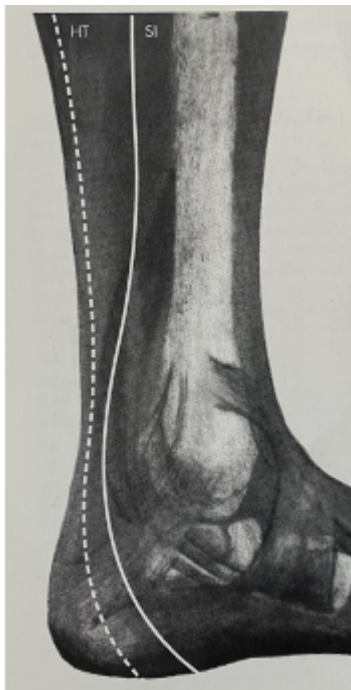
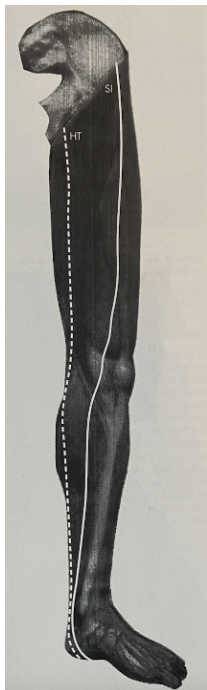
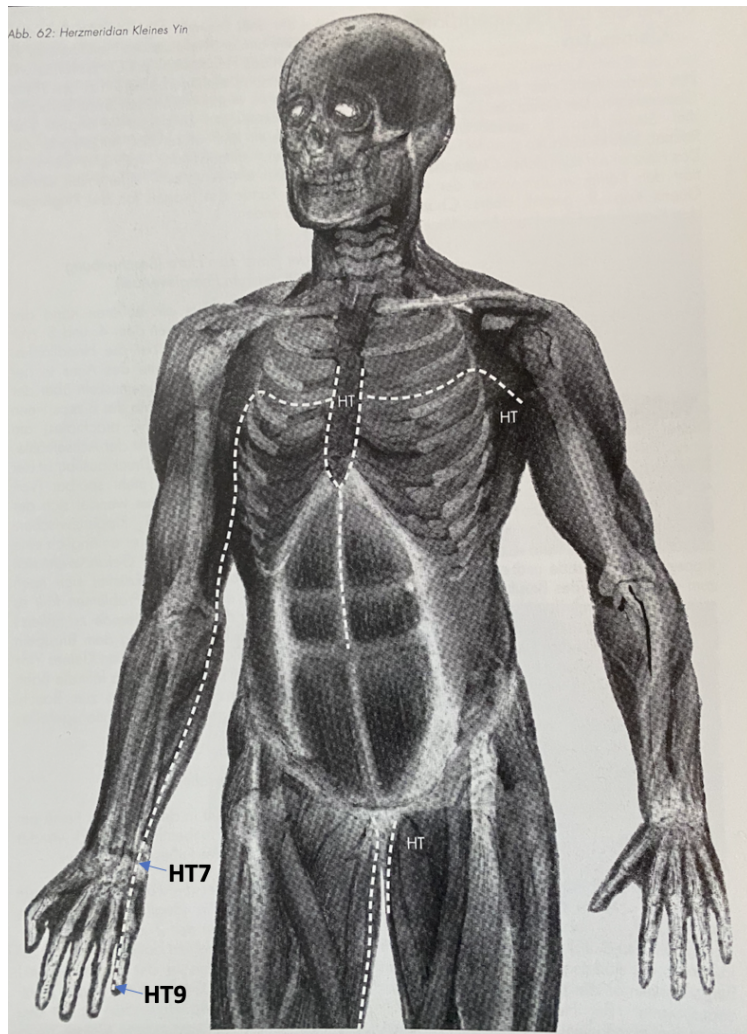


Trajectory and treatment Heart meridian



Yin meridian, so energy upwards, Fire element, Small Yin

Points:

- HT3 (elbow), He-Sea and Water point
- HT4 (lower arm), Jing-River and Metal point (1,5 cun from HT7)
- HT5 (lower arm), Luo connecting (1 cun from HT7)
- HT6 (lower arm), Xi-cleft (0,5 cun from HT7)
- **HT7 Shin Mon** (wrist), Yuan source, shu-stream and Earth point
- HT8 (hand), Ying-Spring and Fire point
- **HT9 Sho Sho** (hand), Jing-Well and Wood point

Extended (masunaga)

- Foot
 - starts in middle of heel at edge of heelbone and runs to the inside of heel.
- Ankle
 - Runs next and under achilles tendon
- Lower leg
 - Runs deep between muscle bellies, not between calf muscle bellies (bladder meridian) but more on inside
- Kneecap/cavity
 - Runs inside most strong tendon (medial to the muscles)
- Upper leg
 - Runs more inside in most deep anatomic groove between upper leg muscles and disappears under the most strong tendon in the middle of inside of upper leg.
- Hara/Chest
 - Surfaces on the heart meridian diagnose area, below the sternum. From here two branches go up on both sides of the sternum
 - After 4th rib, again 2 branches. first branch runs between 3rd and 4th rib to the outside and from here it runs to the deepest point in armpit
 - second branch runs over the 3rd rib and disappears to surface again in throat and tongue.

Classic

- Upper arm
 - From the armpit it runs on the inside of the upper arm in the groove next to the biceps muscle
- Elbow
 - Runs on the inside of the sticking out bone nodule (HT3)
- Lower arm
 - Runs in the recess of the bending muscles on the inside of the arm (HT4, HT5, HT6)
- Wrist/Hand
 - Runs between wristbone (ulna) and inner tendon, next to thumbside of the tendon on the inside of the wrist (**HT7**)
 - Runs over the little finger mouse between metacarpels of ring finger and little finger (HT8)
 - Runs on the outside of the little finger to the front and up and ends on the nail point (HT9) on the side of the ring finger.

Treatment

- Partner is on belly when treating leg. You are in seiza and later archers.
- Partner is on back when treating chest and arm.
- Treating arm in 90 degrees on the inside.
- Treating hand when setting in front of hand.

Stretches

- stretch 1: The side of the Mother hand on the side of the sternum. Working hand holds wrist on HT7 and extends arm to the sky and then next to the head of the partner. Feel where stretch is the most clear. Move the arm down if you can and curl partner arm around head and turn it a little to the outside.
- stretch 2: Mother hand on hara. Raise foot of partner to their upper leg. Support their bent knee. Give pressure with hand mouse.