

## Submitted Abstract

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## Abstract

As the main part of the Qinghai Tibet Plateau, the systematic study of Tibetan Autonomous Region (TAR) ecological environment has always been a hot and important topic. In the process of interaction with nature, the Tibetan people have formed a special comprehensive system of the relationship between human and nature, namely life system, livelihood system and ecosystem. These three systems are in an interactive triangular relationship, which are interrelated, restricted and integrated as a whole. The life system is related to traditional ideas and lifestyle, the livelihood system is related to economy, and the ecosystem is related to environmental security, which are connected by energy in the mountain region of TAR. The relationship between human and nature continues to change with the interaction of the three systems. Taking the case of middle altitude village in the valley region along the Yarlung Zangbo, Lhasa and Nyangqu Rivers in TAR as an example. This study explores the interaction between human and nature in the densely populated area of the Qinghai Tibet Plateau from the perspective of local deities' system. It is found that it is a relatively closed valley region with clear boundaries, the geographical unit enables the interaction and operation of the three systems of life, livelihood and ecology. Furthermore, energy is the key to connect life system, livelihood system and ecosystem in the valley region. For example, the use of cypress smoke makes people connect with deities, and people make wishes for a better livelihood through smoke sacrifice, thus the use of cypress, smoke and wish forms an interactive mechanism of life, livelihood and ecosystem. Overall, when the three systems are in a good interactive state, the overall system of valley region will achieve sustainable development.