



Key Advice

Additional information on awe

Awe is a powerful and transformative emotion that can bring joy, inspiration and a sense of connection with something greater than ourselves. An example of an awe-inspiring story is the following:

In the early 1960s, a young American astronaut named Neil Armstrong embarked on a historic journey as part of the Apollo 11 mission. On July 20, 1969, Armstrong became the first human to set foot on the surface of the moon.

As he descended the ladder of the lunar module, millions of people around the world watched in awe and anticipation. With every step, Armstrong left an indelible mark on human history. The entire world held its breath as he uttered the now-famous words, "That's one small step for man, one giant leap for mankind."

In that singular moment, Armstrong and his fellow astronauts, Buzz Aldrin and Michael Collins, represented the culmination of centuries of human exploration, ingenuity and collective effort. Their achievement expanded the boundaries of what humanity believed possible, inspiring generations to dream, innovate and reach for the stars.

Armstrong's moonwalk not only symbolised human achievement, it also instilled a profound sense of awe in people worldwide. It demonstrated our ability to overcome challenges, push boundaries and explore the unknown. The story of Armstrong's lunar landing continues to inspire awe, reminding us of the extraordinary feats that can be accomplished when determination, courage and scientific progress align.

This awe-inspiring story captures the magnitude of human accomplishment, the spirit of exploration and the awe that arises from witnessing groundbreaking moments in history.

Next to a narrative or nature experience, art and culture can induce awe: introduce others to breathtaking works of art, such as paintings, sculpture or music that evoke strong emotions.

Remember, awe is a deeply personal experience and what evokes awe for one person may not have the same effect on another. It's important to understand and respect individual preferences and sensitivities when trying to help others experience awe.