
creating and sustaining the conditions

137
00:09:01,740 --> 00:09:02,973
for life to thrive.

138
00:09:04,890 --> 00:09:07,170
In water where life flourishes

139
00:09:07,170 --> 00:09:09,393
even in the deepest ocean trenches.

140
00:09:10,714 --> 00:09:12,600
(tranquil music)

141
00:09:12,600 --> 00:09:15,000
On land where life takes root,

142
00:09:15,000 --> 00:09:16,683
even in the most rugged terrain.

143
00:09:19,650 --> 00:09:23,130
And in the air where
life giving nutrients,

144
00:09:23,130 --> 00:09:24,783
surf planetary currents.

145
00:09:29,040 --> 00:09:32,193
These systems make up the biosphere.

146
00:09:33,870 --> 00:09:37,060
A single planetary cell afloat

147
00:09:39,900 --> 00:09:41,689

in the cosmic body.

148
00:09:41,689 --> 00:09:44,439
(tranquil music)

149
00:09:57,018 --> 00:10:00,330
- At the dawn of our
history, humanity left Africa

150
00:10:00,330 --> 00:10:02,013
and spread across the Earth.

151
00:10:04,290 --> 00:10:08,520
Tribes becoming clans,
clans becoming cities,

152
00:10:08,520 --> 00:10:10,980
cities becoming nations.

153
00:10:10,980 --> 00:10:13,560
Until we covered the planet,

154
00:10:13,560 --> 00:10:17,073
shaping it and conforming it to our needs.

155
00:10:19,410 --> 00:10:20,910
Somewhere along the way,

156
00:10:20,910 --> 00:10:23,193
a sense of detachment grew inside us.

157
00:10:25,620 --> 00:10:27,210
Almost as though we believed

158
00:10:27,210 --> 00:10:28,860
we were separate from the planet,

159
00:10:31,530 --> 00:10:33,393
that we were separate from life.

160
00:10:34,408 --> 00:10:37,158
(tranquil music)

161
00:10:40,470 --> 00:10:45,040
You don't have to look far
to see the repercussions.

162
00:10:45,040 --> 00:10:47,790
(tranquil music)

163
00:10:54,750 --> 00:10:58,920
- Our civilization has built
world-changing technology,

164
00:10:58,920 --> 00:11:01,080
crafted incredible tools

165
00:11:01,080 --> 00:11:03,573
and engineered astonishing feats.

166
00:11:05,970 --> 00:11:08,703
We are more powerful
than we have ever been,

167
00:11:12,210 --> 00:11:14,103
but we have not cared for our home.

168

00:11:15,254 --> 00:11:18,004
(tranquil music)

169
00:11:43,380 --> 00:11:47,313
- Astronauts risk their lives
to escape gravity's embrace.

170
00:11:48,720 --> 00:11:51,000
We launch out of our atmosphere

171
00:11:51,000 --> 00:11:53,343
with a singular focus on our mission.

172
00:11:54,750 --> 00:11:58,473
We're there to work,
explore, and discover.

173
00:11:59,910 --> 00:12:01,770
But at the first opportunity,

174
00:12:01,770 --> 00:12:04,950
we rush to the windows and are greeted

175
00:12:04,950 --> 00:12:09,183
with the most important
discovery of all, our home.

176
00:12:11,490 --> 00:12:14,130
- You see all of this
beauty, you see this color,

177
00:12:14,130 --> 00:12:17,010
you see, you know, it was just,

178

00:12:17,010 --> 00:12:19,593
it was like almost like
information overload.

179
00:12:21,030 --> 00:12:23,940
And my sense is my eyes at some points

180
00:12:23,940 --> 00:12:26,820
could not process the beauty of it,

181
00:12:26,820 --> 00:12:29,239
because I had never seen
something like that before.

182
00:12:29,239 --> 00:12:31,989
(tranquil music)

183
00:12:32,910 --> 00:12:35,643
- You don't feel your weight.

184
00:12:37,500 --> 00:12:40,203
Particles float in the
cabin, everything floats.

185
00:12:41,610 --> 00:12:44,910
And after a few hours,
a few days, for some

186
00:12:44,910 --> 00:12:46,800
you don't even feel you have a body.

187
00:12:46,800 --> 00:12:48,310
You forget you have a body

188

00:12:50,910 --> 00:12:55,910
and at that moment, I
think you are pure soul,

189
00:12:56,220 --> 00:12:58,155
pure consciousness.

190
00:12:58,155 --> 00:13:00,905
(tranquil music)

191
00:13:06,690 --> 00:13:08,880
- There is a silence, the depth

192
00:13:08,880 --> 00:13:10,920
of which you've never experienced before,

193
00:13:10,920 --> 00:13:15,450
and that silence contrasts so markedly

194
00:13:15,450 --> 00:13:16,750
with what you're seeing

195
00:13:17,760 --> 00:13:20,060
and the speed with which
you know you're going

196
00:13:22,020 --> 00:13:25,770
and you think about
what you're experiencing

197
00:13:25,770 --> 00:13:30,770
and why do you deserve this,

198
00:13:31,650 --> 00:13:33,723

this fantastic experience?

199
00:13:36,660 --> 00:13:39,450
Are you separated out to be touched by God

200
00:13:39,450 --> 00:13:41,853
to have some special experience?

201
00:13:44,460 --> 00:13:46,443
You know the answer to that is no.

202
00:13:47,310 --> 00:13:49,830
You know very well at that moment

203
00:13:49,830 --> 00:13:53,070
and it comes through to you so powerfully.

204
00:13:53,070 --> 00:13:56,340
You look down and you see
that surface of that globe

205
00:13:56,340 --> 00:13:58,320
that you've lived on all this time,

206
00:13:58,320 --> 00:14:00,300
and you know all those people down there

207
00:14:00,300 --> 00:14:01,890
and they are like you.

208
00:14:01,890 --> 00:14:05,460
They are you, and somehow
you represent them.

209
00:14:05,460 --> 00:14:07,990
You are up there as the sensing element

210
00:14:09,060 --> 00:14:11,010
and you're out on that forefront

211
00:14:11,010 --> 00:14:13,143
and you have to bring that back somehow.

212
00:14:15,480 --> 00:14:18,603
And that's a humbling feeling.

213
00:14:20,730 --> 00:14:22,620
There's a difference in that world now.

214
00:14:22,620 --> 00:14:24,420
There's a difference in that relationship

215
00:14:24,420 --> 00:14:27,060
between you and that planet

216
00:14:27,060 --> 00:14:30,690
and you and all those other
forms of life on that planet

217
00:14:30,690 --> 00:14:32,670
because you've had that kind of experience

218
00:14:32,670 --> 00:14:36,576
and it's a difference,
and it's so precious.

219
00:14:36,576 --> 00:14:39,326

(tranquil music)

220
00:14:59,301 --> 00:15:00,960
- Well, we had just launched,

221
00:15:00,960 --> 00:15:04,110
but I was still too short
to see out the window,

222
00:15:04,110 --> 00:15:06,750
so there was a porthole right next to me.

223
00:15:06,750 --> 00:15:08,520
And finally we got the clearance that,

224
00:15:08,520 --> 00:15:10,863
okay, you can open your seat belts.

225
00:15:12,000 --> 00:15:14,433
And then I slowly floated up.

226
00:15:15,690 --> 00:15:17,373
I looked out the window,

227
00:15:19,050 --> 00:15:22,920
I saw this beautiful planet

228
00:15:22,920 --> 00:15:25,410
and I felt this energy,

229
00:15:25,410 --> 00:15:27,963
this amazing energy,

230

00:15:28,830 --> 00:15:31,113
life coming from Earth.

231
00:15:32,700 --> 00:15:34,560
And I just started crying.

232
00:15:34,560 --> 00:15:35,400
I was bawling.

233
00:15:35,400 --> 00:15:37,110
I didn't know why I was crying.

234
00:15:37,110 --> 00:15:41,103
I was laughing and I was
crying and it was so emotional.

235
00:15:42,900 --> 00:15:45,990
What an amazing place we live in

236
00:15:45,990 --> 00:15:48,180
and we don't appreciate it.

237
00:15:48,180 --> 00:15:50,930
(tranquil music)

238
00:16:12,300 --> 00:16:17,070
- You'll be surprised
how much you are moved

239
00:16:17,070 --> 00:16:20,343
to the point that you cry
watching the astronauts face.

240
00:16:21,990 --> 00:16:25,560

Even if you are the toughest astronaut,

241
00:16:25,560 --> 00:16:26,980
you have tears in your eyes

242
00:16:28,830 --> 00:16:32,134
and you shake the shoulder
of your crew mates.

243
00:16:32,134 --> 00:16:33,750
Is this us here?

244
00:16:33,750 --> 00:16:34,583
Is this real?

245
00:16:34,583 --> 00:16:35,913
Are, are we dreaming?

246
00:16:37,104 --> 00:16:39,854
(tranquil music)

247
00:16:53,490 --> 00:16:57,150
- My connection to our planet changed

248
00:16:57,150 --> 00:16:59,073
after seeing its fragility.

249
00:17:01,320 --> 00:17:02,670
You see all of this beauty,

250
00:17:02,670 --> 00:17:04,780
you see this color, you see

251

00:17:07,350 --> 00:17:09,993
all this stuff that you
haven't seen before.

252
00:17:10,950 --> 00:17:12,303
And when you get home,

253
00:17:13,380 --> 00:17:15,304
you want to do better.

254
00:17:15,304 --> 00:17:18,054
(tranquil music)

255
00:17:29,280 --> 00:17:30,420
- I loved being up there

256
00:17:30,420 --> 00:17:31,800
with five other people

257
00:17:31,800 --> 00:17:33,963
who all came from different places.

258
00:17:34,830 --> 00:17:37,590
And it's really clear that
you're all part of the mission.

259
00:17:37,590 --> 00:17:40,560
And if you don't get
your part accomplished,

260
00:17:40,560 --> 00:17:43,470
then the mission, which is more important

261
00:17:43,470 --> 00:17:44,700

than how you feel that day

262
00:17:44,700 --> 00:17:45,930
and whether you like your crew mates

263
00:17:45,930 --> 00:17:47,670
or anything like that,

264
00:17:47,670 --> 00:17:49,140
the mission isn't gonna get accomplished.

265
00:17:49,140 --> 00:17:51,243
The mission is so imperative.

266
00:17:53,010 --> 00:17:56,340
And yet when we look back
at the Earth, when I do,

267
00:17:56,340 --> 00:18:00,213
I see a spaceship with a crew.

268
00:18:01,390 --> 00:18:04,140
(tranquil music)

269
00:18:14,160 --> 00:18:16,560
The mission of being good Earthlings,

270
00:18:16,560 --> 00:18:18,690
of being, living in a sustainable way

271
00:18:18,690 --> 00:18:20,283
that takes care of our planet,

272

00:18:21,780 --> 00:18:24,960
learning to help each
other solve problems.

273
00:18:24,960 --> 00:18:27,510
We are one crew down here on the Earth,

274
00:18:27,510 --> 00:18:30,300
and every single little connection

275
00:18:30,300 --> 00:18:33,333
between people can make that difference.

276
00:18:34,226 --> 00:18:36,976
(tranquil music)

277
00:18:44,610 --> 00:18:47,610
- What is our condition on Earth?

278
00:18:47,610 --> 00:18:48,443
What is Earth?

279
00:18:48,443 --> 00:18:49,773
Earth is a spaceship.

280
00:18:51,360 --> 00:18:53,710
Relative to the size of the earth.

281
00:18:53,710 --> 00:18:58,560
The layer of gas that makes
our atmosphere is so seen

282
00:18:58,560 --> 00:19:02,373
that you understand

spontaneously how fragile we are.

283
00:19:04,810 --> 00:19:09,810
Earth is beautiful, Earth is
powerful, life is fragile.

284
00:19:10,876 --> 00:19:13,626
(tranquil music)

285
00:19:28,740 --> 00:19:32,250
- And now that contrast between
that Christmas tree ornament

286
00:19:32,250 --> 00:19:33,960
and that black sky,

287
00:19:33,960 --> 00:19:37,503
that infinite universe
really comes through.

288
00:19:39,240 --> 00:19:42,930
It becomes so small and so fragile

289
00:19:42,930 --> 00:19:47,310
and such a precious little
spot in that universe

290
00:19:47,310 --> 00:19:49,503
that you can block out with your thumb.

291
00:19:51,990 --> 00:19:55,170
And you realize that on that small spot,

292
00:19:55,170 --> 00:19:57,060

that little blue and white thing

293
00:19:57,060 --> 00:20:00,003
is everything that means anything to you.

294
00:20:02,610 --> 00:20:05,160
All of history, and music, and poetry,

295
00:20:05,160 --> 00:20:07,680
and art, and war, and death, and birth

296
00:20:07,680 --> 00:20:12,123
and love, tears, joy, games, all of it,

297
00:20:12,960 --> 00:20:14,610
on that little spot out there

298
00:20:14,610 --> 00:20:17,013
that you can cover with your thumb.

299
00:20:20,310 --> 00:20:24,630
And you realize that
perspective has, you know,

300
00:20:24,630 --> 00:20:25,780
that you've changed.

301
00:20:27,460 --> 00:20:30,210
(tranquil music)

302
00:20:59,856 --> 00:21:03,439
(tranquil music continues)

303

00:21:29,800 --> 00:21:33,383
(tranquil music continues)

304
00:21:59,885 --> 00:22:03,468
(tranquil music continues)

305
00:22:22,583 --> 00:22:26,166
(tranquil music continues)

306
00:22:49,630 --> 00:22:53,297
(tranquil music continues)