ALIGNED MINDSET PRESENTS

The Hammah App

See What Is. Explore What Could Be.

NOTICE • EXPERIMENT • REVISIT · HOW TO USE IT

> **Ask a helper.** The helper sets up the phone and taps the buttons. You stand or sit, and move.

Set up the phone



- Stand the phone up, tall way up, about waist high.
- Stand 6 to 8 feet away. Face the phone.
- Your whole body shows on the screen. Feet too.
- Good light in front of you. A plain wall behind you.

Sitting: use a firm chair with no arms, 5 to 6 feet away. Rest your hands on your thighs.

The bar at the top of the screen

Green
The phone is straight. You are ready.

Orange
Straighten the phone until the bar turns green.

Hammah helps you notice how you're actually organizing your body — and see what changes when you try something different. It does not diagnose. Pictures stay on your phone.

Notice, experiment, revisit

NOTICE *What is happening right now?*

1. Open Hammah. Tap **Standing** or **Sitting**.
2. Tap **Start camera**. Tap **Allow** each time the phone asks.
3. Wait for the **green** bar.
4. Tap **Check before**. Hold still for 3 seconds.

EXPERIMENT, IF YOU LIKE *What happens if I try something different?*

5. Try one small change: your reset, a cue, or nothing at all.

REVISIT *What is happening now?*

6. Come back to the same spot. Tap **Check after**. Hold still.
7. Read **What changed**. What do you notice?

What Hammah shows you

> **"Closer to level" or "toward center"**
> *Your body moved toward the middle line. What do you notice?*

> **"About the same"**
> *The change was very small. That is fine. Did it feel different?*

> **"Went past level" or "further"**
> *Your body moved the other way. That is not a mistake. Does one side feel different?*

Level and center are reference lines, not goals. You decide what is useful. Skip any step, and stop at any time.

If nothing shows

- Step back. Show your whole body, feet too.
- Turn on more light.
- Hold still, then tap the check again.