



Life, Values & Legacy: Our Chat with Lora Chow

January 22, 2026

We recently had the chance to connect with Lora Chow and have shared our conversation below.

Lora, so good to connect and we're excited to share your story and insights with our audience. There's a ton to learn from your story, but let's start with a warm up before we get into the heart of the interview. What makes you lose track of time—and find yourself again?

Improvising on the piano makes me lose track of time; it feels like a form of creative meditation where I enter another world that is not measured by time. My musical ideas often come directly from my unconscious mind, expressing emotions arising from my life journey. I record these improvisations and curate them into albums. This is how I created my two original piano albums: "Reveries on Ivories" and "Pursuits from the Roots."

Can you briefly introduce yourself and share what makes you or your brand unique?

I am Lora Chow, a composer and musician who is obsessed with creating beautiful music that inspires positive changes and connects communities. I previously served as the Associate Music Director at Disney. Currently, I sing with the Hong Kong Philharmonic Orchestra as Soprano Fellow and compose music for a variety of projects.

Lately, I have been immersed in three major projects that reflect my vision:

The first is an original musical titled Dr. Clown, which tells the story of a doctor who dreams of becoming a clown. He believes that true healing does not come only from medicine, but from connection, courage, and the simple power of a smile. Dr. Clown will premiere at the Hong Kong Fringe Festival in late January 2026.

My second project is an original opera called Sleepless Moon. Its style blends the worlds of Cantonese and Italian opera, featuring singers from both art forms and an orchestra that combines Chinese and Western instruments. The opera is a love story which explores how different traditions can harmonize to reveal our shared humanity. This work aims to celebrate cultural fusion and promote peace.

The third project is my new piano album, Pursuits from the Roots: a collection of soothing piano compositions inspired by nature and spiritual growth. Recorded at the Fazioli Concert Hall in Italy, the album was released on 2nd January 2026, on Spotify, Apple Music, Tidal, Amazon, YouTube, and other streaming platforms. I am now excitedly preparing for my next album, continuing this journey of self-exploration through piano improvisation.

Amazing, so let's take a moment to go back in time. What did you believe about yourself as a child that you no longer believe?

When I was a child, I believed I could make any wish come true — even change the weather — simply by focusing my intention. One day in August, I faced a schedule conflict between a dress rehearsal for a major concert and my summer school graduation ceremony. I wished so hard to attend both. At the end, an unexpected typhoon arrived, forcing the rehearsal to be postponed. In that moment, I truly felt I had the power to move the clouds and shape the world with my will.

If you could say one kind thing to your younger self, what would it be?

Be yourself and believe in yourself. There is beauty in being different — always follow your heart.

When I was a child, I thought everyone was meant to be the same, so I tried hard to fit in. As I grew up, I realized that my differences are actually blessings, and the gifts I carry are uniquely mine. What truly matters is finding the right people who appreciate you for who you are, not changing yourself just to belong.

Next, maybe we can discuss some of your foundational philosophies and views? What truths are so foundational in your life that you rarely articulate them?

Your heart always knows, listen to it.

Music that speaks from the heart touches the hearts of others, for it has the transformative power to evoke emotions and impact lives.

Okay, so before we go, let's tackle one more area. What is the story you hope people tell about you when you're gone?

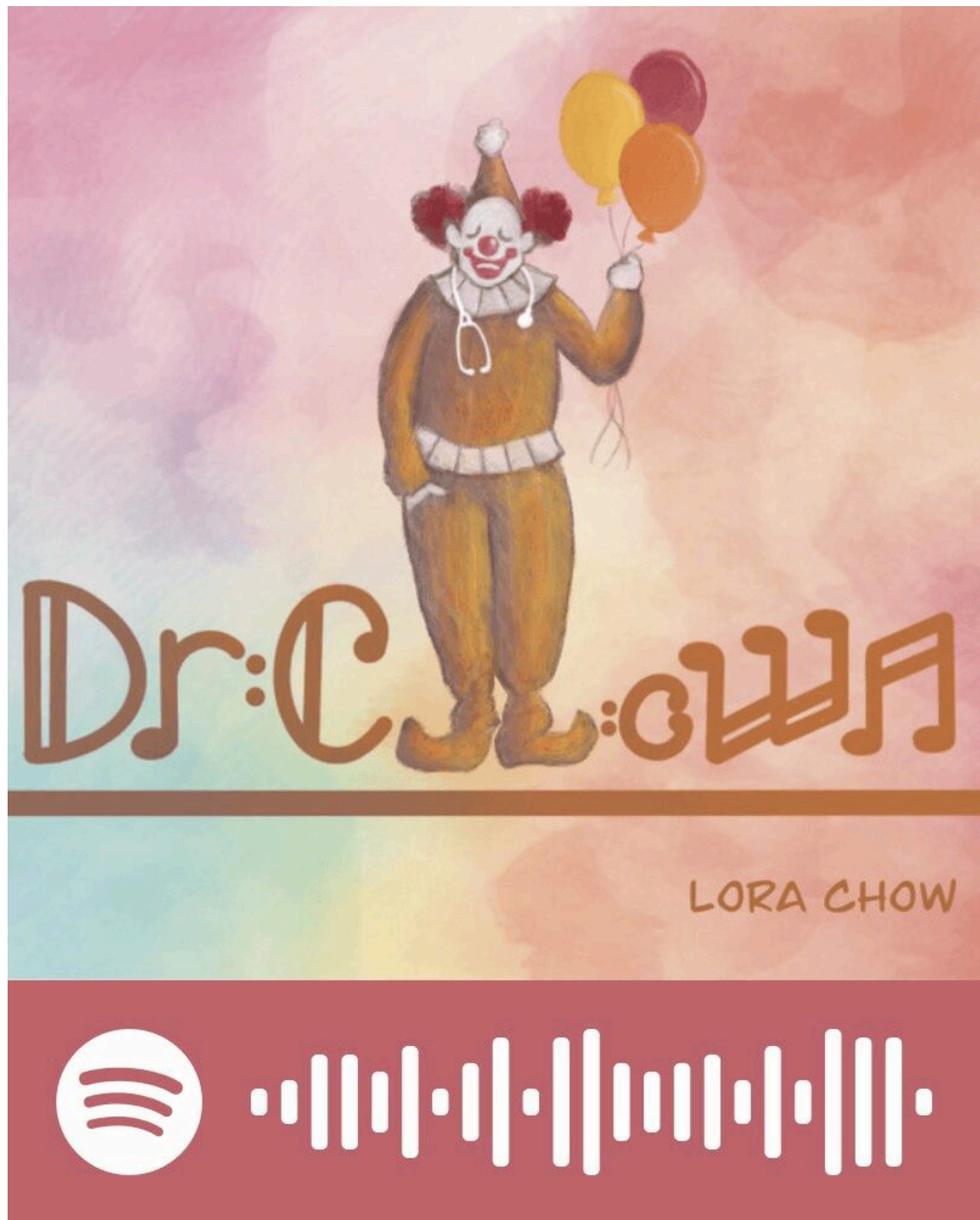
I hope people will say that my music brought joy, solace, wonder, love, and a touch of magic into their lives. I hope I inspire people to discover their purpose in life.









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Growth often means stepping into what once scared us. The things we resist can become



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