



A Vision for Connection, Community and Heart-Centered Living

In today's fast-paced, interconnected world, it's easy to feel isolated and disconnected from others. Even with the rise of social media and online communities, many people are craving more meaningful, authentic connections with others. This is where the concept of a heart-centered community comes in.

A heart-centered community is a group of individuals who come together with the intention of supporting and uplifting one another, and who are committed to living in alignment with their values and principles. In a heart-centered community, individuals are valued for who they are, not just what they do, and relationships are built on a foundation of trust, empathy, and compassion.

Creating a heart-centered community can be a powerful way to connect with others who share your values and to find a sense of belonging in a world that can often feel overwhelming.

What is a Heart-Centered Community?

A heart-centered community is a group of individuals who share a common set of values and beliefs centered around compassion, kindness, empathy, and connection. In a heart-centered community, members prioritize the well-being and growth of each individual, as well as the

collective community as a whole. A heart-centered community values honest, open communication, and maintaining safe space for vulnerability and personal expression.

In essence, a heart-centered community is one in which all members are encouraged to bring their whole selves to the table and are celebrated for their uniqueness and individual contributions to the group.

Heart-centered communities can come in many forms, from small groups of friends to larger organizations or online communities. What's important is that the community is built around shared values and a commitment to supporting one another in a compassionate and empathetic way. This kind of community creates a safe and nurturing environment where individuals can grow and thrive together, rather than competing or comparing themselves to others.

Overall, a heart-centered community is a space where individuals feel seen, heard, and supported, and where they can learn and grow alongside others who share their values and passions.

Finally, through outreach, volunteerism and simply living grounded in heart-centered principles, heart-centered living communities can serve as a model that positively impact the larger community and ultimately the world around them.

Why Are the Benefits of a Heart-Centered Community?

Humans are social creatures who thrive on connection and community. Being part of a heart-centered community, can provide a solid foundation, a sense of belonging and a support system that can help navigate life's challenges.

Heart-centered communities are built on authenticity and vulnerability, which can lead to deeper, more meaningful connections with others. This can help members feel more seen and understood, and can also help develop stronger relationships with others.

In a heart-centered community, members are surrounded by individuals who are committed to personal growth and transformation. This can create a culture of learning and exploration, where one can grow and learn from others who share common values and goals.

Being part of a heart-centered community can help individuals stay motivated and inspired, and can also provide positive role models and mentors to guide members along the way. This can be especially valuable when pursuing a new goal or making a significant life change.

In a heart-centered community, members have access to a support system that can help them stay accountable to their goals and commitments. This can help with focus and motivation, even when things get challenging.

A heart-centered community can be a source of inspiration and motivation for members. Seeing others in the community achieve their goals or overcome obstacles and challenges can inspire others to take action and pursue their own dreams and aspirations.

Overall, a heart-centered community can provide a sense of purpose, belonging, and support, and can be a powerful catalyst for personal growth and development. By surrounding oneself with like-minded individuals who share a commitment to kindness, empathy, compassion and connection, members of a heart-centered community can co-create a nurturing environment that helps each individual thrive and reach their full potential.

Common Values and Principles that Guide Heart-Centered Community

The values and principles that guide a heart-centered community may vary depending on the community's focus and goals, but some common values and principles include:

Kindness: The community is guided by a commitment to kindness, compassion, and empathy. Members strive to treat one another with respect and understanding, and to support each other in times of need.

Authenticity: Members are encouraged to be their true selves and to express their thoughts and feelings honestly and openly. This fosters a sense of trust and vulnerability within the community and allows members to connect on a deeper level.

Inclusivity: A heart-centered community is inclusive and welcoming to all individuals regardless of their background, beliefs, or identity. Members strive to create a safe and supportive environment where everyone feels valued and respected.

Growth: The community is dedicated to personal and collective growth and development. Members are encouraged to explore their own beliefs and values, learn from one another, and support each other in achieving their goals.

Service: Members of a heart-centered community often share a commitment to service and giving back to their community. This can include volunteering, participating in community events, or supporting local causes that align with the community's values.

Celebrating Diversity: A heart-centered community celebrates diversity and encourages members to embrace and learn from different perspectives and experiences.

Effective Communication: Communication is a crucial component of creating a heart-centered community. It is through conscious, effective communication that members are able to connect, build relationships, and share their experiences, thoughts, and feelings with one another as well as make decisions that support the community.

Overall, the values and principles that guide a heart-centered community are rooted in kindness, authenticity, inclusivity, growth, service and effective communication. These values create a supportive and nurturing environment where members can connect with one another, learn and grow, and work together to create a more heart-centered world.

Next Steps Towards Living in a Heart-Centered Community

Creating a Heart-centered Community requires intentional effort and commitment, however it is a worthwhile and rewarding endeavor that can positively impact your life and the lives of others. Whether you're looking to build your community with a small group of friends or join a larger community, I believe that you have the potential to create something that is centered on kindness, empathy, and compassion and has the potential to impact the world in a powerful way.

Ripple on Silver Lake is currently in the process of making the transition from a lodging property and retreat center to a heart centered living community.

Located in the White Mountains of New Hampshire in a small village on the shores of Silver Lake, Ripple on Silver Lake offers a peaceful living environment with stunning views, lake access from the backyard, beach access just steps away from the front door.

The community is centered around common space that includes a large kitchen, dining room, living room, den and office as well as a variety of outdoor spaces including decks, porches, and grassy areas that provide residents and guests with endless options for peace and privacy as well as conversation and connection. In addition, the barn serves as a gathering place for workshops, classes, events, community meeting as well as space for private coaching sessions and intensives.

The main house offers four private lodging rooms each with en suite baths suitable for long term rentals. The annex offers two lodging options for short term and mid term rental, including a private room with en suite bath and a stunning master suite with a large living room, bedroom, kitchenette and full bath.

Applications are now being accepted for long term rentals spaces with anticipated occupancy dates of early July, 2023. Email info@rippleonsilverlake.com for an application as well as more details about long term lodging options

Reservations are currently being accepted for short and mid term rentals starting as early as May 1st. Visit <https://www.vrbo.com/2050036>

Ripple on Silver Lake long term and mid term residents will work together to maintain the community gardens and support community events and activities including monthly shared meals, gratitude circle, workshops, game nights, and movie nights, etc. Short term guests are also invited to participate.

What makes Ripple on Silver Lake truly special is the sense of magic and connection that already exists due to the owner and founders commitment to living a heart-centered life and creating a peaceful, welcoming space for visitors and guests. Trisha is committed to providing a safe space where everyone feels valued and supported, where privacy is respected, where everyone thrives and the community is loving, resilient, collaborative, and heart-centered, with a side of magic.

Learn more about Trisha Jacobson, the founder of Ripple on Silver Lake, at www.trishajacobson.com

