

Pursuits
from the *Roots*

L O R A C H O W
PLAYS L O R A C H O W



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Just as leaves of one tree can grow in different directions, displaying a spectrum of colors while sharing the same roots, we too, as humans of diverse backgrounds, share a common humanity. Created based on this truth, “**Pursuits from the Roots**” is a warm invitation to connect with your heart and experience the wonders of nature through soul-stirring music.

This album, a collection of eighteen original piano pieces, encourages you to delve deep within, to uncover your own truth and recognize the interconnectedness that binds us all. Some days we bloom and shine; other days we grow roots and ground deeper. Whether seen or unseen, we are growing and becoming more extraordinary.

Let the music remind you of the beauty and strength you carry within.

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|-----|-----------------------------------|------|
| 1. | Blue Ice Cave | 3:12 |
| 2. | From Coast to Coast | 3:15 |
| 3. | Over the Lilac Clouds | 3:21 |
| 4. | The Forgotten Love | 3:51 |
| 5. | Waltz of the Icicles | 1:35 |
| 6. | The Rainbow at the Seljalandsfoss | 3:48 |
| 7. | Wonders of the Woods | 3:06 |
| 8. | Petals in the Breeze | 3:18 |
| 9. | Sunny Flip-Flops | 2:50 |
| 10. | Falling Foliage | 2:41 |
| 11. | Snowy Delight | 2:50 |
| 12. | Nostalgia | 2:34 |
| 13. | The Spell | 3:26 |
| 14. | Apricity | 5:17 |
| 15. | Together | 1:09 |
| 16. | Love is Boundless | 1:11 |
| 17. | Commemoration | 5:17 |
| 18. | Fire in the Waves | 4:24 |

Total time: 57:14

1. BLUE ICE CAVE

"Look deep into nature, and then you will understand everything better."

- *Albert Einstein*

Composed after a trip to Iceland, "Blue Ice Cave" ventures into a realm of frozen wonder, where secrets of the earth are etched in sapphire ice.

3. OVER THE LILAC CLOUDS

"We are all travelers in the wilderness of this world, and the best we can find in our travels is an honest friend."

- *Robert Louis Stevenson*

Ascend beyond the ordinary, where dreams are painted in pastel hues and friendships bloom.

2. FROM COAST TO COAST

"The sea, once it casts its spell, holds one in its net of wonder forever."

- *Jacques Cousteau*

A journey across boundless shores, where the ocean's rhythm echoes the heartbeat of the world.

4. THE FORGOTTEN LOVE

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

- *Helen Keller*

A poignant loss in love opens doors to rediscover the unwavering love within ourselves.

5. WALTZ OF THE ICICLES

"In the depth of winter, I finally learned that there was in me an invincible summer."

- Albert Camus

A delicate dance of frozen tears, celebrating the resilience of life amidst winter's chill.

6. THE RAINBOW AT THE SELJALANDSFOSS

"Adopt the pace of nature: her secret is patience."

- Ralph Waldo Emerson

Seljalandsfoss is a magnificent waterfall in Iceland. Witness the convergence of water and light, where hope's vibrant colors arch across the sky.

7. WONDERS OF THE WOODS

"Keep your eyes on the stars, and your feet on the ground."

- Theodore Roosevelt

Lose yourself in the verdant embrace of the forest, where ancient wisdom whispers through the trees.



8. PETALS IN THE BREEZE

**"Just living is not enough...
one must have sunshine, freedom,
and a little flower."**

- Hans Christian Andersen

"Petals in the Breeze" portrays the lively and beautiful season of spring, carried on the wings of a fragrant breeze.

10. FALLING FOLIAGE

**"Every leaf speaks bliss to me,
fluttering from the autumn tree."**

- Emily Brontë

A cascade of vibrant hues, surrendering to the earth in a graceful farewell.

9. SUNNY FLIP-FLOPS

**"Smell the sea, and feel the sky.
Let your soul and spirit fly."**

- Van Morrison

Embrace the warmth of sun-kissed shores, where every step is a celebration of freedom.

11. SNOWY DELIGHT

**"To appreciate the beauty of a snowflake,
it is necessary to stand out in the cold."**

- Aristotle

A pristine blanket of joy, transforming the world into a winter wonderland.

12. NOSTALGIA

"There is no remedy for love but to love more."

- Henry David Thoreau

A wistful journey through cherished memories, where nature's beauty evokes a longing for the past.

14. APRICITY

"The sun does not shine for a few trees and flowers, but for the wide world's joy."

- Henry Ward Beecher

Bask in the warmth of winter's sun, a gentle promise of hope amidst the cold.

13. THE SPELL

"The earth has music for those who listen."

- William Shakespeare

Enchanted by nature's allure, succumb to the magic that binds us to the earth.

15. TOGETHER

"We are all leaves of one tree. We are all waves of one sea."

- Thich Nhat Hanh

Hand in hand, traverse life's winding paths, finding strength and beauty in unity.

16. LOVE IS BOUNDLESS

"Love is like a tree, it grows of itself, it roots itself deeply into our being and continues to flourish over a heart in ruin."

- Victor Hugo

An infinite expanse of affection, echoing through the landscapes of the heart.

17. COMMEMORATION

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."

- Rachel Carson

Honoring the moments that shape our lives, "Commemoration" is dedicated to my childhood music teacher Mr. Lai, who instilled in me a deep passion for music.

18. FIRE IN THE WAVES

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."

- Mahatma Gandhi

Watch the waves crash and burn, a powerful reminder of the wildness inside us all.



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 film scores, opera, musical, 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.

Lora has premiered four 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 Scoring Orchestra and 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 Associate Music Director of Disney in Shanghai, 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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