



## ✦ Karma-Check Practice Assessment

*A 10-point checklist to evaluate whether your farming actions create **Abundance (Positive Karma)** or **Debt (Negative Karma)**.*

#	Farming Dimension	Reflective Question	Abundance Sign (Positive Karma)	Debt Sign (Negative Karma)
1	<b>Soil Care</b>	Am I returning more biomass and carbon to the soil than I remove?	Rich humus, earthworms, soft structure	Crusting, erosion, declining yields
2	<b>Water Use</b>	Do I harvest and infiltrate water rather than letting it run off?	Stable moisture, rising groundwater	Flooding, salinity, water scarcity
3	<b>Seed Practice</b>	Are my seeds open-pollinated, locally adapted, and self-saved?	Seed resilience, freedom	Dependence on hybrid/patented seeds
4	<b>Input Choice</b>	Are my farm inputs biological, local, and circular?	Compost, cow-based tonics, local ferments	High chemical bills, residue buildup
5	<b>Labor &amp; Equity</b>	Do I pay fair wages and value shared wisdom?	Motivated workers, strong relationships	Exploitation, migration, resentment
6	<b>Livestock Integration</b>	Do animals live with dignity and enrich soil fertility?	Manure cycling, animal health	Waste accumulation, cruelty, imbalance
7	<b>Diversity &amp; Design</b>	Does my farm mimic natural ecosystems?	Mixed crops, pollinators, resilience	Monocultures, pest explosion
8	<b>Community Relations</b>	Do I collaborate or compete with neighboring farmers?	Shared tools, joint water systems	Conflict, resource hoarding
9	<b>Economic Balance</b>	Is my income steady without debt growth?	Self-reliance, local markets	Loans, unstable income, stress
10	<b>Spiritual Connection</b>	Do I see my farm as sacred responsibility, not property?	Gratitude, mindfulness, purpose	Apathy, overexploitation



☑ **How to Use:** Score each line +1 for **Abundance** and –1 for **Debt**.  
 Your **Karma Score** = (Total Positive – Total Negative).

Aim to move +1 point forward each season.

## ✿ Community Benefit Mapping Template

*A participatory mapping tool to reveal where social or ecological imbalances exist — and how to correct them.*

Resource / Activity	Who Gains?	Who Bears Cost?	Karmic Imbalance (What's Unfair?)	Corrective Action (Dharmic Balance)
<b>Water use (wells, canals)</b>	Example: Large landowners	Example: Downstream smallholders	Unequal access, drying streams	Shared water councils, recharge ponds
<b>Seed access</b>	Men's cooperatives	Women farmers	Gendered control over seed	Women-led seed banks, open exchanges
<b>Compost or manure</b>	Farmers with livestock	Landless laborers	Unequal fertility access	Community composting sites
<b>Market profits</b>	Export traders	Local producers	Value capture imbalance	Direct farmer markets, CSA models
<b>Knowledge sharing</b>	Trained youths	Elder farmers	Wisdom gap	Apprentice programs, oral archives
<b>Labor conditions</b>	Landowners	Farm workers	Wage disparity, unsafe work	Fair pay charter, safe workspaces
<b>Grazing lands</b>	Large herders	Marginal families	Overgrazing exclusion	Grazing rotation pacts
<b>Input subsidies</b>	Commercial farmers	Natural farmers	Policy bias	Cooperative lobbying for parity
<b>Tree planting</b>	NGO-funded groups	Local custodians	Short-term interest	Joint stewardship agreements
<b>Community rituals</b>	Temple committees	Migrant workers	Cultural exclusion	Inclusive seasonal festivals



**How to Use:** Fill for your own village or network.  
 Color-code: **Green = Balanced, Red = Imbalance, Blue = Corrected.**  
 Repeat annually — track social karma alongside soil health.

## ★ 12-Month Tracker — Measurable Karma in Motion

*A year-round reflection log to visualize how ecological and ethical actions accumulate.*

Month	Soil Health Metric (SOM %, Texture, Color)	Biodiversity (Insects, Birds, Earthworms)	Rainfall (mm or qualitative)	Seed Activity (Saved/Shared/Received)	Notes on Practices & Learning
Jan					
Feb					
Mar					
Apr					
May					
Jun					
Jul					
Aug					
Sep					
Oct					
Nov					
Dec					

**How to Use:**

- **Soil:** Note any color change (gray → brown → dark chocolate = rising carbon).



- **Biodiversity:** Count visible pollinators or earthworms in a 1 m<sup>2</sup> plot.
- **Rainfall:** Simple bucket gauge or observation (“low,” “normal,” “heavy”).
- **Seed Activity:** Track which varieties you saved, exchanged, or improved.
- **Learning:** Record mistakes, community collaborations, spiritual insights.

At year-end, reflect: *Did my actions create more life than they consumed?*

That’s your **true yield** — your **Karmic ROI**.

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