

# MAKE MORE MONEY AS A DIETITIAN

## Episodes 159: What I learned in Bali

### Intro

[00:00:00] Welcome to the Make More Money as a dietitian Podcast, where we talk about all things, money, mindset, and marketing. So your nutrition business can thrive and you can make a bigger impact in the marketplace. I am your host, Christine Dyan, registered dietitian and money mindset expert. Let's get started with today's episode.

### Episode start

[00:00:28] **Christine:** Hey, their dietitian friends. Welcome back to another episode of Make More Money as a dietitian. So how's your summer going? So good over here. I am so glad that we're all out. I mean, all out, we're all able to get out and about and do more things. And I'm feeling really good because I'm able to move around a little more, be out in the sun more. Sun and its light is so healing. So nourishing and I have found for me, the sun really it helps with my mental health. Y'all I'm just gonna keep it real. Like some people might think that working from home is all of that in a bag of chips. And for the most part, I feel like it has a lot of great benefits, but there are some cons to working from home.

[00:01:33] Okay. My friends, and one of the biggest ones is isolation. And I know I was working from home before the pandemic hit. And so to have that like mandatory lockdown and quarantine on top of me always being in quarantine, it felt like working from home anyway was just a lot. And so now that we're able to get out and about not necessarily have to have the mask on, unless you choose to.

[00:02:14] Whew. It feels really good. So I hope you guys are really enjoying your summer that you're getting out and about. You're taking some time off like really taking time off and getting away from your usual routine. And that's what leads me into today's topic for our podcast episode. I wanna share with you about what I learned when I visited Bali Indonesia last month. So you may know that I took a couple of weeks off and traveled to Bali, Indonesia. I think it was from June 14th through the 24th, so 10 days. And man was it a

transformational experience? And I talked about this to my clients. We had our summer solstice retreat right after I came back from Bali and a full disclosure.

[00:03:27] I literally was just going to clip that recording of where I spoke about my experience in Bali and just plop it into you know, just repurpose it. You know what I mean? Like the lazy woman's way, but I really did not wanna be lazy about it. I really . I wanted to give my loyal's podcast listeners, my true voice on this in regards to what I learned in Bali.

[00:04:02] And so my clients got what they got during the retreat, and you're gonna get your version, which is gonna be equally as good. So one of the things that I wanna share with you guys today is that. In my opinion, we are doing it all wrong here in the us. Now you might be thinking, hell yeah, we are girl.

[00:04:29] You see all the things that's happening. I mean, it might sound pretty obvious. Right. But that's not really what I'm talking about. I'm not talking about the obvious things that we. Are not getting right here in the United States of America. I'm talking about the underlying things that really are so important to our livelihoods, our wellbeing and our collective communities at large.

[00:05:09] So number one, let's I, this time I wrote it down, y'all I didn't write it down when I talked about this to my clients in our retreat, but I wrote it down today because I really wanted to make sure I said what I needed to say, and I might still veer off and improvise a little bit, you know, or whatever they call it. I don't know if it's improvised or if. Freestyle, whatever it is, you know what I'm talking about. Okay.

[00:05:35] All right. So number one is that we are doing it all wrong. And man, what I wanted to share with you guys is that the locals, they are just really living their lives and they don't have a care in the world. Yet they feel like they have everything they need. Even though Bali was shut down for a great part of the pandemic, the people, there are some of the happiest people I have ever met in my entire life. And during the trip one of the women that I was on this trip with there were 40 of us, by the way.

[00:06:23] And So one of the women and myself, we decided that we were going to deviate from the itinerary one day and just hire our own private driver and have him take us around. Why did I forget his name though? I can't remember his name, but he was the cutest and nicest person ever. Like he, he

was very handsome and he super fun. And he really gave us a good time, but one of the things that he shared with me that really led me to believe, wow, we are really doing it wrong over here in the US. Duh, was that he actually used to work here in the US on a cruise ship. And he also shared that, the reason why he came back home to Bali was number one:

[00:07:24] there's nothing like home, but the greater reason that he returned back to Bali was he said that working in the US was way too hard. I was like, yes, bro. Yes. It is. And can be hard. We focus so much on work and it's killing us mentally and physically, we focus so much on work. We focus so much on the dollar.

[00:08:03] We we focus so much on ourselves and not necessarily much on others. And I feel like the fact that he shared with us that he came back home to much less money because it was just way too hard to earn a living in the us. I mean, I was just like, I get it. I totally totally get it. So in my opinion, I feel like he did the right thing.

[00:08:51] This man, it seems like he has really built a business for himself in Bali. He has his own tourism type of, well, not tourism. I don't know what you wanna call it, but he drives the tourists around and takes them different places that they want to go to. That's his job. And he has a beautiful car.

[00:09:17] He does it in it's a 2019 something or another. And he seems to be doing very well for himself. So. While there are so many people out there that believe that the American dream is all of the things. There is something to think twice about in regards to that, in my opinion. And obviously my little friend in Bali thought the same thing.

[00:09:47] I have a really cute picture of him and myself. And the other woman that I was with her name is Tiffany. So Tiffany and I took a picture with, gosh, what is his name? Was it Jay? I wanna say it was Jay or Jake. I can't remember. But anyway maybe I'll share that on my Instagram, once this episode goes live. I will share that on Instagram.

[00:10:18] So we're doing it wrong. My friends we're focusing on the wrong things, which leads me into the second thing is that we that I learned and that is that we need to love one another more. We need to love one another more and Man have we got a long way to go in regards to that.

[00:10:49] Because back in Bing, it was said over and over again, how they just love everyone. Everyone is the same. They fully understand that we are all connected and the amount of love that they show to others. Will be reciprocated back to them. They fully understand that. Whereas I feel like here we are so individualistic and we, a lot of times can just only focus on what benefits us. and it's not like that for everyone, but I feel like the collective energy in this country shows that it shows that 1000%. So yeah, we need to love one another more. I don't know how we can get there collectively. I don't know if I will see that in this lifetime, in this country, there is a large part of me that wants to move out of this country.

[00:12:04] And I do believe that I will. One day once I get my sons squared away and I feel comfortable and confident in their abilities to adult properly I can see myself. Not living here full time anymore. So there's that love one another more. We need to do that. And love is a verb. Love is a verb, my friends, and we need to show our love instead of saying it.

[00:12:47] You know, it needs to be shown. Now the third thing is that the Boies locals truly have a heart of gratitude and servitude, and this was shown over and over and over. I mean, It's just a part of the culture. It is literally a part of the culture and they really believe in servitude and I love that and I just fell in love with these people.

[00:13:36] Like I could just be there. Forever and ever be probably because I recognize in them a part of myself as well, because even in my business and in my personal life, like, I'm just believe in helping people and. My business is set up that way, where it's not only about the money, but it really is about helping my clients.

[00:14:11] And I know each and every one of my clients knows that I love them to the core and that I just want to see them win. Whereas I know there are people out there who. They may wanna see you win, but they wanna align their pockets and their pocket books first in order to get the ball rolling. And that is just not the definition of servitude.

[00:14:39] So one of the things that really taught me about the heart of servitude when I was in Bali was when I was on the beach. At the resort that we were staying at in NEWA Dowa this resort had cabanas and all the fancy things, and they had the people who would come out and serve you food and drinks and all of that.

[00:15:07] But they also had locals who were like vendors. Okay. And so the local vendors will come out to your command. Once they see you sit down, they are coming to you, honey, and they wanna sell all of their, their goods. So there would be people who would come out with art that they were selling kids toys to be able to play on the beach, you know, Buckets pales, whatever and scoops and all of the things that kids play with when they're on the beach.

[00:15:43] And they also had towels and sarongs and beautiful wrongs. And then the thing that I got most addicted to were the beads like the Tiger's eye and the. Black Onyx and all the different crystals and gems. Oh my gosh, just beautiful. So one day I was out there and the woman, she comes over to me and she says, would you like some beads and this and that and the other.

[00:16:24] And I found a few more than a few actually. And but I didn't have my wallet on me. I left my wallet in the hotel room, so I told her, I said, I want these, but take them and I'll be back now, each of the vendors, they had a number on their polo shirt that they were wearing. So you would know who you were dealing with vendor number 39, or vendor number 21, whatever, whatever.

[00:16:58] So I said, what's your number? And I will find you when I come back with my wallet and what she said, kind of blew my mind because I know that this would not happen here in the United States. Okay. She says to me, no, no, take it with you back to the room. I trust. I was like, girl, you're making me feel uncomfortable right now.

[00:17:26] so no matter how many times I tried to just hand them back to her and say, no, I will. I want you to hold these. And then I come back and give you the money. She was like, no, no, take them. I trust you. So I was like, oh, she trusts me. Good. Golly. So one of the things that struck me was that it just appeared that number one, she had this true heart of servitude, but she also understood a part of me wants to say the universal law of karma , but.

[00:18:13] She just really trusted the process. She knew that if, if I were to be really grimy and take off with the beads that whatever was taken from her would come back. And that leads me to the fourth thing, which is trust, trusting that whatever comes is taken from you will come back. As poor as they are in comparison to those of us who travel there, it just kind of blew my mind that she would literally give her goods away because she trusted that I

would come back and if I didn't come back, then she knew that whatever was taken from her would return.

[00:19:13] And that's such a great lesson that we all could learn. Are you trusting that whatever is taken from you or that you haven't yet received will come your way as long as you believe? I believe that that woman had a strong belief in the fact that I would return. I believe that she knew that I wasn't the type of person to just run off.

[00:19:48] And if I were to flake out then so be it because truth of the matter is she really needed the money from those beads. She really, really needed the money and. I know that for a fact, because she also wanted to give me a massage for \$20. Y'all where can you find a massage for \$20 in the United States?

[00:20:18] Just help me understand this she was like, I'll give you the bees and I'll give you a massage for \$20, 20 us dollars. And I was just like, well, I can't do the whole massage thing, honey, but. I definitely bought a lot of beads and I just love the people. They, they taught me so much just about life. And even though B Indonesia has its reputation for being a land that holds a real strong spiritual presence.

[00:21:01] And it's just like the represent representation. I mean, excuse me, the reputation is what I'm trying to say of being like the place to travel. If you wanna be totally Z out, man, even though they have that reputation. There is another part of being there that can change your entire life if you tap into it.

[00:21:32] But I also know that you don't have to travel all the way across the world to live in this way that you can. Inhabit these qualities within yourself without traveling all the way to Bali, that you can create your own little respite right here in the United States. Not that it would be easy because woo.

[00:22:06] If you are into watching the news and all of the things on the internet, then you're gonna have a hard time. But if you're anything like me, you really try to stay away from all those things. Otherwise your respite can get disrupted. Okay. But you can have peace because peace is within peace does not really occur first and foremost, on the outside of you, my friends peace starts within you.

[00:22:43] And when. Starts within you. And you begin to embody that you energetically attract the same. And I believe that that is what that woman taught me the most. She knew that we were kindred spirits, that I was not gonna take from her. And she trusted me and I. I'm grateful for that because as a black woman in the United States, you're not looked at as someone who can be trusted a lot of times, excuse me.

[00:23:27] And so, oh, it was just the most transformative experience of my life. I'm truly grateful for the opportunity and I've felt extremely blessed to. Be able to have taken that trip with 39 other black women. We were all transformed in different ways for sure. And I would love to go back. I want to go back.

[00:24:02] I actually was looking at Airbnbs that I could rent for 30 days. And I found one that was, that was, owned by a super host and 30 days at this particular Villa in Bali was only \$330. Y'all where can you stay for a whole month for \$330? Unless it's somebody's closet. I mean, whoa. I was just like, this is so crazy.

[00:24:38] So that is the highlight reel of what I learned in balling. Now I do wanna say that there's always a 50, 50, a yin and a yang to things, right? So I'm not going to just give you all the fluff about my trip, but I also wanna share with you guys what happened? That was pretty traumatic for me. And it wasn't even in Bali, but it was more so the travel experience.

[00:25:24] So this is what I learned about traveling all the way on the opposite end of the earth. Don't fly economy now y'all might be laughing and it is funny on the surface but I honestly, and I'm not kidding. I, I really feel like I had post traumatic stress right after the,

[00:25:54] The trip back home. So what happened? Was that you know, the travel group, they booked our flights and, you know, I wasn't in control over what seats they chose, but for whatever reason, they chose economy seats. And I'm, you know, I'm kind of green to the whole thing. I'm like, okay, Let's do it. We're going to Bali.

[00:26:20] Now there were three legs to the trip and I had to fly from Chicago to NYC and then from JFK to Dubai and then from Dubai to Bali. So in total it was 23 hours. Okay. Long time and probably could have been a com comfortable. If I was in either business class or first class, so I will be doing that on my next international flight.

[00:26:53] I will never fly economy again when it's that long. But what was super now I will say on the way to Bali, I was okay. You know, I had my compression stocking zone. You young people don't have to do that probably, but you know, when you are a seasoned woman like myself, you don't need problems. Okay. With blood clots and all the things.

[00:27:16] So, and, and poor circulation and all that. So I had compression socks. I thought I was cute. Cuz I got the ones that The, the toes were out so that I can wear my flip flops and all that. So whatever on the way in we were, I was good. But on the way home, when I tell you that it was the most traumatic experience ever, I literally thought I was going to die.

[00:27:46] I we had this farewell dinner right before we got to the airport and they served ceviche. And I ate my whole Boce viche, honey. I thought it was the best thing since sliced bread in, in France. Okay. It was so good. We had this beautiful menu. We had our private chef. I mean, they laid it out the whole nine, but when I got on that airplane, oh my God.

[00:28:19] I'm laughing as I think about it, but it was not funny at the time. So. I don't know which leg, how far in we were. Was it Bing to Dubai or Dubai to New York, but I got sick. I literally thought I had COVID. I was, and I had a window seat. I said, girl, what? Next time you will not choose this window seat. You will get on the aisle C and, and stop acting like you all that.

[00:28:47] So I had the window seat. And I was sick. I started feeling chills a fever I'm like taking the back of my hand and checking my neck. I knew I had a fever. I had chills. I had my sweater on I had to put my little footies on I was nauseous every single time. Those. Flight attendants would roll by with the car talking about, do you want this or do you want that?

[00:29:16] No, I don't want anything. just leave me alone. I was so sick. Ah, then I started thinking, you know, I've start ruminating am my mind. I'm like, oh my God, I've got COVID. What am I gonna do? Am I gonna, you know, die on this plane? I, I mean, anxiety is a. If anybody has it, you know what I'm talking about? Because of course I didn't think I was gonna die from COVID, but then I started feeling my toes swell up because I don't know.

[00:29:49] Why was it from the food? Was it from dehydration? Was it? I do not know, but my toes sticking out from the compression stock stockings started to feel like little Vienna sausages. I know. It sounds funny now, but it

was not funny then, honey. So I'm like, oh my God, my toes are swelling up and I'm gonna have, you know, all this problems with my legs.

[00:30:17] And then my, I started feeling like a pinched nerve in my, in my back or whatever it was. It was just horrible. And I had to endure it all the way from Bali. To JFK. And there was a young, black couple sitting next to me. The girl was sitting next to me and her boyfriend was sitting on the aisle seat.

[00:30:41] And I know they must have thought I was some crazy old woman who was all wrapped up in the sweater with her mask on and her compression socks. And I just kept twisting and turning and just couldn't get comfortable. I couldn't fall asleep. It was a freaking. Mess. I couldn't eat the food. I was just like, give me water because I wanted to stay hydrated, but I didn't wanna drink too much water because I didn't wanna have to keep getting up, telling the people, excuse me.

[00:31:11] I had to go to the bathroom. I mean, it was the worst. And then if that wasn't enough, when I got to the airport, when I got, when we finally arrived to JF, I missed my connecting flight to Chicago.

[00:31:36] I said, wait a minute. I said, you know what? Jesus, if you love me, you wouldn't be doing this . I was, so I was, I was, I don't even know how to put words to it. I was hot. I hadn't brushed my teeth for almost 24 hours. It, I hadn't taken a shower in almost 24 hours. I mean, it was just come on. It was a hot mess.

[00:32:05] So then to put, insult to injury, to add insult to injury, I had to stand in line for two hours to rebook my flight. Yo. I don't know why this was happening. I was just like, why is this happening? I had such a great trip. Like, why is this happening? I just wanna get home. So here I am in J at JFK, my flight left.

[00:32:40] And let's see the next. Wasn't due to leave out. And it was the last flight wasn't left. Wasn't meant to do leave out, excuse me, until seven 30 that evening. It was, you know, late afternoon. At that time I stood in line for two hours. Finally got up to the person and she says to me, and here I am all hot, sweaty, just looking all kind of raggedy.

[00:33:08] And she was just like, this is the wrong time to miss flight. I said girl

[00:33:19] is there a right time to miss a flight? That's why I said in my mind, but in, you know, I'm trying to hold my composure. I said, yes, I know. And she says, well, why did you miss it? And I must have gave her some story. I don't know what I said and so then. She as, as if she was startled, she says, oh, there's one seat left on the seven 30 flight.

[00:33:49] Let me see if I can snag it for you. And so long story short, she ended up snagging that seat. I ended up having to pay extra money to grab that seat. And I got my butt home and it was. About 10 something at night, by the time I finally arrived home from that trip. So there's always the light and the dark.

[00:34:19] There's always the 50 50. There is always the yin and the yang and , and I will tell you, I, I literally have the yin and the yang symbol tattooed on the back of my neck right below my hair. It's one of my favorite and I definitely experienced the, a yin and yang experience during this B trip. And as much as I wanna go back, I have to wait.

[00:34:54] Long enough for me to forget about all of the trauma that I experienced on that flight before I can even think about booking another flight to Bali or anywhere else to be quite honest with you, but that's what I have for you.

## Conclusion

[00:35:10] My friends, I want you to take away from this episode, whatever felt really deeply resonant for you, whether it's you knowing that we are pretty much doing it wrong here in the United States and how you can begin to make a difference in your own life and the lives of others, or maybe you most resonated with love as an action word, and you want to commit to loving one another more. Those that you know, and those that you don't even know.

[00:35:53] And well, maybe you resonated with having a heart of gratitude and servitude, whether it's in your business or on the job, how can you do that without feeling like you need to be reciprocated. I feel like oftentimes we feel like we need to be reciprocated. We have to receive in order to give, and that's not always the case, or maybe you really resonated with trust.

[00:36:36] How can you trust? How can you trust more in your life? How can you trust more in your career as a dietitian? How can you be an example of

what it is to trust? Because you know, if anything is ever taken from you, it'll be given right back. These are some of the things that

[00:37:12] I really also work with my clients on, and it wasn't that I had to learn this for the first time, these things that I'm sharing with you, but because it was such an impactful experience, I'm able to share them even more deeply with my clients because my clients already know. About trusting the process they already know about having a heart of servitude and gratitude.

[00:37:44] They already know the importance of loving one another because we have cultivated such a beautiful community. And we often talk about what is not necessarily. Going right in this online world of ours when it comes to marketing and business and you know, we're not in, in complete judgment, but we know that our way is our way and their way is theirs.

[00:38:22] So, if you are interested in learning more about private coaching with me and having access to the community, which is embody academy, I just want to invite you to take a look at the private coaching page at [manipuracentre.co/privatecoaching](http://manipuracentre.co/privatecoaching). I also want to alert you to the fact that I have eight spots open for private coaching and they will go quick.

[00:38:57] So if you have been on the fence about getting the coaching, my friends, it is time to get off the fence. My friend. Why are you on the fence? Is the question because scheduling a consult is nothing but a conversation. It is not a commitment. It is a conversation, but I also want you to know that there is a commitment when it comes to deciding to change your life.

[00:39:35] We work on life and business, honey, we don't leave the life and then try to focus on business because that does not work. Okay. So if you're ready to change your life and as a result of that, enhance your career. And start to make more money as a dietitian head on over to [manipu center.co/private coaching](http://manipucenter.co/privatecoaching) and schedule a consult.

[00:40:10] I'm like I got my fist balled up. Like, why are you waiting? Tell your brain to stop making excuses and just schedule the call. All right. My friends. That's what I have for you today. I hope you enjoyed this episode. I'm so glad that you are here. I am grateful to have you as a subscriber and a listener to the podcast, and I look forward to being with you again on the next episode. Have a great rest of your day and the weekend ahead. Bye.

## Outro

[00:40:50] Hey there. Do you wanna make more money as a dietitian then head on over to our website @manipurcenter.co again, that's Manipura Centre.co, where you'll find free resources to get you started. And if you are so inclined, get your name on the wait list for an upcoming incubator program.

[00:41:15] I hope to see your name on the. So that I can help you get started making more money as a dietitian.