

**komerebi: (n.)
sunlight that filters through the leaves of
trees**

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I took these photographs at a Buddhist temple in central Houston, Texas. Buddhism has a rich history of medicinal practices focusing on natural and spiritual care. Approaches to disease require care and harmonization in all aspects of a human's life, including natural, mental, physical, environmental, and societal. Buddhism can also teach these aspects to the daily physician. Health, in and of itself, is to be understood as a whole. Both physician and patient must understand that an individual connects not only with the body and mind but also with the social relationships around them and the environment in which they submerge themselves.

The idea behind these photos does not lie in what the individual sees but in the beauty and serenity of the environment and how one can be environmentally aware of the surroundings and harmony that nature has given us. While editing these photos, I noticed how calm and quiet the environment was and how each piece of nature coexisted. These film-like qualities date back to nostalgic times and showcase each photo in its glory through saturation and balance. When deciding on a title for this project, I chose something of Japanese origin since it emphasizes medicinal practices and holistic care of people. Japan also has a community with Buddhist followers, which I considered after doing extensive research. As a future physician, I want to focus on being at one with myself, whether through my beliefs or my work, as those qualities are essential. I also invite those who view this project to try and find ways to be at peace with themselves, whether to connect with nature or practice mindfulness through meditation.