



# H.A.M.R.

HAND ACTUATED MENTAL RECONDITIONING

## Instructions



### How to Use the H.A.M.R. Online Program

The following instructional pages carry the essence of Nelms's system and will teach you how to use his techniques quickly and effectively.

### Free HAMR Instructions

This program currently includes: [1] an exercise (the Hammer) that enables you to reinforce a given thought pattern and [2] a simple workbook that will get you feeling better right now.

#### 1) Learn the Hammer Exercise

The [Hammer Exercise](#) is a short series of steps that is executed using your hands and imagination. It takes twenty seconds to complete; and, it enables you to introduce a positive new thought pattern into your brain and reinforce it permanently.

#### 2) Complete the Starter Workbook

Do the exercises in the [free Starter Workbook](#).

As you go through these pages you will be struck by the simplicity and ease of the Hammer. But bear in mind that it is very strong medicine and you should use temperance with the exercises. If your brain gets tired: stop and rest; you can always come back tomorrow and do some more. After learning the initial Hammer steps you should try to avoid using the exercise more than just a few times per day. Once per day would be even better.

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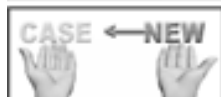
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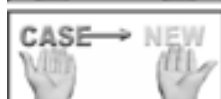


### Learn the Hammer Exercise

This first section of the Starter Workbook is a tutorial which will assist you in mastering the basic Hammer Exercise.



Take your time and work through each page thoroughly. It should not take very long and is very easy to do.



**Lesson 1** describes a pleasurable feeling of being specially chosen; your first Hammer will reinforce this feeling.



**Lessons 2 - 11** contain exercises that will give you some practice with the individual steps of the exercise.



Finally, in **Hammer 1** and **Hammer 2** you will put it all together and reinforce the wonderful feeling that came from Lesson 1. After that you will be ready to complete the Hammer Exercises in the rest of the workbook. Do one section per day (Tutorial, Power, Freedom, etc.).



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### Lesson 1

The tension is mounting; they are about to announce the results. But there seems to be a problem with the count.

Only a few minutes ago you and everyone else had arrived and settled in for the game. The first thing you did was choose a partner. It happened anonymously; you picked the person you wanted for a team member, wrote it down on a card, then dropped it into the hat. Everyone did the same thing. Now the counters are milling around and casting glances in your direction. Something is wrong.

The director approaches you and she relays the difficulty: Every single person in the room has chosen **you** for a partner. They have to start over.

How does that feel? To be chosen by every person in the room? Consider it well; because this is the feeling you will reinforce with your first Hammer Exercise.

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### Lesson 2

As was already mentioned, the Hammer involves imagining thoughts in your hands. So let us get started practicing this simple act.

Hold out your hands - palms up (like the picture shows).

Remember the feeling from the previous page; the one where everybody chooses you. Imagine the director coming up and telling you that you were chosen by every single person in the room. They all want you! Imagine that this feeling of being specially chosen is in your left hand.

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### Lesson 3

Same scenario - different hand. With palms up, imagine it in your right hand this time. As you imagine it on the right, say to yourself: "I was the only one chosen". Get used to the process of imagining this scenario in either hand.

This great feeling of being chosen is what we call the **NEW** thought. The object of the Hammer Exercise is to reinforce the NEW thought in your mind so that it comes-up at just the right time. The "right time" for the feeling to come up is the time it will be most useful - in the context of being around other people.

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### Lesson 4

Leaving the NEW thought aside for a moment, consider another set of thoughts and feelings that are already encased in your mind: Think about how other people treat you normally.

If you go out to some public gathering, or maybe work, or maybe shopping, how do people treat you? How do they feel about you? What do they think about you? The feeling that comes up when you think about this subject is already encased in your brain; we call it the **CASE** thought for short.

Think about this CASE thought in one hand. Practice with it for a moment, then switch it to the other hand and practice thinking of it there. Get used to easily thinking of it in either hand.

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### Lesson 5



Our goal with the Hammer Exercise is to blend a good, new thought to an already established thought pattern, then reinforce it. You already know how to think of the thoughts in your hands; the next step is to connect them together.



Practice this way first:



- 1) Imagine the **CASE** thought (**your normal feelings with people**) in your right hand
- 2) Then imagine the **NEW** thought (**feeling of being chosen by everyone**) in your left hand
- 3) Pretend that the NEW reaches over and spills into the CASE
- 4) Pretend that the CASE reaches over and spills into the NEW

Practice this short maneuver a few times until you can do it quickly; speed is of the essence.

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### Lesson 6



Is your brain tired yet? Take a short break if it is. Get up, walk around, shake it off.



Practice this way next:



1) Imagine the **CASE** thought (**your normal feelings with people**) in your left hand

2) Then imagine the **NEW** thought (**feeling of being chosen by everyone**) in your right hand



3) Pretend that the **NEW** reaches over and spills into the **CASE**

4) Pretend that the **CASE** reaches over and spills into the **NEW**

This time the sides are switched around. The **CASE** goes on the left and the **NEW** goes on the right.

Again: Work up speed until you can breeze through the steps. Speed is important.

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### Lesson 7

Now we move onward to a different thought type altogether: the PAST.



Practice exercise:

- 1) Quickly think of the **PAST** in one hand
- 2) Quickly think of the **PAST** in the other hand

Think back to the first memory that pops up. It does not make any difference what that memory is about; the purpose is to light up the parts of your brain that deal with recall and the subject is irrelevant. Keep it nice and simple.

Repeat until natural and easy.

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### Lesson 8

Think forward to what it will be like in the **FUTURE**.  
Make it quick and do not try to go into any detail.  
Simply think forward briefly and you are finished.



Practice exercise:

- 1) Quickly think of the **FUTURE** in one hand
- 2) Quickly think of the **FUTURE** in the other hand

Repeat until natural, easy and fast.

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### Lesson 9

Look around you: Take in the present. The **PRESENT** is everything you can see, hear and feel around you right now.



Practice exercise:

- 1) Quickly think of the **PRESENT** in one hand
- 2) Quickly think of the **PRESENT** in the other hand

Practice; gain speed.

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### Lesson 10



Now put the past, future and present all together in a quick sequence. Practice until you can whip through it in ten seconds or less.



Practice exercise:

- 1) Quickly think of the **PAST** in one hand, then the other
- 2) Quickly think of the **FUTURE** in one hand, then the other
- 2) Quickly think of the **PRESENT** in one hand, then the other



Practice several times.



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**MIX**



**PRESS  
INTO  
CHEST**

### Lesson 11

At the end of the Hammer steps you will slide one hand under the other, wait two seconds, then press the imaginary clump of thoughts into your chest.

This is the point of no return. Once this portion of the steps have been completed your life can never be the same again.



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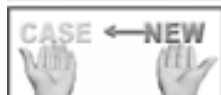
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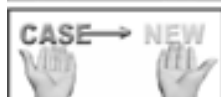
### Reinforce a Feeling of Acceptance



**CASE:** Your normal feelings with people



**NEW :** Imagine what it would be like if you are chosen above everybody else



The NEW thought that you constructed in lesson 1 is what you will now reinforce with the Hammer Exercise. This is a great Hammer that does a lot of good for people. Please enjoy it with my complements.



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### Reinforce a Feeling of Acceptance

**CASE:** Your normal feelings with people

**NEW :** Imagine what it would be like if you are the only person to be chosen by everyone

In this second version of the Acceptance Hammer you will simply reverse the sides and repeat the exercise. This helps to spread the NEW thought into structures in both sides of your brain.

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### Starter Workbook

This workbook is free to everyone; it consists of a tutorial that teaches you the simplest form of the Hammer, and several specific Hammer Exercises. These exercises are designed to increase self esteem and remove barriers.

Now that you have learned the basic format, you are ready to tackle the remaining sections; do one section per day. As you work you will be mastering the Hammer, and when you are finished you will have enough first-hand knowledge to decide if you want to [continue your studies](#).

1. **[Power](#)** - Create an innate sense of real personal power.
2. **[Confidence](#)** - Gain confidence by building an internal track record of success.
3. **[Sameness](#)** - The most important concept in the world. Most psychological problems have one thing in common: isolation. The sense of sameness is the switch that turns isolation off.
4. **[Popularity](#)** - This exercise feels good - an absolute must!
5. **[Freedom](#)** - Reinforce the knowledge that you are indeed master of your destiny; captain of your own vessel.

**Do only one section per day**

[Start Here](#)





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### Day 1 - Power Building Exercises

Now you will reinforce a sensation of power. Watch out! One can easily become drunk with such a feeling.

Your two Hammer Exercises are listed below. You can do them both in one day if you feel okay with it. But if you get groggy or disoriented go ahead and rest. There are links to the exercises underneath this writing and also in the menu at right.

<b>Exercises</b>	<b>Hand Positions</b>	
------------------	-----------------------	--

<a href="#">Hammer 1</a>	NEW	CASE
<a href="#">Hammer 2</a>	CASE	NEW



**CASE:** Think of your life in general as you see it from your own perspective. By holding up one hand and imagining your life, you are thinking of the CASE thought. Keep it simple.

**NEW:** Imagine what it would be like if you are an extremely powerful person. Make this feel good; think of the kind of power you would really like to have.

After all: If you were in charge, could you not make some pretty serious improvements in the way justice is served? The way things are done? It might be quite fun to sort things out when you actually have the power to do it.

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### Reinforce a feeling of power

**CASE:** Think of your life in general

**NEW :** Imagine what it would be like if you are an extremely powerful person

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### Reinforce a feeling of power



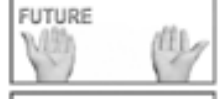
**CASE:** Think of your life in general



**NEW :** Imagine what it would be like if you are an extremely powerful person



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### Day 2 - Building Confidence

A strong factor in the question of whether or not you can succeed depends on your confidence. When you have confidence in your ability to accomplish a task you will attack it with glee; when you have no faith in your ability it becomes hard even to try. Today you will begin to improve in this area.

Click on the links below and perform the exercises on each page. There are also links in the menu at right.

<b>Exercises</b>	<b>Hand Positions</b>	
------------------	-----------------------	--

<a href="#">Hammer 1</a>	NEW	CASE
<a href="#">Hammer 2</a>	CASE	NEW



**CASE:** Think of your life in general as you see it from your own perspective. By holding up one hand and concentrating on your life, you are thinking of the CASE thought.

**NEW:** Imagine what it would be like if you are a confident person who succeeds consistently at even the most difficult tasks. Everybody admires you for it as well.

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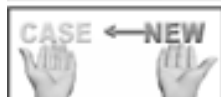
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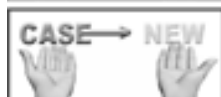
### Reinforce self confidence



**CASE:** Think of your life in general



**NEW :** Say to yourself with conviction: I can succeed at anything I want to do.



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### Imagination Cog Hammer - Reinforce self confidence

**CASE:** Think of your life in general

**NEW :** Imagine what it would be like if you are a confident person who always succeeds

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### Day 3 - Sense of Sameness

Sameness is the switch that turns isolation on and off. Today you will reinforce thoughts that enable barriers to simply fall away. After you finish you can give yourself a hearty pat on the back for a job well done: you are an official Hammer Neophyte!

<b>Exercises</b>	<b>Hand Positions</b>	
------------------	-----------------------	--

<a href="#">Hammer 1</a>	NEW	CASE
<a href="#">Hammer 2</a>	CASE	NEW



**CASE:** Think of the way you feel around people and how you think they feel about you.

**NEW:** Imagine what it would be like if you are exactly the same as the people around you. Some things prove it: you are made of the same stuff, have the same basic needs, etc.

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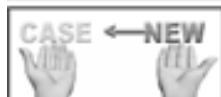
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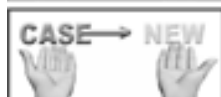
### Reinforce a sense of sameness



**CASE:** Think about how you feel about other people



**NEW :** Imagine what it would be like if you are exactly the same as the people around you



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### Reinforce a sense of sameness

**CASE:** Think about how you feel about other people

**NEW :** Imagine what it would be like if you are exactly the same as the people around you

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### Day 4 - A Sense of Popularity

It feels good to be popular. Isolation is nice here and there, but it gets lonely if you have to endure it all of the time. So you will begin to be popular from the inside out.

#### **Exercises**      **Hand Positions**

[Hammer 1](#)

NEW

CASE

[Hammer 2](#)

CASE

NEW



**CASE:** Think of the way you feel around people and how you think they feel about you.

**NEW:** Imagine what it would be like if you are the most popular person in the world. Everybody loves and admires you; they all want to be just like you.

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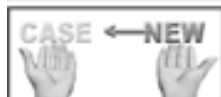
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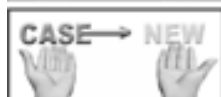
### Reinforce a state of being well liked



**CASE:** Think of how people think and feel about you



**NEW :** Say to yourself with conviction: I am the most popular person in the world.



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### Reinforce a state of being well liked

**CASE:** Think of how people think and feel about you

**NEW :** Imagine what it would be like if you are the most popular person in the world

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### Day 5 - Securing Your Independence

To be happy you must be free. This is one of the two most important factors in dealing with depression (the other is isolation). Freedom allows the spirit to soar, so today you will reinforce thoughts that break inner, and outer, bonds.

#### **Exercises**      **Hand Positions**

[Hammer 1](#)

NEW

CASE

[Hammer 2](#)

CASE

NEW



**CASE:** Holding up the proper hand and briefly imagining your life is all you have to do. Keep it very simple.

**NEW:** What would it be like to be truly free in every respect? How would it feel? No constraints, bonds, walls, authority or even gravity! Imagine the most freedom ever enjoyed. Imagine this in your hand.

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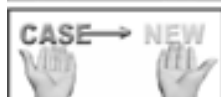
### Reinforce a realization of freedom



**CASE:** Think of your life in general



**NEW :** Imagine what it would be like if you are totally free to make your own decisions and do what you please



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### Reinforce a realization of freedom

**CASE:** Think of your life in general

**NEW :** Imagine what it would be like if you are totally free to make your own decisions and do what you please

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