



# Book Reviews

'To Be Like Water: Cultivating a Graceful and Fulfilling Life through the Virtues of Water and Dao Yin Therapeutic Movement' by Margot Rossi, published by Singing Dragon 2022

Review by Tamsin Grainger FwSS

'What if, through calm level attention, you could see the immense depth of yourself in the same way you could see the immense depth of clear, calm water?' asks Margot Rossi in 'To Be Like Water'. This book is an introductory text on Dao Yin. It encompasses practical exercises, theory, case studies and stories, and is essentially for self-help. My guess is that you too will want to drink it up, gulp by refreshing gulp.

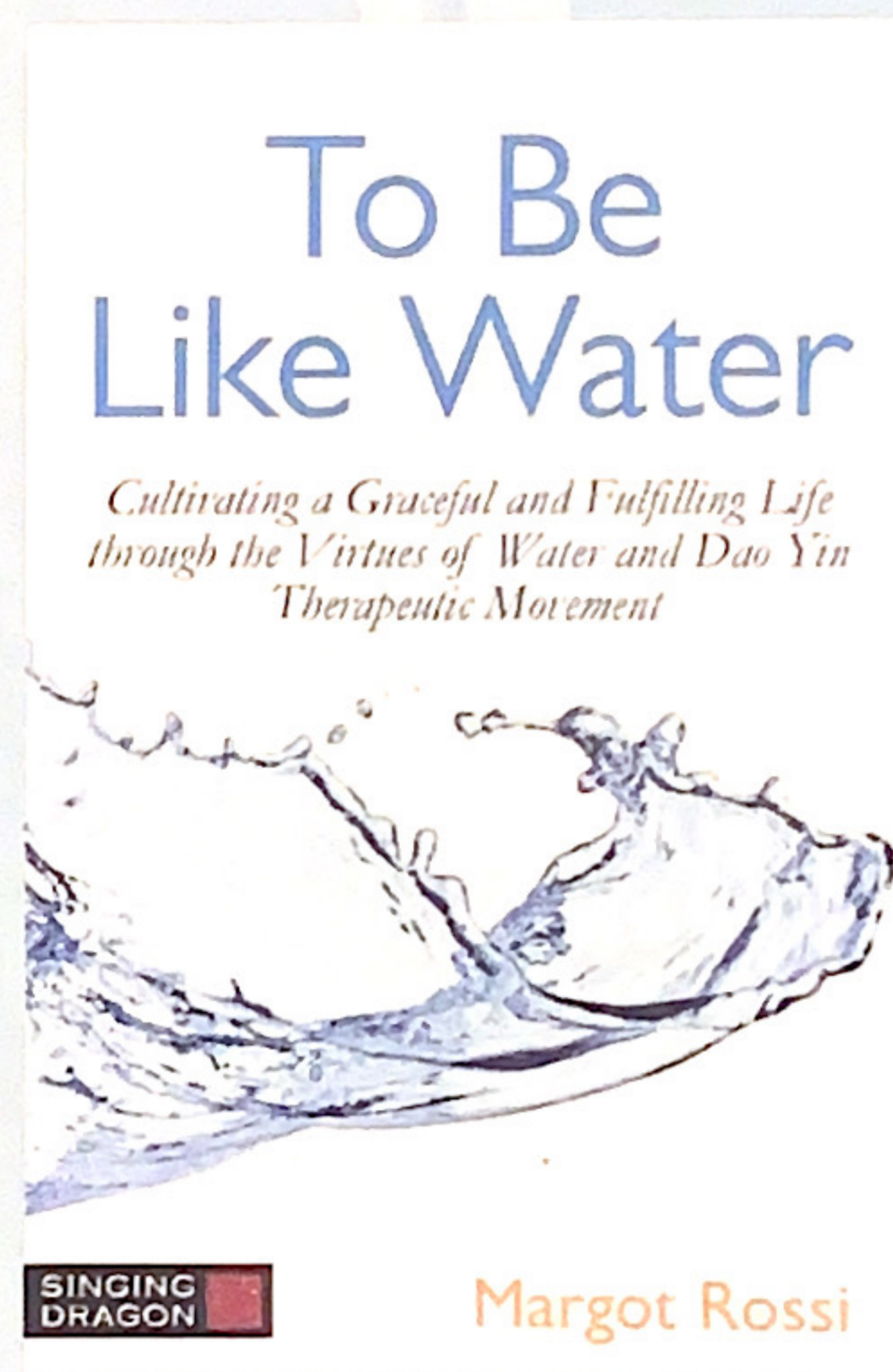
The overall quality of the text is one of clarity; it is a cool limpid pool of a book. It is also that unusual thing, mindful writing. We readers are inside her when she stretches a leg, and with her when she describes her own unfolding or tightens the horse's girth. It is the epitome of 'embodied presence' and this is what makes the exercises - the ocean that the story-streams flow into - simple to perform.

Water is in her family, and it bubbles throughout the book as you might expect, from ripply, kidney-shaped mushrooms to 'the putrid Fu-Nan River that runs through the populous city'. You will discover a little about her 25 years of experience as an Asian medical practitioner and teacher, her personal story and her personality. She addresses the human, the animal, and the other-than-human (she's a former ecologist and biologist), indeed she pronounces her family feline as 'a Zen master in cat's pyjamas'. She is honest, human, and she kindly passes on the wisdom she has gained from her teachers, such as Jeffrey Yuen. By the end you feel comfortable and energised, which will surely encourage you to do a workshop with her if the opportunity arises.

A reader with no experience of the 5 Elements will subconsciously imbibe the Classical associations of Water without having to be taught them. Of course death is in there too, with a lovely story of visiting dying relatives in Italy ('We were simply there') and the story of the end-of-life of her cat is very moving.

This is 'A set of resources to support your continued growth and wellbeing'. The recumbent exercises are based on the *Yang* trio of the Six Divisions and are very subtle, with small changes in the combinations of movement and breath. Rossi's deep understanding and practice means that she covers all safety considerations as well as providing thorough explanations for what to do, why and how. She is also flexible, like water, encouraging spontaneity and individual expression.

Rossi shares how engaging with Dao Yin - the goal is 20 minutes of daily practice - dramatically changed her relationship with herself, others and the environment. If you get to know the exercises with your own BodyMind, you will know if this is true and you will undoubtedly be able to mix them with your knowledge of Chinese medicine and recommend them to your clients.



YouTube channel <https://www.youtube.com/channel/UCY53wU4Wv2H4-gjo9G0t1Jw>  
Live Dao Yin classes on Zoom at times to accommodate EU, UK and Australia, New Zealand: Mondays 5:30-6:15 pm Eastern (NYC), Thursdays 1-1:45 Eastern (NYC).