

Peaceful Place: Messages of Love, Hope, & Empow

author: Melissa Field

2026-08

Synopsis

author	Melissa Field
inLanguage	english

Welcome to The Peaceful Place, a podcast designed to reconnect you to the peace, security, and confidence that dwells within you. Here we focus on different topics that restore our well-being, such as positive self-talk, personal empowerment, inner calm, and more. We will incorporate different tools into our healing and restoration, ranging from the practical to the spiritual. We also won't shy away from embracing all that we're experiencing, embracing our anxieties, fears, and personal setbacks.

I'm your host, Melissa Field, and I have spent decades healing my own deepest and darkest thoughts and fears. I have studied and practiced many different things, from meditation to energy healing to breathwork. I have a personal passion for all things related to therapy and psychology, however, please keep in mind I am not a therapist or psychologist, and I cannot offer any medical advice.

The Dream Life Sanctuary:
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