

The Feather Covenant

Code for Living in Balance with Ma'at and Nature

This covenant is a promise to live with balance.
Balance doesn't mean being perfect or always right.
It means being awake—seeing the whole picture before acting.

Living by Ma'at means asking: *What keeps harmony here and now?*
Sometimes truth is best spoken gently; sometimes it waits until hearts are ready.
Fair Share isn't sameness; it's seeing what each person and each moment truly needs.
Right Size means using the right amount of energy, words, and resources—no waste, no greed.

The old story of the farmer who paid every worker the same shows this.
He needed the work finished that day. He made an honest offer; each person agreed and was fed.
He was fair because he met real needs—his and theirs—not because every coin matched.
That is Ma'at: acting in proportion to truth, not to opinion.

Each day you test your balance again. That's the work, and the beauty.
If you have questions, stories, or ideas, you are part of this work too.
Share what you learn with us at www.maat-feather.com so the code keeps growing.

My Covenant

Name: _____ Date: _____

Totem or Place I Protect: _____

My Simple Promise: _____

1. Truth (with Wisdom)

Truth means seeing things as they are, not as we wish them to be.

But truth also needs timing and kindness.

Ask: *Is this the right truth, told the right way, at the right time?*

When it helps growth or repair, speak.

When it would only wound, wait and listen.

2. Fair Share (with Perspective)

Fair doesn't always mean equal.

It means giving and taking in proportion to need.

Ask: *Who gains? Who pays? Does this serve the real work that must be done?*

Sometimes giving more is balance; sometimes saying no keeps order.

3. Right Size (with Awareness)

Everything has a right measure—food, rest, words, work, even silence.
Too much or too little both break harmony.
Ask: *Is this the right amount for this moment?*

Breathe once for each word: Truth – Fair Share – Right Size.

Created by Sterling D. Hayden — Way of the Feather Project

Page 2 — Weekly Ledger of Balance

Use this weekly ledger as a mirror, not a scorecard. Mark what you notice, not what you think is good or bad.

Day	Truth Check	Fair Share Act	Right Size Moment	Nature Care Done	Notes / Feelings
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Weekly Reflection: What did I learn about balance this week?

Next Small Repair: One tiny thing I will do next week to restore Ma'at:

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