

Class 6 - Point Location

Hand Shao Yin - Heart Channel

9 Points Total

Common Points - 1, 3, 5, 7, 9

Connects zang fu: Heart, Lung and Small Intestine

Originates from: Heart

Important Points

Ht 1

jí quán

Highest Spring

Slide finger up muscle on side toward front until reaching the arm pit, highest point in space

Ht 2

qīng líng

Cyan Spirit

3 cun from He 3 that is opposite Li 11 which is the crease in the arm opposite the elbow

Ht 3

少海

shào hǎi

Lesser Sea

Uniting/Sea-he point (water)

Crease when arm is bent mid way towards the elbow bone

Clear heat, esp. for soars on tongue

Ht 4

靈道

líng dào

Spirit Pathway

River-jing point (metal)

Pinky side 1.5 cun from wrist outside (He 7) of first tendon from side

Ht 5

通里

tōng lǐ

Connecting Li

Connecting-Lou point to Si

Pinky side 1 cun from wrist outside (He 7) of first tendon from side

Palpitation

Tonify Heart Qi

Speech issues

Ht 6

陰郄

yīn xī

Yin Cleft

Cleft-xi point

Pinky side .5 cun from wrist outside (He 7) of first tendon from side
Tonify Yin (+ Ki 7)

(Sudden loss of voice)

Ht 7

伸門

shén mén

Spirit Gate

Stream-shu point (earth)

In wrist crease on pinky side in first depression on outside of first tendon,
opposite Lu 9

Calms shen

Does not clear heat

Nourish Blood

Ht 8

少府

shào fǔ

Lesser Mansion

Spring-ying (fire)

Where pinky finger hits when curled in
Heart Fire / Phlegm

Ht 9

少衝

shào chōng

Lesser Surge

Well-jing (wood)

Inside side of pinky nail

Subdues Wind