

Episode 4: “A Change Is Gonna Come”

Explore how our beliefs help us change. First, Anju, a young woman in central India, has committed to forgo all of life's conveniences and permanently sever ties with her family in order to be initiated as a Jain nun. Anju must first pass three tests designed to challenge her commitment. Next, Howard Fallon and his daughter, Shane, arrive in the Nevada desert for Burning Man, an annual festival that provides an experiment in community art and self-expression, culminating in the ritual burning of a large wooden effigy. Howard and Shane are seeking to reconnect and heal after unimaginable personal loss. In another part of the American desert, Ashly Hines, a member of the Yavapai-Apache Nation, prepares to participate in the Sunrise Ceremony, a rite of transition into womanhood. Finally, theoretical physicist Marcelo Gleiser stands at the foot of one of the most powerful telescopes in the world. He has journeyed to the heart of the Atacama Desert in Chile to look deep into space for clues as to how the universe was born and how it is changing over time. He finds that the more he searches the universe, the more he must embrace the mystery of the unknown.

Questions to consider:

- What resonated with you most in this episode?
- What new insight did you gain from “A Change Is Gonna Come”?
- How have your beliefs helped you expand, change or transform?

Special thanks to BELIEF partner Sister Jenna, founder/director of the Brahma Kumaris Meditation Museum, for inspiration and contribution to the e-journal.



