

AVI LIRAN



DELIGHTFULLY CREATIVE



EPISODE 91

DELIGHTFULLY CREATIVE

Avi Liran 00:03

When do you go and do your program yourself to what can I do now, to get a better situation now, that's for me, the word optimism is all about. So number one, I have huge criticism about the word happiness, because it means different things to different people. Everyone is responsible to do it, you are responsible for your delight.

Paul Fairweather 00:41

Welcome to The Common Creative podcast. My name is Paul Fairweather.

Chris Meredith 00:45

And I'm Chris Meredith. And together we're on a mission to lift a lid on creativity at work through the lens of ideas, stories, and visual cognition.

Paul Fairweather 00:54

And today's guest is from Singapore, Avi Liran. Avi is a speaker and a trainer for good like you like this, except that he maybe delivers to the light better, because his business is called delivering delight. Now he is a business partner of Lenny Ravich, who we had a few weeks ago, a few episodes ago, when we got the other side of the story, so to speak.

Chris Meredith 01:23

Yes, I think what I learned from Avi is, this is all about habits, you have to get into the habit of contributing, delivering delight. And his point is, that's the best way of feeding your own soul or improving yourself. If you're trying to do it for some other motive, like your ego or boosting your popularity, it doesn't work. He called that junk food. So this delight is a delightful subject to talk about. I'm feeling so good having chatted with him. But it's also powerful.

Paul Fairweather 01:51

Yeah, and one of the things I loved was that we did pose to him the learnings that we've heard from so many of our guests, neuroscientists, and others around the world, that you had to be in a good mood to be creative. And he called us out of that, man, he said, that was bullshit. So anyway, to hear Avi, let's get him in.

Chris Meredith 02:13

Let's get him in.

Paul Fairweather 02:15

Avi Liran, welcome to The Common Creative podcast.

Avi Liran 02:18

Thank you for having me.

Chris Meredith 02:20

It is great. Pleasure to have you on the show. Thank you so much for joining us.



Avi Liran 02:23

Thank you very much for having me. Excited, shoot,

Paul Fairweather 02:27

can you just give us a quick part of history about how you got to where you are now, a turning point in your life?

Avi Liran 02:35

Oh, everybody does that. Let me be creative. I'll share with you a turning point in my life when I was 12, my father passed away just next to me. And before that, you need to know that we were brought up in a place that was 640 square feet with five people. And it wasn't a very convenient one and a half bedroom. So my mom complains that it's too small, and so on. So they worked so hard in order to buy an apartment that everyone will have a room. And by the time that they went there, they had to have another mortgage. By the time the window opened a few months later, my father passed away. And for years after my mum would cry at night and say I was happy and I didn't know it, I wouldn't do anything, just to get my husband back and go back to this small little place that didn't appreciate what we have. So that made a huge impact on me because it taught me that I should appreciate what I have. Now, no matter what I have. Now, I know that there are 7.9 billion people that would trade place with me at any given second. The second lesson that I learned was to take perspective, because when a kid comes to me and says, "Oh, I failed math," I said, so you can make it, you can take another test if your father is alive. And the third lesson at the cemetery, there were hundreds of people coming for the funeral. But every year thereafter, there was my mom, myself and my sister. And that made me realize it, people don't have the time to really look at you and be concerned about you, because they have the life to live. And what that made me do is to be pretty rowdy and creative. I could do whatever I want because I used the middle finger and said you're gonna care about me. So I'm gonna care about what you say about me. Now that wasn't that great because it was a little bit inconsiderate. So later in the year I changed the middle finger to the forefinger and said I will do what I want without hurting other people. So I'm going to stop blasting my music to disturb the opera singer across the road. But then I, by the way, did something very creative with a garbage lorry, I can tell you the story later. And then it didn't grow up a little bit more, so I switched from the forefinger to the pinky finger. And that is do what you need to do without hurting others, but with adding value to others. So that's in a nutshell, instead of telling you boring things, that there was a CMO and I was a captain in the Army, and I failed the pilot course and that I have MBA and I was a diplomat, and I created a fund that is now managing 1.3 billion at all this this is nonsense. I think that what's most important for your viewers is to understand the milestones that make somebody who they are, sometimes that trauma and sometimes through the trauma as you could rediscover your opportunities.

Paul Fairweather 06:00

Fantastic.

Chris Meredith 06:03

Avi, that's a great lesson in storytelling there. I agree. I'd much rather hear the lessons, you know, the things you've learned rather than things you've done. So I think it was already a great place. alvia I know you describe yourself as an incurable optimist, and you've teamed up with Lenny Ravich. He's

been on the show with us and we love chatting with him and the question we have is, why is it we need to learn about optimism and perspective and doing good stuff? In other words, why does it feel like we're programmed to take things down to be cynical to assume the worst? It's surely Darwin? Or surely we, if you're gonna be a successful species, it would be built into your DNA? It sounds like it's,

Avi Liran 06:48

I want to answer this for you. One, it's healthy, like Woody Allen said something about it. He said, a pessimist is an optimist with experience. And I would say that the optimism for me is a continuum. And the two ends of the continuum are the dangerous ends. The one that is delusional, that you are optimistic, regardless, the consequences and you are reckless, you say, oh, everything's gonna be okay. Let me spend all the money today because the world is going to end. That's not smart. That is Woody, what do you call half glass full, that's delusional. And that's gonna get you into wreckage. On the other hand, half glass empty is not a joy. Either, it can cause paralysis, it could cause sadness, it could cause depression. And at the end of the day, God forbid, you could exit the world by your own volunteering. Or in the middle, there is a glass, and there is effort. And with this glass, you go and fill it. And if you are in a place that doesn't have a lot of water, you need to be innovative. You need to be creative. Either you dig a hole, or you take and try to get the view from the morning. And you can find creative ways to get by while enduring the hardship that you have. And that's real optimism because it is not reckless, not delusional, and not debilitating, that one that tells you there's nothing to be done. So when do you go and do your program yourself? What can I do now? To get a better situation now that's for me, the word optimism is all about solution focus. What can we do now to make it better for others and myself? That's optimism, nothing. But if you in the doom and gloom in God bless you, my friend, you need to go place that you can provide hope I answer that

Chris Meredith 08:59

So, tell us, it sounds like you're saying it's in terms of where we sit on that spectrum. It's we're pretty much a blank canvas and human nature can take itself down a route of pessimism or root of optimism. It's up to us to use that kind of self awareness to make decisions in that area. And so look for the upside and, and self talk. It's about self-talk. Is that right?

Avi Liran 09:22

If you're realistic, you're if you live where you live. If you're not optimistic, you are actually deceiving yourself. Let me explain. One of the best questions that I ever got was what happens if I want to be a delightful leader? But I had a terrible day? How can I be a delightful leader when I have a terrible day? You want me to answer that? Yes. I claim that we wake up in the morning, as if we had horse blinders and we only see the things that are bothering us on the to-do list in the air. Since the problems, the things that actually did not happen, yet 90% of them, or somebody hurt us, we dwell in that. But is this our reality? So Chris, take a look at me Paul take a look at me, I invite you to do the same. Put this now, I'm going to ask you a series of questions. And every time that you're going to say, Yes,

Paul Fairweather 10:18

first of all you're just doing for our listeners, put your hands beside your head or play along with us. Like you've got blinkers on for a horse,



Avi Liran 10:28

so thank you listener, and you imagine that you are having horse blinders you can only see straight, you cannot see the sides. But I'm going to ask you a series of questions every time that you say yes, you move your hands one inch to the side and one inch up. And you say yes. All right. Okay. Did you wake up on a bed? Yes. All right. Yes. We know that there are billions of people that have a sheet in bed or they are homeless. Do you have running water? Yes. Yes, yes. All right. There's about 770 million people that don't have running water, they need to walk more than a kilometre to get water. Are you living in a free country? Yes. Do you know this, or not? Are you having income to support yourself? Yes. Maybe not. Yes. But do you have food to eat today? Yes. Yes. Do you have people that love you? And you love them? Yes, yes, yes. And the list goes on and on. And if you are the listener already in a V position, stay there, stretch there and see that about 7.9 billion people would say, I will change places with you. This is your reality, not the 10% That did not happen yet. And if you have all this, compare it to the rest of the world. Are you blessed? Yes. Yes. If you are blessed, can you also be grateful? Yes. Okay, so now asked me, Avi, what do you how do you

Paul Fairweather 12:11

For all the listeners Avi put hands together? In front of himself, so very, that he's grateful. Continue. Avi,

Avi Liran 12:20

When I asked you, how do you feel on a bad day? What would you tell me

Chris Meredith 12:24

frustrated, angry, gloomy.

Avi Liran 12:27

Somebody goes to say, Hello. Hi, Chris. How are you? And you're supposed to say so? How would you answer?

Chris Meredith 12:35

I think you say good, but you don't really mean it.

Avi Liran 12:37

Yeah, so in the end, if you want to sell something, you're gonna say fantastic, couldn't be better. And the difference between how you feel and what you portray is the amount of energy of faking it, that will drain you, and you're going to be exhausted at the end of the day. But what I can give you is two words plus one or two, that will always make you uplifting, even if you feel really, really terrible. Would you want to learn this word?

Chris Meredith 13:06

I would love and I've got my pen in my hand already.

Avi Liran 13:10

So ask me, Avi, how do you feel on a terrible day?

Chris Meredith 13:13

Avi, how do you feel on a terrible day,

Avi Liran 13:16

I'm blessed and grateful and angry, blessed and grateful and sad, blessed and grateful. And whenever I feel I share, because I know that I start my day with 90% in my favor. So my day fluctuates between 90 to 100. If it's a terrible day, I got zero, I'm still at 90. All right, because I don't discount the beautiful things that I have. And majority of the people don't look at this 90. They think that this 90 is Earth, and they're only there, but take health out of you. And then suddenly you say, it just didn't happen on my nose. And I would be so happy. We take life for granted. And if you don't take life for granted, you will be an optimist.

Paul Fairweather 14:07

Well, actually, that is a great answer. And what a great answer to a question. You told us earlier that you had two best questions. What's the other one?

Avi Liran 14:19

I saw an advertisement that they were looking for a commercial attached to his course. And I can apply. And I said oh, why not? I could join the government. I could do my masters and I couldn't go places. So 832 people applied out of the top 44 There was a case study, another great story, and the last 22 Out of which 50% will become commercial autoshares And the question they ask us is what would you want to do when you grow older? And my answer to that was I want to be so talented. That I could get to work with people that are better, smarter, and then me and still want to work with me and for me, and that answer is still valid. And that's why I'm lucky to have a lot of people around me including Lenny, my team Nishioka, Lucia, the people that work with me, Anna, Marie, Raymond, and others that are in what they do, they are phenomenally better than me. And that's how I grow.

Paul Fairweather 15:33

So, I just wanted to ask you, I mentioned Lenny, there. And as Chris said, we had a lady on our back a few weeks ago. Tell us a story about how you came to connect with Lenny, I believe it was a couple of phone calls.

Avi Liran 15:48

I had tough times in my life. I always bounced back with the exception of one time when a personal thing happened that really broke me down, I made a hell of a lot of money. And I lost it a few times because it's not very healthy. Just to let you know, don't try it. I'm happy that the fourth time was extremely, extremely good. But at that time of the lowest of the lows, when I was down on my knees, beaten physically, emotionally, somebody gave me his book, everlasting optimism. And I read that and I laughed. And last, they gave him a call. And he answered, saying, Hello, let me speak. And I see I hate you. And of course, he hung up the phone. I called him again, so they hate you because you've written the book that I should have written. And he had a good laugh. We had a nice conversation. A few months later, there was an article in The Straits Times that says Singaporeans are the least happy people in Asia. And I gave him a call and I said, Do you want to work together and say sure, because when he says yes to money, marry our first client. And that was history. Since 2006, we have been

working together. We love each other like my adopted father. I was like the steps on and we have a wonderful company together. He just was in Atlanta, he just gave talks and Russia. Have a zoom. So yeah, he's one of the most amazing human beings alive who decoded like,

Chris Meredith 17:34

Avi and two burning questions. First one is about bouncing back from some serious life event you've mentioned that have been sort of situations like that for you. Is that good? Does it build you? Is it a good thing to have confronted some serious cardiovascular crisis? In our work? Could you have found this out without those setbacks? Or actually, is it a good thing, it's important that people experienced the bottom in order to experience the top,

Avi Liran 18:05

somebody said that everything happened for a reason. And sometimes the reason is really shitty, but it happens. So now what happened, you have a choice, or you're gonna surrender and go down? Or are you going to make the best out of it? So I tried to make it a habit to profit from and downfall. Let me give you a small example. So it happens to everybody's life when my suitcase doesn't arrive. Here. I'm Jody, because I know the rules. I know that I'm going to get a little bit of money so I can get my toothbrush and all that. That's because I also know that they have insurance. And I know that I said Aha. That's the type of jeans that I'm wearing now because Singapore Airlines didn't bring me back my suitcase for three days in Powell in Kathmandu. And the first thing they did out of the airport was go to a shopping mall and get myself the best pair of jeans that was paid for by the combination of the airline and the insurance. If you're going to see my my second pet talk, he talks about how my bag was stolen in Madrid with my laptop with my wallet with my iPhone with my cables with my passport, something that is not really nice and I have their coping mechanism how to vent the pain don't keep the pain inside. At the same time. I got insurance. I didn't get paid fully. But I got a TEDx out of it. Not Yes. Not only did I got a TEDx, I got a talk that is called bouncing forward with a smile that already got almost 200 \$1,000 For people paying me to talk about the story of how my bag was stolen, so you could cry me about your bag or stolen or you make a token out of it. So in my profession, adversity is an ability to tell a story. Now you look at yourself and say, am I going to be the victim of this story? Or I'm going to be the hero of the story. So the story is interesting. If you are both, yes. And my life advice to people that want to give advice to people that are in the gutter, is to stop giving them advice. And the last thing you need to tell someone that is depressed, which I was, is if you don't love yourself, you can't love others. Because number one, it's bullshit. You could love your kids. You could love your ex. You could love your customers, you could love your community. So this is totally unhelpful. What you should do is shut up and be there and see what you can do to better the situation, but never be judgmental, and never be condescending. And the best thing that I got from the time that was the worst time of my life, was to learn that helping other people is not all about reaching with a hand and pulling them up like when we were kids. You remember when we wanted to sneak out to the soccer stadium, you handed it we're kneeling down, putting our hands together, somebody would put their dirty shoe on our hands, the other dirty shoe on our shoulder, they sneak out and you left the last one and everybody puts their hand to lift you up. And if you really want to be in my profession helping others, I need to learn how to kneel and help from the high level and not on the app level.

Chris Meredith 21:52



Beautiful place to learn how to kneel.

Paul Fairweather 21:55

Avi, I just wanted to change the tax a little bit. Your businesses are delivering delight, although seniors on your T shirt now it's delight. A new brand. I like that as well. And over the course of a couple of years, Chris and I have talked to numerous neuroscientists about creativity. And the general message that we have is that it's very difficult to be creative. Unless you're in a good mood, unless you're happy. So

Avi Liran 22:26

both bullshit. Okay.

Paul Fairweather 22:28

All right. Talk to us about that.

Avi Liran 22:31

totally bullshit. Miss you look at most of the beautiful songs ever written love songs. And they will return when people have broken hearts. So let's stop. What I don't like and don't like slogans people tell you like something like it should be. Now if you're very creative. You could really say no to all these sayings that people are turning to you. Because not all of them are right.

Paul Fairweather 23:04

Are they going to say you know what you just said there? That's easier done than said.

Avi Liran 23:12

Everything you were successful in your life was easier done than said, everything you did not do yet. is easier said than done.

Paul Fairweather 23:23

I know we had a discussion with Lenny about it and the story about where it came from. So I was just having an Albanian girl. Yeah, because it is a pity saying

Chris Meredith 23:36

that either. But I'd say I'd take your point that if you find a poetic way of streaming three or four words together, people nod wisely. Oh, that's so true. It doesn't mean it's true. It just means there are three or four words that sound a bit poetic.

Avi Liran 23:51

Yes, one of my biggest criticisms of my fellow speakers is that they put quotes from other people. And I tell them if I wanted to hear the other person, I would go to their keynote. I want to hear your original saying,

Paul Fairweather 24:07

and that's easier. That's easier done than said.



Chris Meredith 24:12

I want to switch tack when you're talking to us from Singapore. And you mentioned briefly that you'd heard that Singapore is kind of the unhappiest country in the world. So huge opportunity for somebody that that is a sort of specialist in like, how does this message play in different cultures you're speaking to to Australian based Westerners, you obviously experience of Asian markets, Singapore, how do different kinds of culture respond to your message about optimism to like,

Avi Liran 24:38

I don't know about all the cultures in the world. I've been speaking only in 23 countries so far, and hope that I'm going to reach 30 songs. So I know that different countries have different ways and different sense of humor as well. So I need to learn more every time I go to a place, there is a different nuance to it and different cultures and different ways to look at it. I did the course of this call appreciative inquiry, which is a very interesting change, organizational change methodology that looks instead of what is broken, that we need to fix, it looks, what works, how can we replicate it and stretch it. And one of the participants there was Enrico, my friend. And he's the chief happiness Officer of tech Milenio, the best and biggest university in Mexico. And at that time, Denmark was the number one happiest country in the world, according to UN research. And he said something that made me smile. He said, Let the Danish come for one Fiesta in Mexico, and they will understand what happiness means. So number one, I have huge criticism about the word happiness, because it means different things to different people. I don't think that the World Happiness Report is about happiness, it is about satisfaction from the state of living in that country. And it is comprehensive, it takes a lot of things into account, like the health system, the longevity, education, safety, etc, etc, etc. So, but it's not about happiness, happiness, you know, when you're happy, you know when you need this. And then I decided not to be as happy as my Northstar. Because I believe that happiness, trust, and money and love are results that serve you better as results, rather than a goal. So my job in the morning is not to be happy. I found that if I put my Northstar as delighting other people, as a result, I become happier. Because I learned something about the human race, and how do we get some significance? And this Northstar? By the way, if I ask 10s or 1000s of people to tell me how they will deliver delight to their employees? And I will ask you to talk with Paul for 20 seconds and give Paul your answer. And Paul tells you his answer.

Chris Meredith 27:24

So I'm okay. I want to jump in first, I think the key is in storytelling that you tell stories that have some kind of learning or message in them. And that helps them and therefore gets you to lie. That's my answer.

Avi Liran 27:38

Thank you, Chris.

Paul Fairweather 27:40

Avi, we ask the questions here.

Avi Liran 27:44

Reason why I do this is because I want to simulate and want to love you



Paul Fairweather 27:49

i When I deliver light is probably by helping people not stress about things that don't need to stress about. It's probably where I would say.

Avi Liran 27:58

That's very nice, and you're probably going to hear 1000s or millions of answers. And it took me more than a decade to come to this sentence. Delivering delight is the habit of making positive choices, to contribute to others the habit of making positive choices to contribute to others. So there are three key words, one habit, nobody likes someone that is unstable, that one day caresses you, and the other day whacks you, then you lose credibility and you cannot be trusted, you cannot be trusted, you cannot deliver delight. The second thing is positive choices. I'm guilty as charged, I don't always make positive choices, and I regret it. But much of the time, I try to make a positive choice, what will be something that will be a good outcome that will uplift us rather than put us now. And contribution is the engine of delight. And it's different from giving because we give what we want. But contribution is the value that we created that other people need. Now if your parents, you'll know that it's not necessarily what they want, but what they need. Now even if that is your Northstar, you're gonna receive at least three things, you're going to make everybody around you much better. Everything you're going to invest in others will come back to you many times more, and you and everybody else is gonna be much happier as a result.

Paul Fairweather 29:31

Fantastic.

Chris Meredith 29:32

Did this is there a role for the government in this? Because when you said there's a person that this university called chief happiness officer, I thought Trump's us that's a hospital pass for a job title make me happy go on and get on with it. But if you shouldn't be a minister of contributing your a minister of delight in government, for example.

Avi Liran 29:54

No. I'm against the idea that one shouldn't be a chief happiness officer. A Nic, I have my title as Chief delighting officer. But I say that 8 billion people have it inside of them. And they need to just make the adjustment to bring it out. Everyone is responsible to do it, you are responsible for your own delight. So a minister No, but our eyes thing is that each Minister has to do the work well. So if you're the master of health, and you have people, instead of getting service, they are lining up in the corridor in the hospital, that is not delightful, you're not doing your job and just do your job well. And that's going to create a delightful service. But regrettably, in some places, too many of them. And that's why Singapore is going up so much in the Happiness Index, not because the people here are happier. But they build an ecosystem where the health system is one of the best in the world. The Education System is one of the best in the world, although it has so many things to change, government, probably the best in the world, you want something, it's within a few clicks, and you get it done. So no, no wonder that people are very satisfied. But boy, yeah, they still don't have to complain.

Chris Meredith 31:22



So what I learned from that is, is if you're appointed, if you have someone whose role is happiness or delight, that would imply that it doesn't, it's not the role of everybody else. And you'll say no, it's everybody's role. What if you're specializing

Avi Liran 31:36

in my talks? I asked, Who needs to be delighted? Everyone, everyone, yeah, very intelligent crowd and assist. So who is responsible for delight?

Paul Fairweather 31:45

The chief happiness officer?

Avi Liran 31:51

Everyone, I said, No. So I asked you and also the listener, would you mind putting your two thumbs up? By the way, put the coffin down, because I'm going to tell you to point to yourself. That's a, that's the person that's responsible for the light, anything else will make it? No delight. Because if it's somebody else's responsibility,

Chris Meredith 32:15

It's literally just talking about the light has, has made me pick my spirits up, because he just sat behind it or thought about opportunities like that question. You asked him. What? What you think is giving delight? I just took that process to help you go, Oh, yeah, this, it's interesting how easy it is to unlock.

Avi Liran 32:33

Now look, a lot of people think that people that give are gifted or something like that, but let me tell you the truth. I'm not a nice man, as people would like to say, I just decoded the system, because unless you're a mother, Teresa, or you are the Dalai Lama, you have an ego to feed. So we wake up in the morning, and we say, hi, give me a nice piece of firmy confirmation that validates me. And then we say, hey, look, I'm important. Please, please, I want you to think that I'm successful. And then please love me lovely, and listen, going and going. I'm trying to get more and more, and it's exhausting. It's junk food for your ego, junk food for your soul. transformation happens when you realize that you can get the same energy with minimal calories, when you give what you want to take. So instead of being a firm that confirms I have a fear and confirms and validates someone else, instead of making myself look successful, I am responsible to help other people be successful. Instead of asking for love and begging for love, I'm busy giving love. And why do I do this? Because when I go to sleep, I want Abby to tell me of it. You're actually a nice guy, she's there to help that person who was very nice of you. But sometimes you think that you are on the giving side, and you are still in the wrong place, with your ego, and you are still eating junk food. And that's a story that I can tell you

Paul Fairweather 34:20

please tell us.

Chris Meredith 34:21

So, you tell us we want to hear.

Avi Liran 34:22

About almost a decade ago, my congregation, I'm Jewish, by the way, asked me to do team building. And they usually take five digits and I lowered it to a very small amount. And I delivered the team building. Everybody was happy. And then I sent the message to the finance afterwards the salary then I didn't sleep well at night. I say why did they charge my congregation? How do I make it up for them because the money was already in my bank. So why don't they invite A comedian? A wonderful guy will recover from cancer, even though we had five chances 5% chance to survive. And I paid for him to come. And it was an identical amount of what they paid me that I invested. And then I asked the CFO to just send me a receipt that I invested that and for the community. And boy that night, I got an email from the treasurer, how can I be so cheeky to ask the board to pay for my donation? So not only did I give a discount, not only I discovered, not only I do that now I'm the villain, and the copy was all the trustees in Singapore, the top VPs and presidents and owners of some of the biggest enterprises, you can think they think that I'm a schmuck. So I tried to explain in an email, but I wasn't very pleased to tell you the truth. And the ribeye understood that something was wrong and arranged for lunch, and Michael apologized. And of course, I forgive them. But at the end, when we stood up, he asked me, "Why do you need the receipt? You know what, it's not tax deductible? You want that to be mentioned in the book for your donation, didn't you? And then he said, Do you know that the biggest donors to our community are anonymous, and I'm one of them? At that moment? I cried. I gave him a big hug. And I told them Michael, you liberated me from now when I give no one will know that I was the one because I thought that I'm on the giving side but I was in Ingo tech side. Because I just want to give in order for others to know. So that was a lesson for me. And now you know the motivation of all the people that have a lot of money while they give it they don't give it anything because of somebody else. We give it because we want to feel good about ourselves. So if you are not in a good shape, go out to help someone. It's not true that you can't love yourself before you love others. When you are busy being in the love zone love will come to you and you're respecting yourself will come back but you need to respect yourself first before you could love yourself.

Paul Fairweather 37:37

That's fantastic wisdom and insights Avi, unfortunately, our time has come to an end either you've given us a great gift or we're not going to tell people that you gave it to us because I know that you'll go to sleep much better when people don't know that you gave us this gift it's been an absolute delivery a deliver fantastic delivery there's that song afternoon delight because it's afternoon here in Australia with Chris and I'd I know that after the delight is has another implication of that song. But

Avi Liran 38:12

you have given for ladies if you don't mind.

Paul Fairweather 38:15

You've given us heaps of delight this afternoon. So thank you so much are they. We wish we could talk for much longer.

Chris Meredith 38:22

They thank you so much that they alert you to learning how to kneel tilt about anonymous donations. I thank you so much. I really really enjoyed this session very kindly.

Avi Liran 38:33

Thank you guys. Be blessed. And remember that you are blessed and you can be grateful.

Paul Fairweather 38:43

I love Chris because he's so calm.

Chris Meredith 38:47

I love the foil for Lenny Lenny. He's kind of a natural comedian. He cracked lots of jokes and so on. But there is the same philosophy. But you're right. He has that quiet calmness about him. I think that what's lovely is that the earnestness is easy, this isn't at all this is something he's deadly serious about and yet the topic is delightful. And it is when we feel great about ourselves. And I think the most poignant point was maybe this idea of anonymous donations that, whether you're giving an idea or you're literally making a donation, the act of being anonymous forces you to do it in a way that feeds you.

Paul Fairweather 39:28

Yeah, yeah. Look, I think it was excellent in that exercise that he gave us the answer to one of his best questions about the blessed ingratitude. I do that every day. And it really is very satisfying. Just for our listeners in case you misunderstood the instructions. You keep taking your hand out and out and out until they're greatly stretched above your head.

Chris Meredith 39:50

Make your big why with your body in the center of the

Paul Fairweather 39:54

not YMCA just the Y. So it'd be blessed and grateful inside that that was his message and you. He goes all around the world delivering delight, and we're very lucky to have him on the show. He's a bit of a busy man. Great demand.

Chris Meredith 40:06

He's not, he's an engaged man. That was one of his tips. You know, one's busy. It's yes, he's very, he's very engaged. But we are, we hope you get to leave a comment if you enjoyed this, but make sure it's an anonymous comment basically because that was one of his tips. And if you want to give a rating, we don't care what rating it is, it's up to you because feeding our egos is not what we're about anyway.

Paul Fairweather 40:29

Please tell your friends, share the gratitude that maybe has brought to life your life. Thanks to our listeners for tuning in. And we hope for you to join us next week.

Chris Meredith 40:43

We'll see you next week for next week's podcast. Thanks for tuning in.





Avi Liran (Special Guest)



Paul Fairweather - Co-host



Chris Meredith - Co-host



Two Common Creatives

