



From Surviving to Thriving: Tools and Practices That Supported My Healing Journey

By Chelseah Darling

Throughout my healing journey from Acute Myeloid Leukemia (AML), several practices and tools became vital in supporting my physical, emotional, and spiritual well-being.

1. Spending Time in Nature and Sunlight

I made it a priority to get outside as much as possible, taking full advantage of the healing power of nature. While in the hospital, I incorporated daily sunshine therapy, and once I was home, I committed to walking on the beach every day, reconnecting with the earth and the sunlight.

2. Daily Prayer and Meditation

Prayer and meditation became central to my daily routine, providing peace, clarity, and a deeper sense of connection to my faith. These practices allowed me to center myself and find inner calm, even on the most challenging days.

3. Building Community Through Church and Relationships

Attending church was more than a spiritual practice—it helped me build a sense of community and deepen my relationship with God. Having strong relationships with friends, family, and neighbors, as well as trusting in a higher power, gave me the strength to carry my burdens and held space for hope and resilience.

4. Integrating Complementary Medicine with Traditional Treatments

I embraced a holistic approach to my healing by combining complementary therapies with traditional treatments. Vitamin IVs, lymphatic drainage massages, and PEMF therapy all played key roles in keeping my body and mind strong during treatment.

5. Acupuncture and Emotional Healing

Post-treatment acupuncture was essential for restoring balance to my system. It helped not only with physical recovery but also in processing and releasing emotional trauma accumulated during my journey.

6. EMDR Therapy for Trauma Processing

EMDR therapy was crucial for healing from trauma. It gave me the tools to process and move past emotional wounds, allowing me to reclaim a sense of peace and stability.

7. Network Chiropractic Therapy for Nervous System Reset

Network chiropractic therapy helped release stored trauma and stress in my body, aiding in the reset of my nervous system. This therapy allowed me to release emotional burdens and return to a place of balance.

8. Yoga for Physical Strength and Emotional Processing

Yoga became a practice of both physical strength and emotional release. The movements helped me regain flexibility and strength, while the mindfulness aspect supported emotional healing, allowing me to reconnect with my body in a loving and nurturing way.

Each of these tools, both physical and emotional, has played an integral role in my journey from surviving to thriving. By embracing a comprehensive approach to healing, I've found not only recovery but also deeper growth and connection.