

# Working with Motion Sensitivity

A significant proportion of the people who come to us, perhaps one in ten, is sensitive to movement. These are the ones who become dizzy or nauseous in boats, cars, Ferris wheels, and aquatic sessions. Asking about this tendency must be part of every pre-session intake. Here is how we deal with it:

- 1) Offer ginger tea without sugar just before the session.
- 2) Recommend for use during the session those Shiatsu wrist bands that press a plastic knob onto Pericardium 6, two body inches proximal to the wrist crease.
- 3) Request that partner let you know immediately in the event of dizziness or nausea.
- 4) Keep the pool quiet and dim the lights.
- 5) Suggest that partner keep the eyes open initially.
- 6) Work upright initially, then gradually lay partner out in the water horizontally.
- 7) Watch for sudden flushing or paleness of the skin, and any sudden change in respiration.
- 8) Use a firm hold.
- 9) Keep movements small and slow.
- 10) Move linearly; avoid curved movements.
- 11) Roll the head from side to side? No, no, no.
- 12) If the person reports they feel uncomfortable and are about to throw up, quickly do the following in this order: a) bring them upright; b) tell them to open the eyes and breathe deeply; c) bring them to the side of the pool where you keep a bucket; d) put the feet on the ground; e) press Governing Vessel 20 (that indentation just behind the crown), Pericardium 6 and 8, and Stomach 36.

Some receivers report that they become so relaxed in a Watsu that their sensitivity doesn't surface, so wait and see what happens. In general, though, plan on giving a session with very little movement, emphasizing nurture and bodywork, instead. If your receiver should vomit, it isn't necessarily a bad thing. The gag reflex may activate as part of an emotional process, rejecting what was "swallowed" unwillingly in the past.