



BEND LIKE BAMBOO

# INTRODUCTION

FLEXIBILITY BUILDS RESILIENCE

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## INTRODUCTION

Hi, welcome to The Bend Like Bamboo course, a program designed to maximise resilience, and your health.

My intention for this course is to share with you the information and the lessons I have learned on my journey. To inspire you to go on a journey within, discovering all the tools to live a happy and healthy life.



As a Sports Kinesiologist, Speaker and Author, it has become my passion to help people every day, to transform their mind, body and life. When we can effectively embrace the changes that we all experience in our lives, without feeling exhausted, lost and unwell. We can find the inner courage to transform and heal.

**“FLEXIBILITY IN THE MINDSET  
IMPACTS EVERYTHING  
THAT MATTERS”**

**AMANDA CAMPBELL**

This course has been inspired by my own journey of transformation. I have learnt that flexibility in our mindset impacts everything that matters, such as:

- ◆ *Our body's ability to repair*
- ◆ *How happy and resilient we are*
- ◆ *How connected we feel*
- ◆ *The choices we will make*
- ◆ *How we show up in our lives*

When we Bend Like Bamboo, we encompass resilience and flexibility in our mind, body and life. When we discover our inner anchor, this allows us to be more flexible and resilient. When we are able to adapt and see our situations with fresh eyes, we can think in new and innovative directions.

We can let go of the past and old stories that no longer serve us anymore. As resilience builds up, we can lean into uncertainty with confidence, getting out of our comfort zone, where we will grow. I believe this is the best environment to maximise repair, joy and innovation.

## **BENDING LIKE BAMBOO EMBODIES FLEXIBILITY THAT PRODUCES RESILIENCE**

- ◆ *Is the ability to be flexible and adaptable in times of change*
- ◆ *Is the ability to adapt and see our situation with fresh eyes*
- ◆ *It is the ability to reimagine what can be possible in our mind, body and life*
- ◆ *Is the ability to see our obstacles as opportunities from a higher perspective*
- ◆ *Is the ability to lean into uncertainty with confidence*
- ◆ *Is the ability to get out of our comfort zone to grow*
- ◆ *Shifting our thinking can maximise repair pathways, promoting a happier and healthier life*

## WHAT IS RESILIENCE, AND WHY IS IT SO IMPORTANT?

Resilience is the ability to dig down deep when things get tough, when we want to give in, when the odds are stacked against us or when life changes direction. Our ability to manage stress in times of change, can directly relate to how stressed, healthy and happy we are.

*CHANGE IS THE ONLY CONSTANT IN LIFE. ONE'S ABILITY TO ADAPT TO THOSE CHANGES WILL DETERMINE YOUR SUCCESS IN LIFE.*

BENJAMIN FRANKLIN

### RESILIENCE IS:

- ◆ *The ability to dig down deep when things get tough, when life throws change, when you want to give in, when the odds are against you*
- ◆ *The ability to adapt, it is when pain strengthens you*
- ◆ *The ability to face adversity head on and to push forward into uncharted territory*
- ◆ *The ability to manage stress, health and happiness*
- ◆ *The ability to maintain balance, despite chaos or change in our environment*
- ◆ *The ability to rebuild our lives and become, our fullest potential*
- ◆ *To discover the light within, that was always there, but awakens when our challenge forces us to go within*

## MY FORMULA FOR RESILIENCE

$$A - LG + F = R$$

ANCHOR - LETTING GO + FLEXIBILITY = RESILIENCE

### ANCHOR

A bamboo tree is anchored, it is flexible and can bend in direct proportion to the wind, without breaking. It is our foundation and an end result of us diving deeper within ourselves, building a rock-solid foundation.

In your life, if you can focus on flexibility, experiences can give you the opportunity to master your own anchor. Your anchor is who you are, what you stand for, and knowing what you are made of. Once discovered, this realisation remains with you.

Think of it as a thermostat, that maintains the inner temperature to be consistent, despite the change of weather on the outside. Can you practice maintaining inner peace, and feeling anchored consistently in your mind and body, despite change that is inevitable in your life?

This ability has a direct relationship with how happy and healthy we are and how we will show up in the world. We awaken to a sense of guidance that is accessed with a quiet mind, and the ability to sit with ourselves and our thoughts.

We have the ability to move through life and change, knowing what to walk away from when it is not right for us, knowing what opportunities to move towards, that align with our growth. We are able to observe our reactions and link them to shadows within ourselves that require light and healing.

## MINUS LETTING GO

Becoming a master at letting go means letting go of the past, redundant beliefs and stories that are not aligned with our highest good, our fullest potential and what we are truly capable of.

We can identify and let go of our attachments, the monkey mind, disempowering words, thoughts, feelings and beliefs. Most importantly, the stories we tell ourselves that keeps us in a suffering state of sabotage.

Our ability to manage stress, is directly related to the amount of suppressed and repressed feelings we have accumulated. The more emotional pressure we can surrender and let go, the less vulnerable we are to the stress response and stress related illnesses.

Letting go is the ability to question the stories that we create to make sense of things, to acknowledge how our blocks have served us, learning the lessons and moving forward into the unfamiliar.

Letting go allows us to let things come and go in our life naturally, without grasping. It is the ability to let go of judgement, being the observer, separating unnecessary dialogue to situations.

## PLUS, FLEXIBILITY

Flexibility in our mindset impacts everything that matters, our body's ability to repair, how happy and resilient we are and how connected we feel.

When we are flexible, we can choose our thoughts, we can ask more questions and react more consciously. We no longer need to be right and can see from many perspectives. We can let go of inner resistance and accept what is rather than needing things to be different.

Flexibility in our **mindset** allows us to change our minds about old stories and beliefs that do not align with our goals and desires.

Flexibility in our **body**, mirrors the flexibility in our mind, this can be optimised with a movement and stretch program.

Flexibility in our **soul** feels expansive when we are aligned, walking our talk, living a life of meaning, higher understanding, and purpose. With an elevated state we can see our obstacles as opportunities.

When the soul stops growing, our bodies may talk to us through ailments, symptoms and disease, they can be a sign or an end result of us not listening to our inner guidance and intuition.

I created The Bend Like Bamboo Course to share the tools I have learned on my journey, to help you to inspire you to acknowledge the power of your mind, and how to leverage your brain's capability to adapt and rewire. Welcome to the program and please, join me to discover the art of Bending Like Bamboo.

## **PLEASE ANSWER THESE QUESTIONS:**

**What do you need to let go of?**

**How can you be more flexible?**

**What is your old story that you find yourself in when you are stressed?**

**Can you re-imagine what can be possible for you, if you let go of your old story?**

**What would you wear, how would you walk, how would you talk? Can you visualise a new version of yourself that can create a new story that is more in line with what are you wanting?**

## HOW I LEARNED TO BEND LIKE BAMBOO

Let me share a snapshot of my story with you. At age 24 I was diagnosed with Multiple Sclerosis, and 5 years later I was paralysed. I lost life as I knew it at age 29. At the moment of my diagnosis, I was terrified. Looking back now, I realised that I focused all of my energy on what I was scared of, and what I didn't want.



This is understandable, and a common survival technique that the brain can divert to in times of stress. We tend to focus on the negative, and worst-case scenarios, as our brain prioritises survival and protection.

The trouble is, this is a counterproductive way to live, it can actually inhibit repair, our ability to adapt or change, and a positive path forward. Searching for answers externally, and supressing my pain with distractions, I lived my life happy, driven and busy on the outside, but anxious, frustrated and unhealthy on the inside. As a result, I was not looking after myself mentally, physically or spiritually, and I felt stuck and exhausted, with little reward.

What I learned, was **what we believe is what matters**. After living my life this way for 5 years, my worst fears were realised. One day the entire left-hand side of my body became numb, and over a slow cruel ten days, it became completely paralysed. My face arm, leg, hip and foot had completely stopped working.

Washing and feeding myself became the most difficult tasks of my day. At age 29 I was faced with never walking again. I moved into hospital for treatment. During this time, I had no choice but to completely stop, and reset. I was forced to surrender and go within.

My Neuro-physiotherapist gave me exercises, to simply get my fingers to open and close, I had tears running down my face because it was so hard. It was in this moment; I knew I had a choice.



I could either give up. Or, I had to change my mind and my approach, about what I believed could be possible, to get better results. This mindset shift would prove to change my life and my health, profoundly.

There were many weeks of no improvement, I was living in a wheelchair and crying behind dark sunglasses. But one night ...everything changed.

One night a few of my good friends took me out to a restaurant in my wheelchair, and we had dinner. After having just gone through such a hard time, it was so joyous to just be in the moment, and present with my friends, as we laughed and laughed. I could feel the joy in every cell of my body. Just briefly I forgot how hard and distressing my situation was, and what I was going through. I felt electricity in my body and a jolt in my head. At the time I just thought I was feeling elated and happy.

I came back to my room and something very special happened. My toe moved on my paralysed foot, for the first time. It was in that moment I found hope. As a result, I started to focus my energy very differently. I began to focus on what I wanted, instead of what I didn't want. What I truly wanted was to get my mind, body and life – back for a second chance.

Taking an east meets west and balanced approach, I incorporated an amazing team to help me. I had a neurologist, neuro-physiotherapists, a kinesiologist, a speech therapist and an occupational therapist. Plus, the love and support from my family and friends.



I went from being in a wheelchair, to having a foot brace, to having my knee taped up, to walking on my own. **I walked and ran again in 6 weeks.**

Achieving this, created a deep shift within me. It began with an improvement in my mobility, which impacted what I believed could be possible in my life, which changed the course of my life and also, my disease. I returned home so grateful to be mobile again, I dedicated my life to study repair and transformation.

I researched what I could find on other stories of recovery, and I studied Sports Kinesiology, the connection of the mind and body, and opened up Bend Like Bamboo. A path of turmoil had now led to my awakening and my calling.

A quote I love so much is **“lose what needs to be lost to find what needs to be found” Emotion Movie**

In my darkest hour, I learned about the power of my mind. During the dark times, I actually discovered the gifts that our challenges can bring, leading to our awakening. In these moments, if we can find the flexibility to learn the lessons and grow, we have the opportunity to elevate to a whole new way of thinking and living.

I believe that creating a new mind and body requires us to become a whole new version of ourselves emotionally, so that we can heal and grow spiritually. Who we become, allows us to step into the life and health that we are searching for.

Learning to walk again helped me to discover what I was made of. It helped me to shift my mindset, and what could be possible for me, despite living with Multiple Sclerosis (MS).



Recently I turned 40, and I celebrated 11 years of clear health, with no disease progression. Each year just keeps getting better and better.

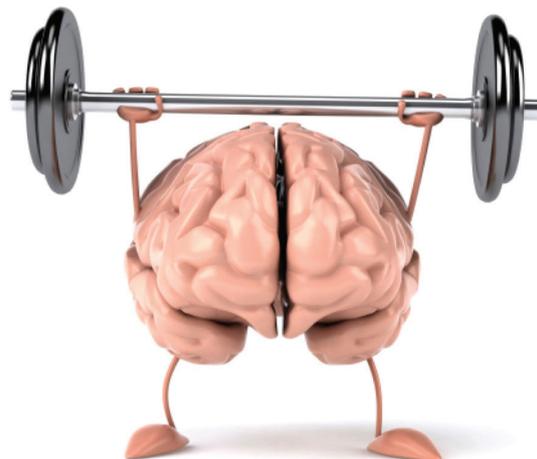
## HOW YOU CAN APPLY THE BEND LIKE BAMBOO METHOD INTO YOUR DAILY LIFE.

As we run through new tools for your mind, body and soul, take your time to integrate them into your daily routine. You can do this course in one day, in one week, a few weeks, or in stages if you prefer. It is all up to you. These tools that helped me to rebuild my health, have also helped me to heal through change. I want these tools to not only help you to optimise your wellbeing, but to also boost your belief in yourself, helping you to be resilient, when you have to perform at your best.

Maybe right now, you are going through change, a breakup, or an ending or a beginning of a career. Or you are wanting to learn how to recover from pain or illness. No matter what change or adversity you are going through in your life, you can overcome it and discover what you are truly made of.

I believe when given the right environment, the mind and body are capable of producing incredible results. I hope you enjoy each session, as we explore a balanced and wholistic approach of the mind, body and soul.

- ◆ *We will look at the power of the mind, and how to leverage the brain's capability to adapt and rewire.*





◆ *The body, and how we can use movement to optimise a positive mindset.*

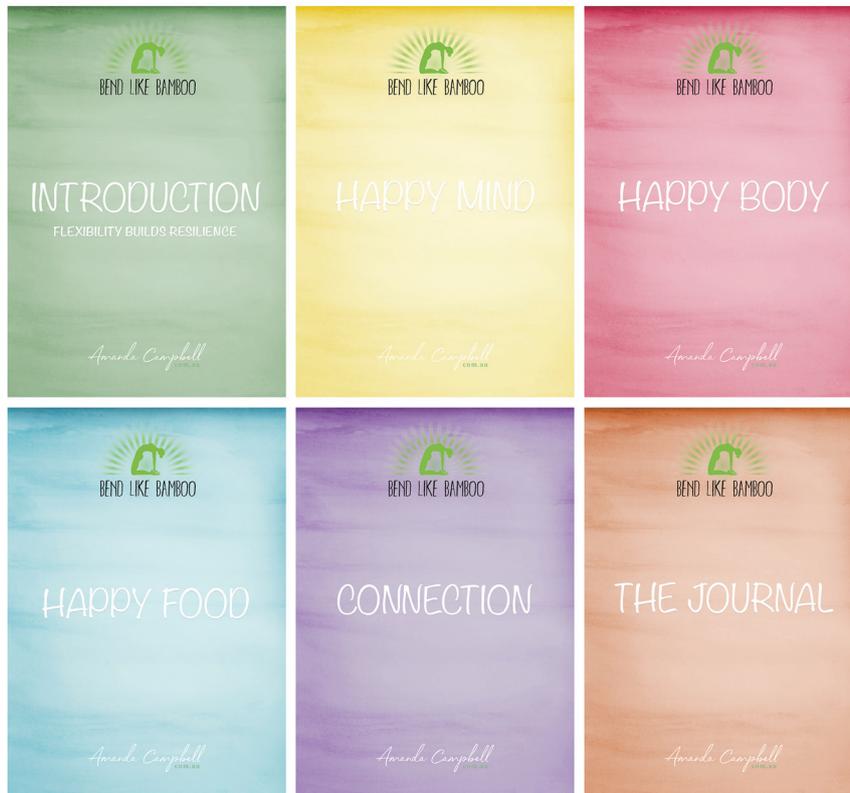


◆ *Nutrition, and how to nourish our bodies on a cellular level, to maximise repair.*



◆ *Finally, how this will lead to a deeper connection within yourself, and within your relationships.*

- ◆ You will also have a journal lesson, to help wash and empty your mind daily, a great tool that keeps you on track.



I truly believe that this is how we can give ourselves the best environment to be resilient, to repair and enjoy a happy and healthy life.

All the answers you seek are within YOU. These sessions are going to give you tools to access that. Sit back, take your own notes, and enjoy the journey. I am honoured to guide you through.

I recommend that you have a few post-it notes handy to write action notes for yourself throughout each session.

MAY THE FORCE BE WITH YOU,

*Amanda* x

◆ *Disclaimer*

The information shared in this course is general information and should not be used to diagnose or treat a health problem or disease and is not substitute for professional health care advice, always check with your doctor or practitioner to make sure it is right for you and your health journey.

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