

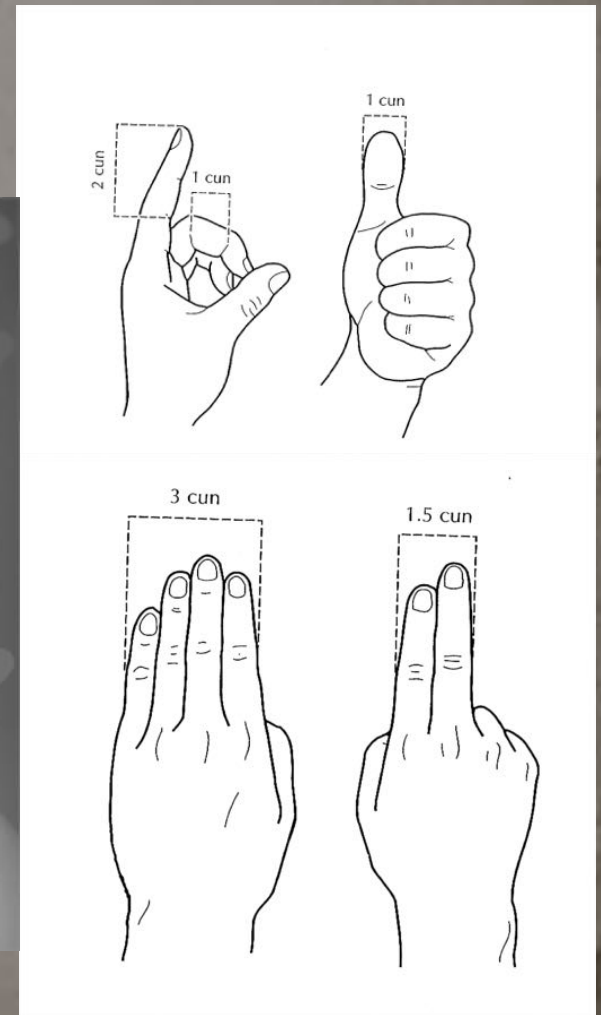
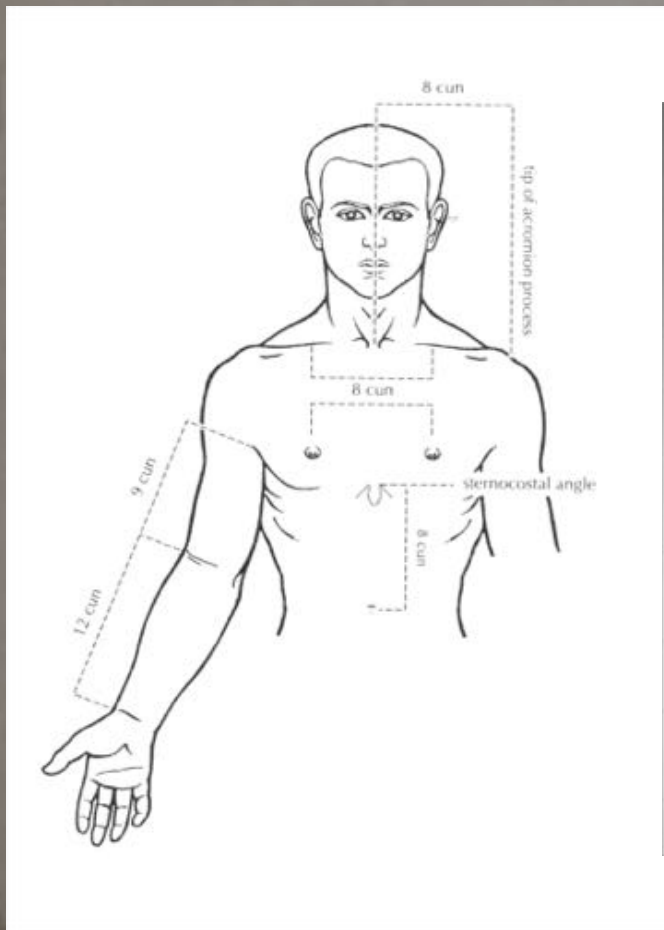
# *Point Location*

---

***Heart Meridian***  
***Hand Shao Yin***

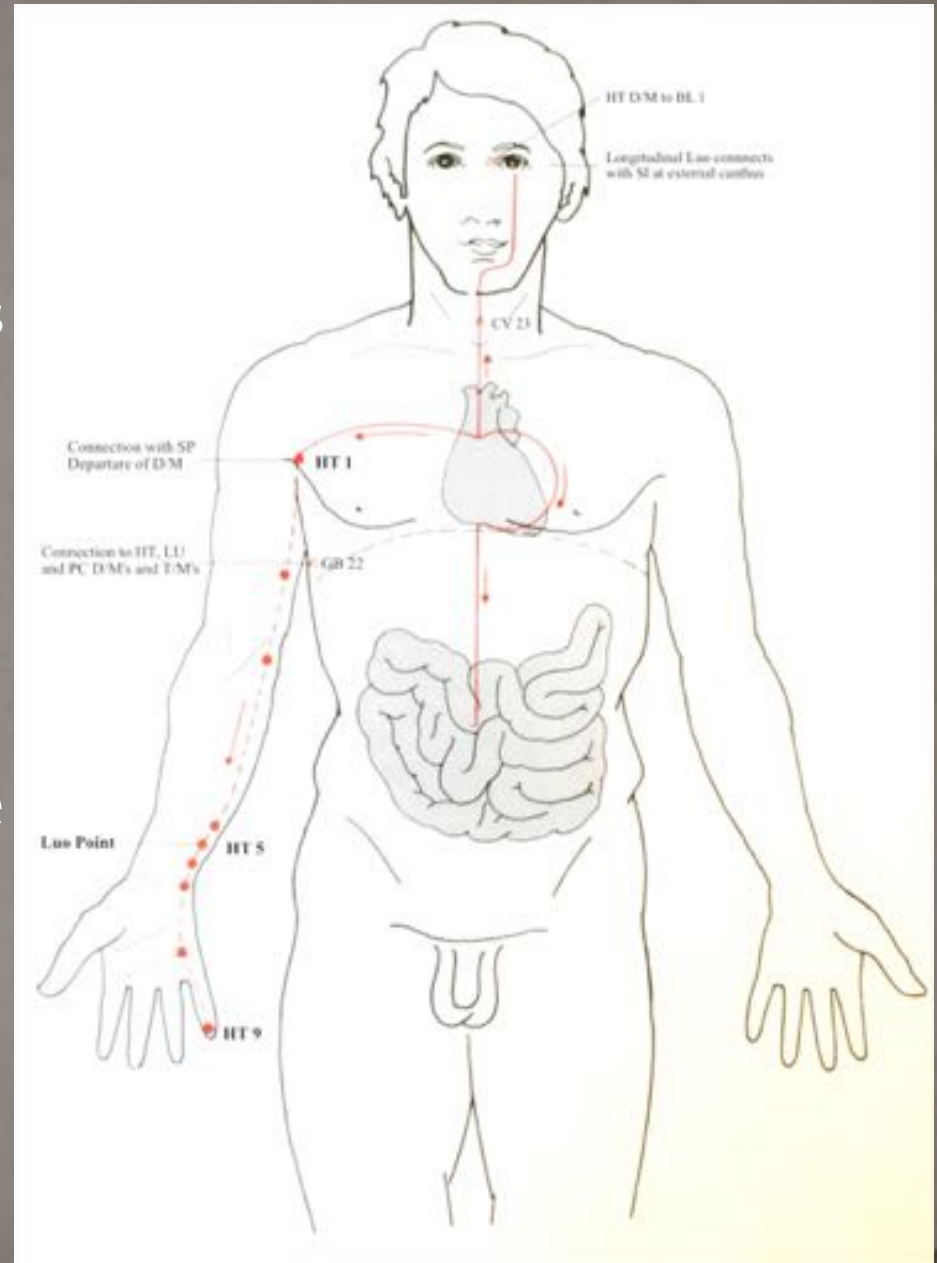
# Arm Cun Measurements

Cun—a proportional unit of measure



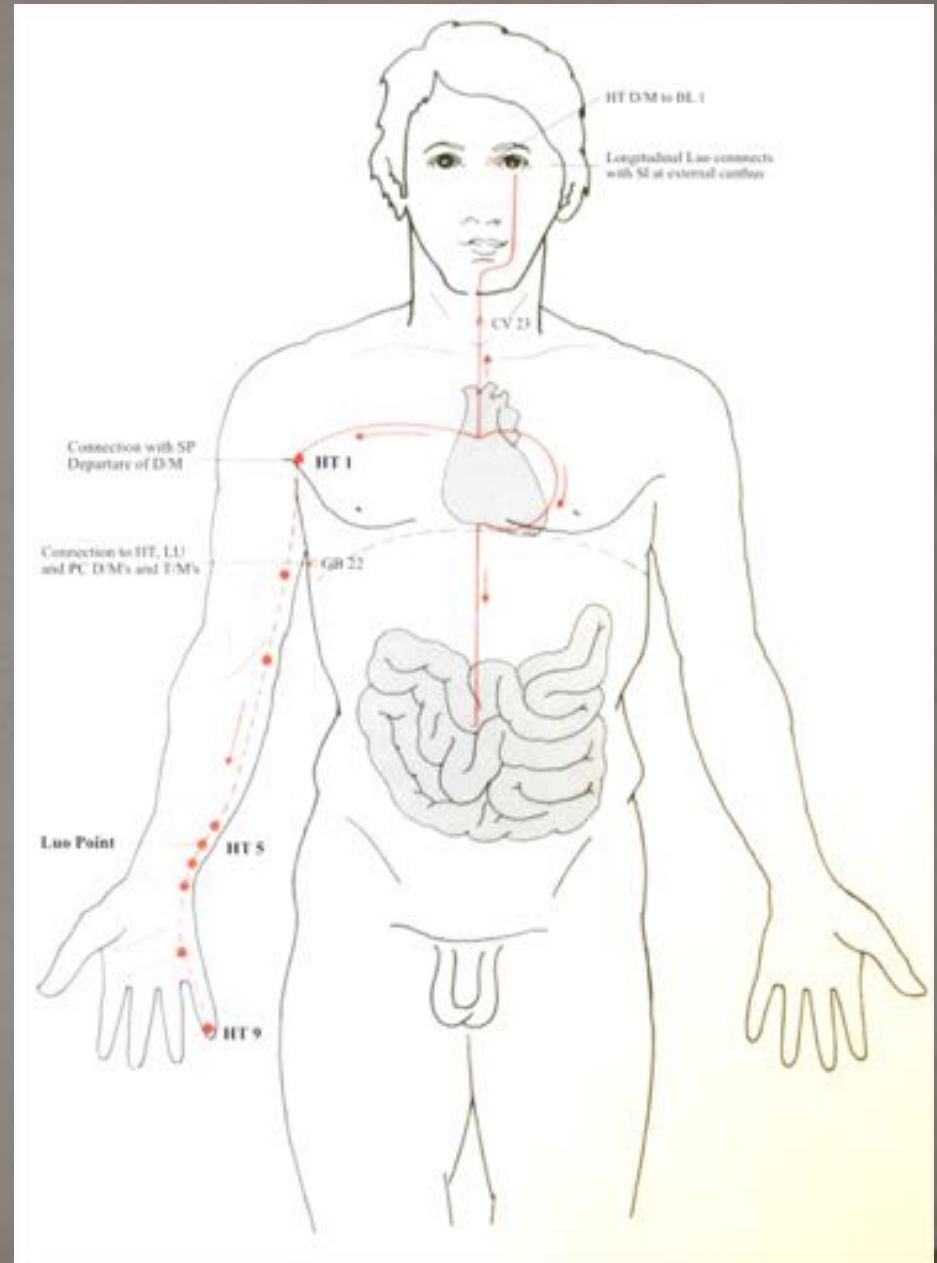
# Heart Meridian Hand Shao Yin

Internally, the meridian begins in the heart, ascends with the blood vessels of the heart and descends across diaphragm to connect to the Small Intestine (yang pair). A vertical branch ascends from the heart through the throat, passing CV 23 to the face where it connects to the tissue below the eye and connects to the Stomach meridian there



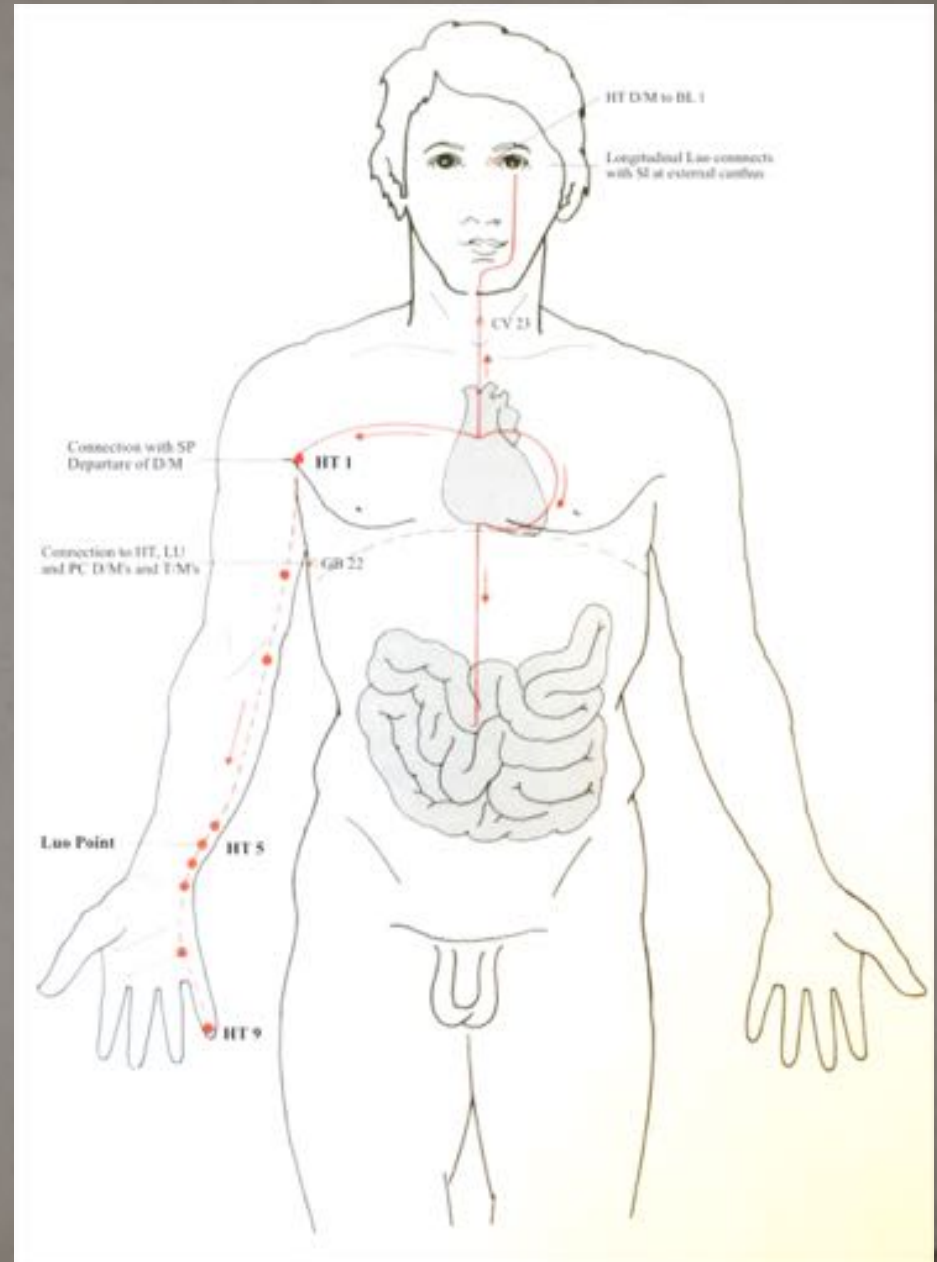
# Heart Meridian Hand Shao Yin

Externally, another branch travels from the heart, through the lungs to the axilla to emerge externally at HT 1 where it connects to the Spleen Meridian. It then descends along the medial aspect of the arm along a facial groove medial to biceps, continues down to the ulnar side of the cubital fossa, and then down forearm to HT 7 at wrist, just to radial side of the tendon of the flexor carpi ulnaris, where it enters the palm between 4<sup>th</sup> and 5<sup>th</sup> metatarsal bones and ends on the radial side of the nail bed of the 5<sup>th</sup> digit.



# Heart Meridian Hand Shao Yin

Points to know: Heart  
2, 3, 4, 7, 8, 9



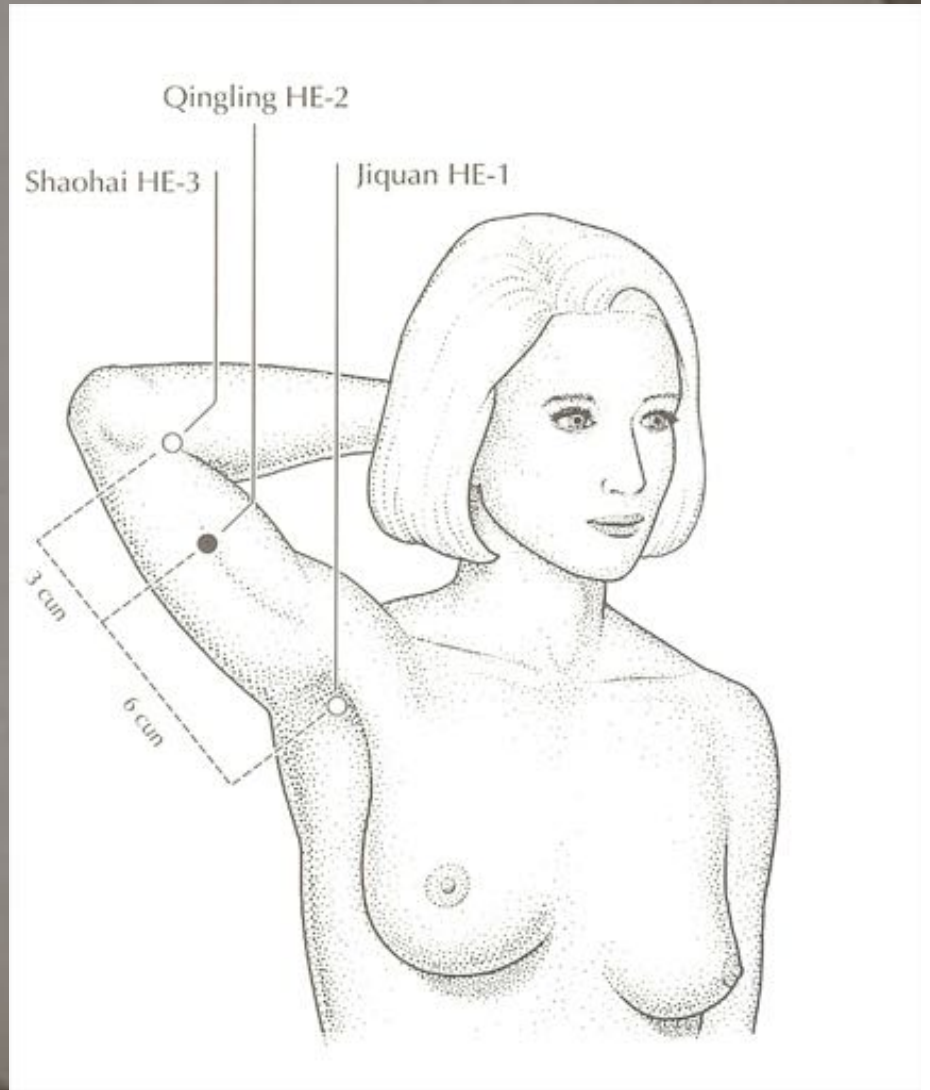


# *Heart 2*

## *Hand Shao Yin*

*HT 2 –(Qingling –Cyan Spirit)*

With the elbow flexed, 3 cun above HT 3, on the ulnar side of the biceps brachii in the medial groove



# *Heart 3*

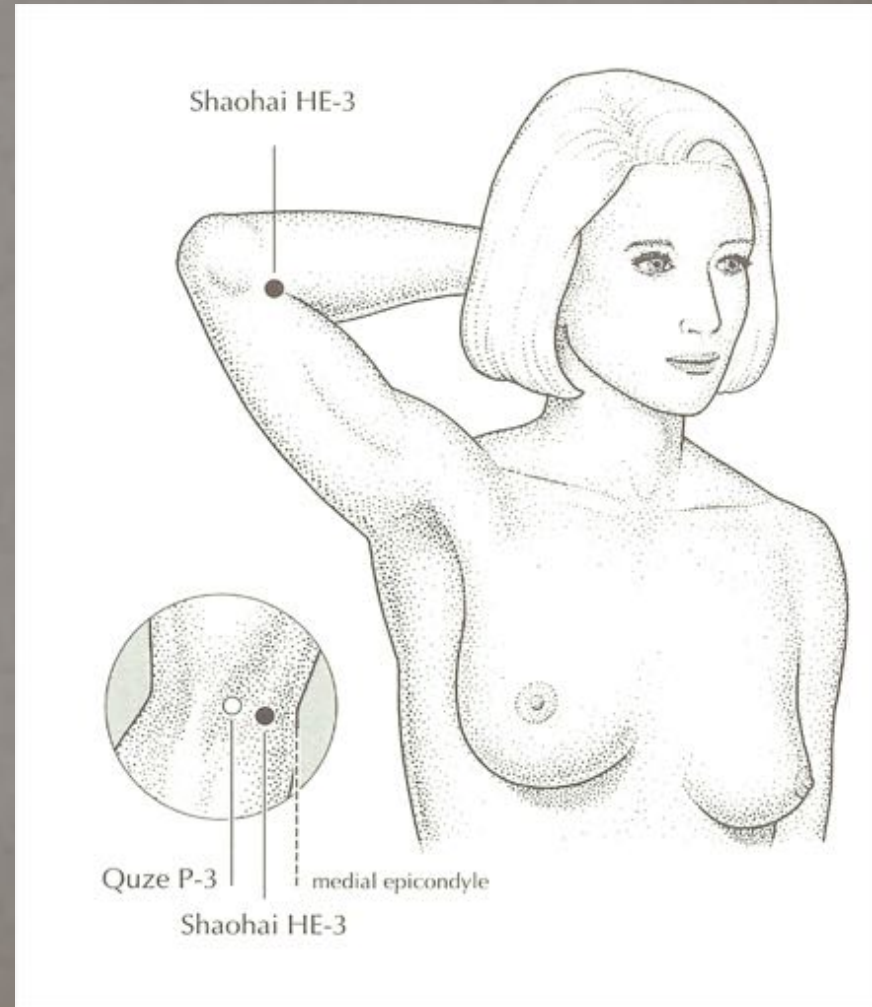
## *Hand Shao Yin*

*HT 3 –(Shaohai –Lesser Sea)*

With the elbow fully flexed, at the end of the cubital crease near the medial epicondyle of the humerus

Water point

He Sea point



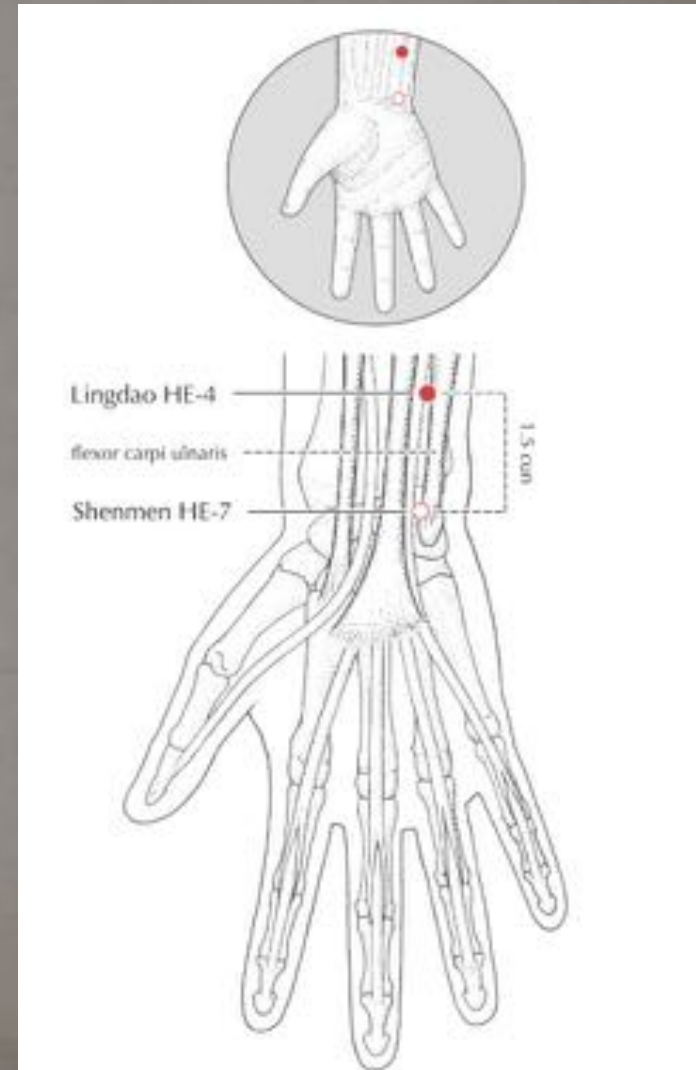
# *Heart 4*

## *Hand Shao Yin*

*HT 4 –(Lingdao –Spirit  
Pathway)*

1.5 cun above the wrist  
crease on the radial side  
of the flexor carpi  
ulnaris tendon, on the  
HT 3 - HT 7 line

Metal Point





# Heart 7

## Hand Shao Yin

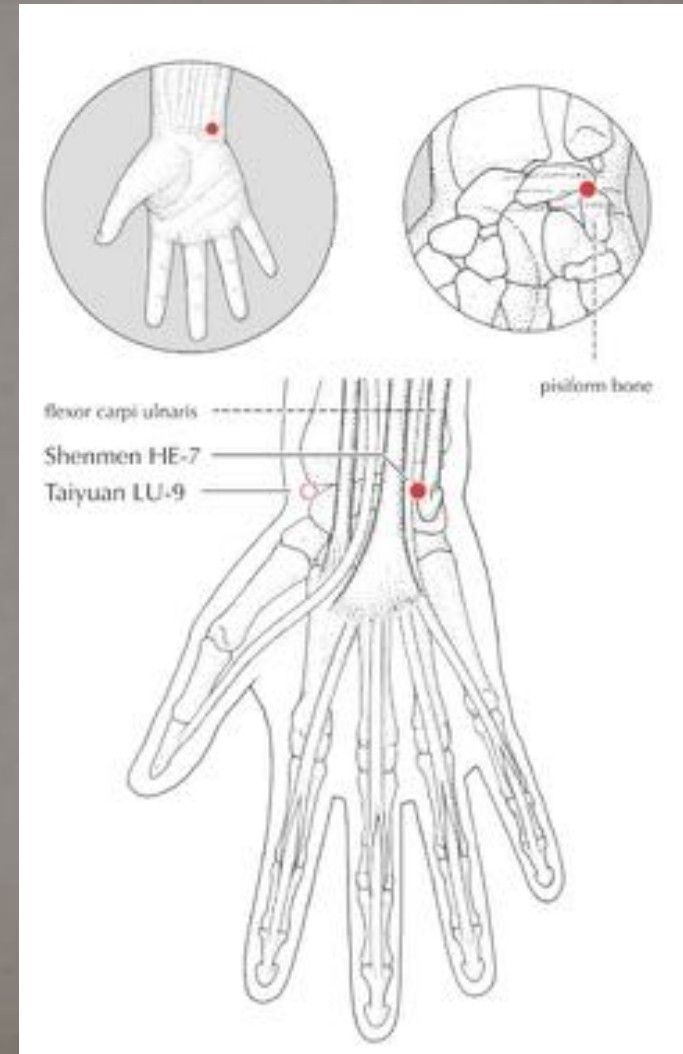
**HT 7 – (Shenmen – Spirit Gate)**

At the wrist crease, on the radial side of the flexor carpi ulnaris tendon, in a depression between the ulna and the pisiform bones

Source point (Shu Stream)

**Japanese HT 7 –**

At the wrist crease, on the ulnar side of the flexor carpi ulnaris tendon



# *Japanese Heart 7* *Hand Shao Yin*

## *Japanese Heart 7 –*

At the wrist crease, on  
the ulnar side of the  
flexor carpi ulnaris  
tendon



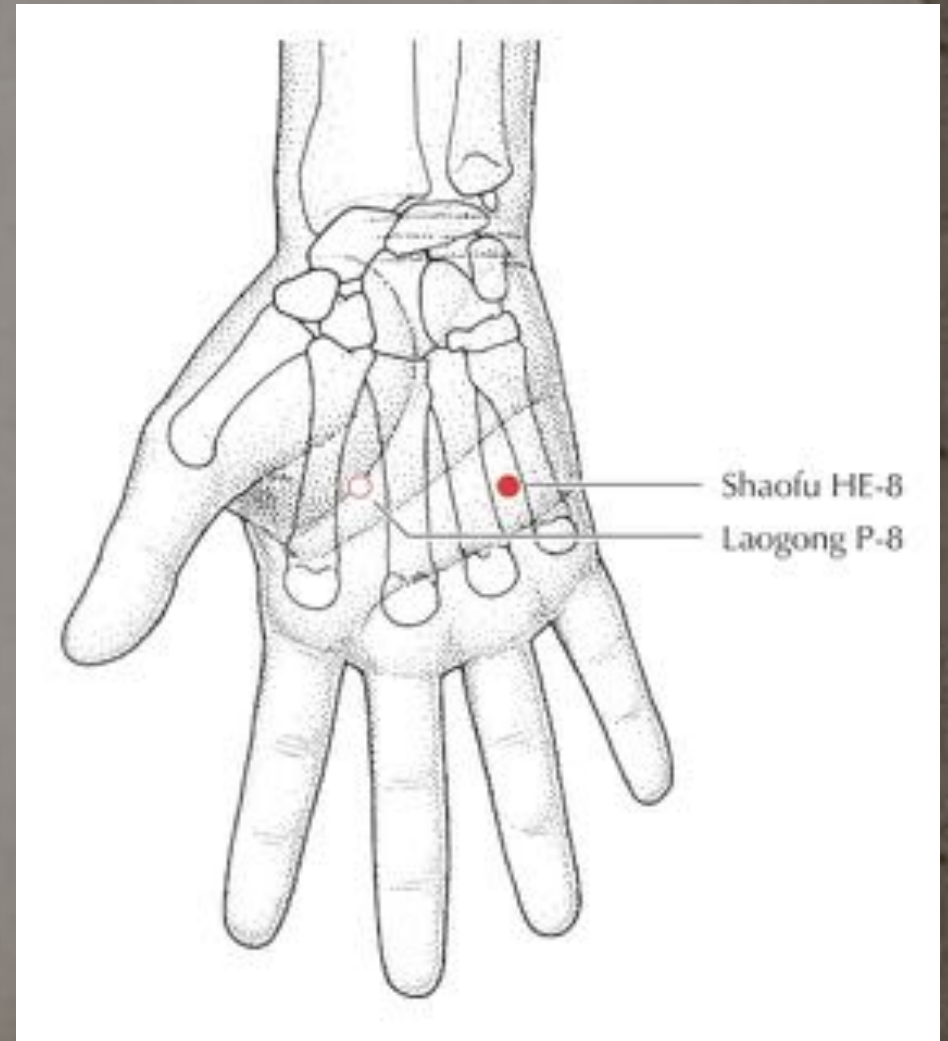
# **Heart 8**

## **Hand Shao Yin**

**HT 8 –(Shaofu –Lesser Mansion)**

When a loose fist is made where the tip of the little finger rests between the 4th and 5th metacarpal bones

Fire Point



# *Heart 9*

## *Hand Shao Yin*

*HT 9 – (Shaochong – Lesser Rushing)*

On the dorsal aspect of 5<sup>th</sup> digit at the corner of the nail bed on **radial** side

Jing Well or Tsing point

