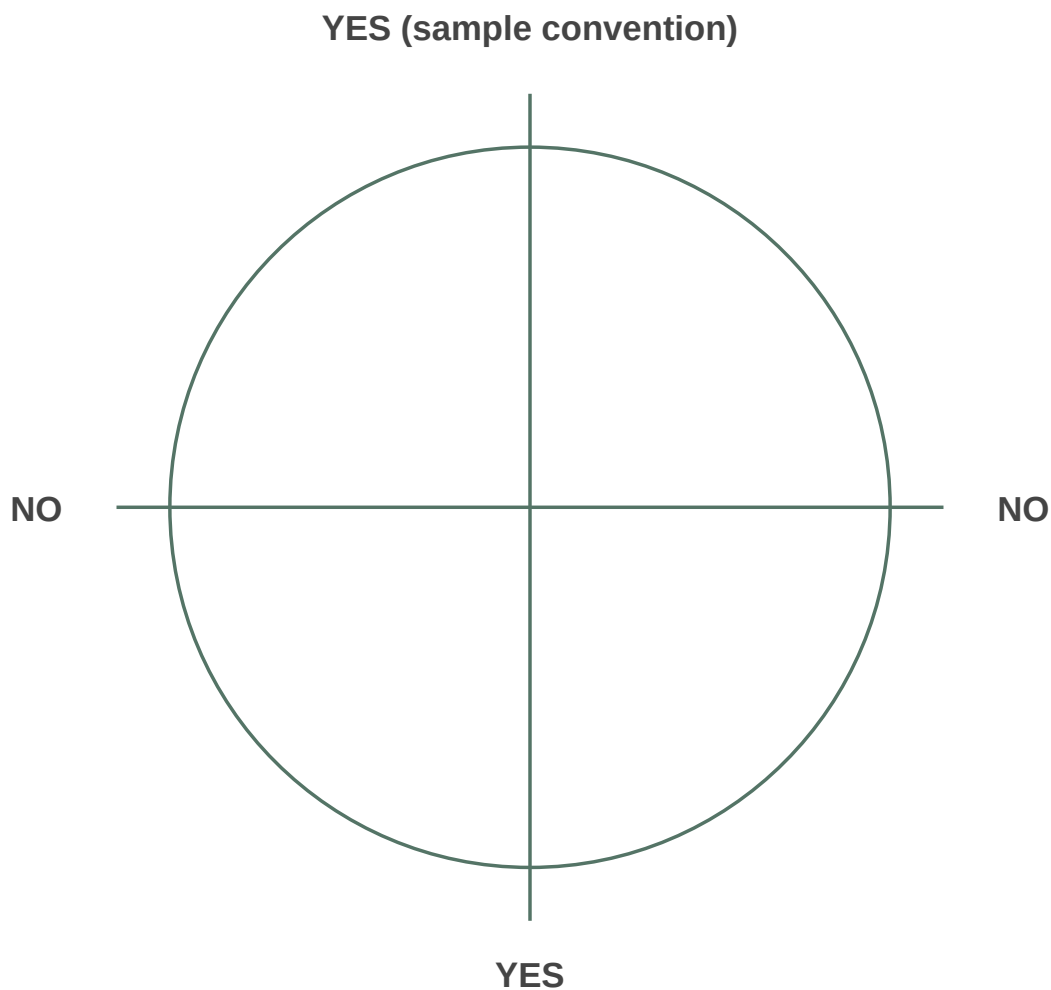


Pendulum practice sheet

OmmRudraksha | An observation exercise, not a diagnostic or prediction chart

The directions below are one optional convention. Write any change before beginning. Leave room for uncertainty; a swing does not establish that an answer is correct.



UNCERTAIN: no clear movement, circles, contact or an ambiguous result

My chosen convention: _____

Comfortable grip and clearance checked: _____

Expected response written before observing: _____

Keep the head clear of the paper. Do not use this sheet to diagnose illness, assess food safety, measure chakra conditions or make consequential decisions. Stop if your hand becomes strained.

Observation journal

Record expectations and conditions as carefully as the movement

Date: _____ Item / grip notes: _____

Observation 1

Statement / practice question: _____

Expected response (write first): _____

Observed movement / uncertainty: _____

Conditions and what changed: _____

Observation 2

Statement / practice question: _____

Expected response (write first): _____

Observed movement / uncertainty: _____

Conditions and what changed: _____

Observation 3

Statement / practice question: _____

Expected response (write first): _____

Observed movement / uncertainty: _____

Conditions and what changed: _____

Review practical observations: was the grip comfortable, the head clear and the instruction understandable? This record does not score accuracy, spiritual progress or hidden knowledge.