

# *Reveries on Ivories*

L O R A C H O W

PLAYS LORA CHOW

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# Tracklist

## Part I

### INHALE PEACE

1. Lesson 01:34
2. Ballet of the Stars 01:10
3. Wonder and Ponder 04:20
4. Nazar 01:09
5. Prayer for Healing 02:36
6. Paracetamol 03:37

## Part II

### EMBRACE EMOTIONS

7. Cul-de-sac 03:18
8. A Midnight Stroll 02:25
9. All I Want for Christmas is Yoga 01:30
10. Trauma-bonded 03:18
11. To Heal is to Feel 02:13
12. Waterfalling 02:58

## Part III

### CULTIVATE POSITIVITY

13. Light at the End of the Tunnel 01:38
14. When Magic Happens 02:59
15. Equanimity 03:29
16. Follow Your Heart 03:12
17. Love Yourself and Dream Big 01:34
18. Blessings 01:07

*Total:* 44:14

# *Reveries on Ivories*

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Music has the power to heal, uplift, and connect us to our innermost emotions. In this album, we present a collection of original piano compositions lovingly composed with enchanting melodies and harmony that evoke feelings of serenity, introspection and renewal. You will find solace in the music and embark on a transformative journey of self-care and self-discovery.

May this album rejuvenate your mind, nurture your wellbeing, and uplift your soul!

# Part I: Inhale Peace

## 1. Lesson

*"Give forgiveness freely and generously. Give renewed trust as it is earned."*

I am learning everyday. I record in my music diary the lessons I learn. "Lesson" explores the themes of rebuilding and finding resolution.

## 2. Ballet of the Stars

*"Stars are the brightest in the darkest nights."*

Creating a sense of mesmerizing tranquility, "Ballet of the Stars" portrays a stargazing experience in Hong Kong and invites you to float among the sparkling stars which come alive and dance.

## 3. Wonder and Ponder

*"Wonder is the beginning of wisdom."*

"Wonder and Ponder" offers a safe space to slow down, reflect, and reconnect with a sense of wonder at the beauty of the present moment.

## 4. Nazar

*"The evil eye is the evidence of a soul devoid of love."*

"Nazar" explores the belief that negative energy can be transferred through a piercing gaze. Through the interplay of light and shadow, the music evokes a sense of both vulnerability and resilience.

## 5. Prayer for Healing

*"Lord, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." – Reinhold Niebuhr*

"Prayer for Healing" was composed as a solemn and heartfelt tribute to the talented Hong Kong dancer Mo, who suffered a devastating injury when a video screen collapsed on him during the famous boyband Mirror's concert in July 2022. The music prays for Mo's full recovery.

## 6. Paracetamol

*"Music is the medicine of the soul." – Plato*

Composed during an agonizing headache that subsided as the music unfolded, "Paracetamol" stands as a testament to the power of music to transcend physical suffering and unlock the body's innate capacity for healing.

# Part II: Embrace Emotions

## 7. Cul-de-sac

*"A dead end street is a good place to turn around." — Naomi Judd*

Shrouded in shadow, "Cul-de-sac" portrays an unsettling journey with no clear exit, evoking a sense of unease, isolation and uncertainty.

## 8. A Midnight Stroll

*"Everyday, I walk myself into a state of well-being & walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, & the more one sits still, the closer one comes to feeling ill. Thus if one just keeps on walking, everything will be all right." — Søren Kierkegaard*

Wandering through the shadowed streets in a quiet night, "A Midnight Stroll" portrays a solitary, introspective walk while processing one's innermost emotions.

## 9. All I Want for Christmas is Yoga

*"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."*  
— Oprah Winfrey

Composed after a Christmas yoga retreat, the soothing melodies and joyful rhythms of “All I Want for Christmas is Yoga” remind us that moments of mindful tranquility can be a precious gift and embody the true spirit of the holidays.

## **10. Trauma-bonded**

*“Asking for help is a sign of strength, not weakness.”*

“Trauma-bonded” conveys the fragility, instability and deep entanglement of the psychological phenomenon of trauma bond.

## **11. To Heal is to Feel**

*“The only way to heal is to feel.”*

The delicate melodies and introspective harmony of “To Heal is To Feel” conveys a sense of vulnerability and the gradual reclamation of one’s inner landscape through the courage to acknowledge the innermost emotions and to allow oneself to feel deeply.

## **12. Waterfalling**

*“Tears are how the heart speaks when the lips cannot describe the pain.”*

“Waterfalling” evokes the powerful and cathartic release of long-suppressed sorrow. The torrential opening, characterized by cascading scales, is followed by a soul-stirring melody which navigates the emotional landscape with sensitivity and authenticity.

# Part III: Cultivate Positivity

## 13. Light at the End of the Tunnel

*"Even the darkest night will end and the sun will rise." — Victor Hugo*

"Light at the End of the Tunnel" serves as a beacon of hope, reminding us that even in the darkest moments, a glimmer of light can guide us towards brighter horizons.

## 14. When Magic Happens

*"Magic is believing in yourself, if you can do that, you can make anything happen." — Johann Wolfgang von Goethe*

"When Magic Happens" evokes the childlike curiosity and delight that blossoms when we open ourselves to serendipity and embrace the transformative power of the unexpected and the extraordinary in everyday life.

## 15. Equanimity

*"In the midst of movement and chaos, keep stillness inside of you." — Deepak Chopra*

"Equanimity" reflects the serene yet steadfast state of inner balance and acceptance, and the ability to meet life's ups and downs with unwavering poise and compassion.

## 16. Follow Your Heart

*"Listen to the musings of your heart. It will never steer you wrong."*

With a beautiful and tender melody, "Follow Your Heart" empowers us to pursue our deepest passions and dreams, for our heart holds the map to our truest destiny.

## 17. Love Yourself and Dream Big

*"All our dreams can come true if we have the courage to pursue them." — Walt Disney*

A stirring testament to self-acceptance and the power of audacious vision, "Love Yourself and Dream Big" has a soaring melody that conveys a sense of boundless possibility.

## 18. Blessings

*"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love." — Marcus Aurelius*

"Blessings" has a refreshing and memorable melody that invites us to pause and cultivate gratitude and reverence for the simple gifts of each new day.

# About Lora Chow

Lora Chow, a Hong Kong-born composer, coloratura soprano, pianist and multi-instrumentalist, is a dynamic force in the world of music. Graduated *magna cum laude* from Yale, Lora has created numerous piano improvisations as well as orchestral, chamber, vocal and piano compositions. Her musical style is influenced by classical composers such as Chopin and Rachmaninoff and film composers such as John Williams and Joe Hisaishi. She has premiered three compelling works with the esteemed Hong Kong Philharmonic Orchestra, which featured her versatile talent as a composer, soprano, pianist and harpist. Her works have also been performed by Orchestra della Toscana in Italy, Cascade Sinfonietta in the US, Sofia Sinfonietta in Bulgaria, Budapest Art Orchestra in Hungary, and Fusicianz, Belilios Winds, Belilios Old Girls' Strings and Belilios Chamber Orchestra in Hong Kong. Her scores are published by the Universal Edition.

Lora's music explores the relationship between the inner-self and the external world. With musical ideas often coming directly from her unconscious mind, she expresses feelings arising from her life journey through memorable melodies and colourful harmony. Known for their healing and

soothing effects, her compositions show the transformative power of music on wellbeing.

Lora has won many awards, such as the Chigiana Film Scoring Award for Best Storytelling, the CASH Music Fund, the Cole Porter Fellowship in Music and Theater, the Louis Sudler Creative and Performing Arts Award, the Curtis Recital Plate, the Katie Lees Award for Musicianship, and the Anita Hewitt-Jones Composition Prize.

Beyond her artistic endeavours, Lora actively advocates for community engagement and collaborates with many charitable organisations. She strives to spread love and peace in the world by addressing social issues and connecting communities through her music. She currently serves as the Co-Founder of the Yale Alumni Chamber Music Society of Hong Kong and Virtuoso Fiesta, the Soprano Fellow at the Hong Kong Philharmonic Orchestra, and the Vice-Chairwoman of SingFest.



# Credits

This album was recorded in the Fazioli Concert Hall in Sacile, Italy on 9 May 2024.

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