



# “Land & Stability” — Dharmic Farming Scorecard

A practical assessment tool to measure your connection with land, mental grounding, regenerative wealth, and readiness for ethical agriculture — rooted in Dharmic Economy principles.

## ★ 1. Nervous-System Grounding Index (NGI)

This section assesses how farming practice impacts your mental regulation, stress response, and sensory grounding.

<i>Indicator</i>	<i>Score (0–5)</i>	<i>Notes / Observations</i>
<b><i>Daily time spent in embodied farming activity (hands-on)</i></b>		
<b><i>Nature sensory exposure (soil/plant/microbes)</i></b>		
<b><i>Rhythm of tasks (predictable vs chaotic)</i></b>		
<b><i>Reduction in cognitive overload after farm work</i></b>		
<b><i>Presence of non-screen based tasks</i></b>		
<b><i>Sense of calm post-farming practice</i></b>		
<b><i>Reduction in anxiety over 30 days</i></b>		

### ★ Interpretation

- **30–35:** Exceptionally grounded
- **20–29:** Strong relationship with land
- **10–19:** Emerging grounding; needs daily rhythm focus
- **0–9:** Minimal grounding; increase embodied tasks

## ★ 2. Land Relationship Audit (Use · Respect · Rhythm)

This audit evaluates your ethical and practical **relationship** with land — not ownership alone.

### A. Use (Purpose & Activity)

Question	Yes / No / Partial	Notes
<b>Does your farming activity serve community or personal nourishment?</b>		
<b>Do you cultivate for regenerative outcomes (soil health, biodiversity)?</b>		
<b>Are your tasks visible &amp; tangible (not abstract/outsourced)?</b>		
<b>Do you reflect on impact regularly?</b>		

### B. Respect (Ethics & Care)

Indicator	Score (0-5)
<b>Soil respect (no chemical overuse)</b>	
<b>Water conservation practices</b>	
<b>Biodiversity protection</b>	
<b>Natural pest control methods</b>	
<b>Resting fallow periods</b>	

C. Rhythm (Continuity & Presence)

Indicator	Score (0-5)
<i>Daily embodied task rhythm</i>	
<i>Seasonal planning integration</i>	
<i>Sleep/awake aligned with nature cycles</i>	
<i>Task repetition without tech mediation</i>	
<i>Feedback-awareness loop (response to growth/decay)</i>	

 Interpretation

Low scores indicate friction in ethical land connection. High scores reveal harmonious land partnership.

### ✿ 3. Regenerative Wealth Self-Check

Here we define wealth the Dharmic way — *sustaining life, steward, and legacy.*

<i>Wealth Dimension</i>	<i>Score (0-5)</i>	<i>Example Actions</i>
<b><i>Sustains physical life</i></b>		<i>Food security, kitchen gardening</i>
<b><i>Sustains mental stability</i></b>		<i>Daily farming for grounding</i>
<b><i>Sustains soil health</i></b>		<i>Composting, cover cropping</i>
<b><i>Sustains community</i></b>		<i>Shared plots, knowledge exchange</i>
<b><i>Sustains future generations</i></b>		<i>Seed saving, soil planning</i>

#### **Reflection:**

What actions this season *give more than they take?*

## 4. Small-Farm Entry Reflection Framework

This section helps determine readiness and alignment for anyone entering small farming.

### A. Intent Check

Question	Yes / No	Notes
<i>Are you seeking land for identity &amp; grounding (not just income)?</i>		
<i>Is your goal sustainability over speculation?</i>		
<i>Are you ready for patience and unpredictability?</i>		
<i>Are community relationships part of your plan?</i>		

### B. Resources Assessment

Resource Type	Available / Planned	Notes
<i>Physical space (garden/plot/bed)</i>		
<i>Time (hours/week)</i>		
<i>Tools &amp; inputs</i>		
<i>Knowledge / mentor access</i>		
<i>Water access</i>		

*C. Practice Start Plan*

<i>Milestone</i>	<i>Timeline</i>
<i>First planting</i>	
<i>Soil health assessment</i>	
<i>Daily task rhythm established</i>	
<i>First harvest</i>	
<i>Reflect &amp; adjust</i>	

✦ *Start small. Grow with intentional reflection. The cycle is more valuable than the scale.*