



---

FAITH · ACHE LHAMO

# The Power of Faith

Jenny Fang

## Tibetan Buddhism

Tibetan Buddhism is deeply woven into the cultural and spiritual life of Tibet. It is not limited to religious practice, but is reflected in architecture, art, festivals, storytelling, and everyday life. Temples are not simply sacred buildings; they are also spaces where history, community, and belief continue to exist. During my journey, I began to see faith and religion not as something distant or abstract, but as something expressed through daily actions, spaces, and relationships.



A monk passing the gold discs on a temple wall. Faith here is a walk, not only a hall.



Prayer flags open onto the mountain. Belief is written on cloth and left to the wind.



Scripture read in the hall.



A monk against lacquered red pillars.





An elder at the copper wheels.



Reading together in the courtyard sun.

## Tibetan Opera · Ache Lhamo

Tibetan opera, or Ache Lhamo, is one of the traditions through which Tibetan cultural memory is preserved and transmitted. I photographed two major traditions, Juemulong and Xiangba, focusing on their distinctive costumes, masks, gestures, movements, and performances. Tibetan opera brings together storytelling, singing, dance, music, and religious and cultural narratives. Its development is closely connected with Tibetan Buddhist culture, while its stories and performance traditions also preserve a broader sense of Tibetan history and identity.

Although a photograph cannot record the resonance of chanting, singing, or percussion, I found that movement and expression could still carry something of these sounds. By freezing a moment of performance, I wanted to capture not only what the opera looks like, but also its vitality and the cultural memory and collective identity that it continues to embody.



A mask in motion. The photograph keeps the gesture when the drum is gone.













## Humanities and Connection

What stayed with me most from Tibet was not a single performance or monument, but the relationship between people, faith, and place. In temples, I saw monks, pilgrims, families, and children moving through spaces shaped by centuries of religious practice. I witnessed pilgrims performing full-body prostrations, advancing slowly and patiently through repeated movements. Their actions were simple, but the determination behind them felt profound.

Seeing these moments alongside Tibetan opera made me think about the ways people give meaning to their lives through repetition, belief, and collective memory. I was also struck by the sincerity of the people I encountered. Even without a shared language, gestures, expressions, and brief moments of eye contact could communicate warmth and trust. Through these photographs, I hope to preserve something of these encounters—not simply Tibet as a place, but the quiet emotions, faith, and human presence that I experienced there.



A full-body prostration. Repeated movement, held in one frame.



The silhouette of prayer beads on a pilgrimage against the white wall.



Elderly people on pilgrimage dressed in Tibetan clothing



Two women in a black doorway.



A bench, a wheel, a shared pause.



A child against the yellow wall of the temple.



Sitting in the courtyard between the pillars.

---

FAITH · ACHE LHAMO

Jenny Fang

Photographs and text.

Juemulong and Xiangba traditions of Ache Lhamo;  
temples, pilgrimage, and daily practice.