Corey Andrew Powell (00:00)

Hello everyone and welcome back to Motivational Mondays presented by the NSLS, now impacting over two million members nationwide. And today we have the privilege of reconnecting with a true champion of kindness, adventure and transformation, Leon Logothetis. Leon is a humanitarian, bestselling author and the host of The Kindness Diaries, the inspiring Netflix series where he traveled the world on nothing but the kindness of strangers. His passion for adventure with a purpose has led him to uplift the lives of many and

raise funds for underprivileged communities, and remind us all of the profound impact generosity can have in our lives. And now he's back with a deeply personal and powerful documentary, The Kindness Within, A Journey to Freedom, premiering on Prime Video. And it's a journey of his own emotional freedom and exploring his struggles, his resilience, and the healing power of kindness. Leon, it's great to see you again. Welcome back to Motivational Mondays.

Leon Logothetis (00:53)

Thank you so much for having me again.

Corey Andrew Powell (00:55)

Yes, it's my pleasure. And before we started recording, I told you that like this film is so beautiful and it landed for me right at a time when I needed something, something spiritual, some reassurance of there's something more, something bigger and not to sweat the small stuff. like, this is a great project and it did all those things for me. And just thank you for making it first.

Leon Logothetis (01:21)

Well, thank you for saying that because that was why I made it. I made it because I wanted it to transform people the same way a movie many, many years ago, the motorcycle diaries transformed me. And the fact that you said it was beautiful is beautiful to hear, to be honest. So I appreciate that.

Corey Andrew Powell (01:38)

Yeah, you're very welcome. And I mean that from a standpoint of cinematically, of course, because you do travel to quite a few places, ⁓ beginning the journey, of course, in India. And it's like a spiritual journey, if you will. But so yeah, it's cinematically beautiful, but just, you know, the story you're telling and sort of the connection between people is interesting. And what I really found fascinating too was everyone has this different concept of God. And that was really profound too. But before we get more into that,

I just want to ask you about the documentary itself and what inspired you to create the film and what do hope viewers take away from it?

Leon Logothetis (02:15)

So what inspired me was that, as I mentioned, many years ago, I watched the movie, The Motorcycle Diaries. And at that point, I was a broker in the city of London, and I was living somebody else's dream. And I was very depressed, anxious, no sense of purpose. And I stumbled across that movie, and it transformed me. It ⁓ inspired me to quit my job and to start traveling around the world relying on kindness.

And I always wanted from that moment to create something in the form of a film, specifically a film. Yes, we've done TV, but specifically a film that would touch people's lives, that they would watch this film and they would be different after watching it. and as you know, cause you've seen it, it's a very personal journey. ⁓ the kindness diaries was more kind of the happy go lucky side of Leon, right? Okay. A lot of cool adventures, a lot of cool people that I met. And this one was really.

removing the veil, right? And showing what was truly going on within me. And I think many of us can relate to that because, we put on a face and we tell the world everything's fine, but in many respects, it's not. And the movie is an attempt to inspire people to shed that veil, their own veil, to share their pain, to go on an adventure and to find freedom within.

Corey Andrew Powell (03:41)

Yeah, and you absolutely were riding like the highest level of that success. I mean, the book was a success to see, you had the series ⁓ and then you're on every, I mean, as far as American TV, clearly that I wouldn't know of, you you're on the Rachel Ray show and you're doing the Michael Strahan show and you know, on ABC and all these, mean, like really serious television promotion ⁓ and all the time you're kind of like still struggling with something. And that was fascinating because like you said,

It was a dichotomy of what we saw and who you were.

Leon Logothetis (04:13)

Yes, exactly. And again, I think many people can relate to that. It was just playing out in front of millions of people for me. Right. Yeah. And the movie kind of the inspiration for the movie, the exact moment, you know, I had a, I had a dark night of the soul and I really wasn't doing very well at all. And I called up my therapist and he helped kind of

Keep me going. And the next morning I went into a bookshop and I randomly picked up a book called The Autobiography of a Yogi, which is by Paramahansa Yogananda. And in that book, which I'd seen many, many times, but I'd never picked it up. I randomly opened it up to a specific page, again, randomly looked at a paragraph and I read the following words. If you reveal God to me, he was talking to his soon to be guru. If you reveal God to me, I will follow you anywhere.

And I had an epiphany in that moment. And I'm not talking about the God that lives up in the sky. I'm talking about the universal energy of love that lives in everything that ever was and ever is and ever will be. ⁓ And in that moment, I had this epiphany that I was going to go to India and I was going to find God. And really what I meant by that was I was going to try with all my might to free myself, to liberate myself. And that's kind of how the movie began. Yeah.

Corey Andrew Powell (05:34)

And I don't want to give away like, you know, parts of it because, well, first of all, there's so much I could never really give it away because you really have these beautiful textures every corner, every moment, there's something. But I have to say though, tapping into something that is discussed in the earlier part of the film, I can't recall her name, but she's the woman when you go to the river.

Leon Logothetis (05:55)

Sure, Nandini ji.

Corey Andrew Powell (05:57)

Nandiniji, right? ⁓ She talks about the universe has sort of already kind of figured things out for us. Like, so when you talk about the randomness of that moment for you with that book, was it really random at all? Right? I mean, that's the part that's so fascinating was like, you know, this was part of a guide that you were on for your own awakening, it would seem.

Leon Logothetis (06:24)

100%. And I'm to tell you a story that isn't in the movie. We tried our best to put it in the movie, but we couldn't. So it relates to the universe. So after about two or three days, I was in Rishikesh and I was on the verge of giving up. In fact, I had given up. I was in a hotel. I was on my way to the director's room and I had made the decision to go home after two days.

And as I was on my way to his room, I saw an open door in this hotel, this small little hotel in the middle of nowhere. Right. And I was like, okay, I'll walk into that room. And it turned out to be a library and it wasn't a great library, but it was a library with a few books. And what book do I find there? Paramahansa Yogananda's other book, the divine romance, which is all about finding God. And in that moment I was like, well, okay, that's clear. I mean, I'm not going home.

So I, know, I'm just going to keep going until something happens, but yeah, it's a, an interesting point you make about the universe already knows what's going to happen.

Corey Andrew Powell (07:29)

Yeah, because I spoke to a really amazing spiritual guide ⁓ named Suzanne Giesemann recently. And she told me what she has to convince people of often is to stop explaining things away as coincidence. Because we're really good, that's a coincidence. No, maybe it was actually a spiritual presence.

telling you something, or maybe you were in that moment in tune with the universe that was trying to convey a message. And so even those conversations with her really made me stop and think about. So I think her conversation made me realize about what you had gone through. Maybe that wasn't random at all. And you do talk about the darkness and you speak about that very candidly, ⁓ beginning with the thought of suicide, which is very serious.

topic. ⁓ I guess without getting too much into that particular conversation, I guess I'm wondering, was it that you felt unfulfilled in life despite having all the physical accomplishments and the potential trappings you could afford all those things? What was the emptiness that led you to that feeling?

Leon Logothetis (08:42)

So, you I thought as many of us do that my problems would go away. If I was right. And what I realized in my own way was that although success by doing all these shows and by doing all these books and by speaking to the amount of people that I speak to that everything would go away. And I realized that in fact, when I got what I wanted, what I thought I wanted, it didn't go away. Right. And it actually in some ways got worse because I realized that

The only way it was going to go away was if I faced it. Right. So, you know, I, I've suffered from depression pretty much my whole life. I think many of us have mental health, challenges and that was mine. ⁓ and it just, it just nearly took me down. It didn't because I had the right people to, to reach out to. I had people who loved me and I shared my pain and it sounds so simplistic, but

Sometimes, and of course I'm not a therapist, I'm not a psychologist, but sometimes sharing our pain is the door to freeing ourselves. But many of us don't want to open that door because we think if we share our pain, we're never going to find our way out of it. But obviously the most important thing if you do have those feelings is to speak immediately to a therapist, speak immediately to a psychologist, call a hotline, do something.

where you have on the other side of that phone or on the other side of that zoom, someone that is going to show you love.

Corey Andrew Powell (10:15)

Well, I mean, I'm glad you put that part in your film too, because a lot of people are always experiencing that level of darkness. And you talk about it from the time point of being a child. And then I drew a parallel. There's a moment in the film when you're in India and you're meeting children who are sort of in this really dire destitute situation. ⁓ And in some ways, the innocence of a child, they don't really understand how maybe dire it is for them because they feel love.

They are actually in an environment that's supportive of them and they're just, ⁓ they're thriving still. So what was that like for you meeting those children?

Leon Logothetis (10:50)

mean, look, there's innocence there, right? As you just said. And a child just needs to be loved. Obviously a child needs also to be fed and to have clothes on their back, et cetera, et cetera, et cetera. But at base, a child just needs to be loved. Whether that child lives in America or that child lives in India, that child lives in Europe, ultimately a child just needs to be loved. And the truth is that we are all just big children and we just need to be loved.

as well. Like you can transform through love. And again, I don't want to give too much away from about the movie, but love is a big theme in the movie. And the transformational power of love is quite extraordinary.

Corey Andrew Powell (11:36)

Yeah. And again, we both, you and I both are like kind of weaving so we don't tell too much of what's in the movie. However, I will reference something without giving too much of the context about the love part. And I made a note of it. I think one of my favorite moments is with, ⁓ when you're, at the mosque in Ajmer Sharif mosque. Yes. And the, I want to make sure I said it properly. The Sina Basina moment. And when the hugs and the.

Leon Logothetis (12:03)

Yeah

Corey Andrew Powell (12:06)

the parallel between the hearts. Man, I was like, my God. I'm getting like teary-eyed. Yeah, because the hug, I wanted that hug. And so anyway, when you guys watch it, when you see this movie, look out for that part because it's brief, but it's one of most, for me, profound moments in the film that really expresses the love that you're talking about and from between strangers even.

Leon Logothetis (12:30)

Yes, yes. But the question is, are we really strangers? If you think about it, we're not. Again, like if you come from your mind, then yes, we're strangers. But if you come from your heart and you feel each other's humanity, we're not strangers. I get why we think we are, right? Don't get me wrong. But if you are at base operating from your heart, from your soul, we are not strangers. And you're talking about Salman.

who's a legend. And he basically says that in the movie. He basically says that when he first met us, me and the crew, he didn't feel like we were strangers. And that's like, and we'd never met him before, but that's when the heart centered kind of, the heart centeredness takes over.

Corey Andrew Powell (13:20)

Yeah. Well, another message there too, that is tied into that, I think it's about the decision that we are making to perceive what is, so to speak. So if I don't perceive you as a stranger, then therefore I look at you as a brother, a fellow human, and I love you. But it starts with me having to make that conscious decision to see you that way. And I just...

realize that in this moment as you're speaking, because another one of my favorite moments is when one of the spiritual guides says ⁓ that kind of same point about turning inward, right? And once you realize that the joy and misery and the problems and resolutions of the world sort of kind of start Mary often with you, you have no more problems. But that's because you're making a conscious decision not to invoke those kinds of behaviors and patterns. That's what I took that to me. Is that

Leon Logothetis (14:05)

Yeah.

Corey Andrew Powell (14:16)

close.

Leon Logothetis (14:16)

Absolutely. And that's Sadhguru. That's Sadhguru saying that. And he's basically saying that all joy, all misery stems from within. And he makes a joke and he says something like, we're just lousy managers of ourselves. And he's right. Right? mean, you know, it's simplistic and beautiful, but it's also right.

Corey Andrew Powell (14:37)

Yeah, no, very true. And I think with that, guess in a more layman's term is just managing our emotions better. But you're right. There's tools that we need to have in place, support systems, other people and all those things kind of tie into that. I mean, there's just so many, there were so many messages in the film that, you know, it's sort of one of those films that I think you can go back to when you need it. Like you can be having one of those days. Like I told you, I've been having this period of just questioning things and like, you know,

Where am I going? What am I doing? What's it all for? Is it for anything? Why bother? And the more we get sort of disconnected in ⁓ this age that we're in of divisiveness and the technology making us colder, those feelings can manifest further. And I gotta tell you, watching this film really gave me hope. It gave me hope.

Leon Logothetis (15:30)

Well, that gives me a lot of joy because the whole point, another part of the point of the movie is to transform, but was to give people hope. Yeah. You know, and, and I say that by the Ganges. don't know if you remember the scene where I say, if you're struggling, I want you to know that there's hope.

Corey Andrew Powell (15:48)

Yes, I do recall that. And I wanted to splash around that water with you, believe me. Now, ⁓ the term emotional freedom, That's something that you tap into as well with that. But what are some of the biggest lessons I guess you've learned in pursuit of emotional freedom?

Leon Logothetis (16:09)

So I think we all desire emotional freedom, right? We all want to be free. I actually give speeches in maximum security prisons. And one of the things I say to them, in fact, the first thing I say to them is I say, look, I've never been incarcerated. So I understand if you don't want to listen to anything I'm about to say. But before you make that judgment, no.

that I have spent most of my life imprisoned up in my mind. And they all get it. They're like, okay, all right, okay. So we all know what it's like to be in our own mental prison. Some people don't because they have freed themselves, right? And freeing yourself means, you know how you feel when you are walking in pure nature, right? When was the last time you went into pure nature?

Corey Andrew Powell (17:07)

Yeah, it's been a while.

Leon Logothetis (17:09)

Okay, so but do you remember the time the last time you went into pure nature?

Corey Andrew Powell (17:14)

Yeah, I had a beautiful walk on a beach called Bone Beach in Florida where all the whole beach is just washed up, bleached white trees and just ocean for miles. And I just walked it and it was stunning. And I had to keep that feeling with me.

Leon Logothetis (17:26)

beautiful. So that was a feeling of freedom, right? Yeah. Okay. So, so that is what we're all searching for. Yeah. And it's easier, I think, to be free on Bonebeach. And it's easier for me to be free whilst I'm in India. And it's much harder to be free when we're out in this world that we live in, right? When we have Facebook, Twitter, Instagram, when we turn on the news. Yeah. So the aim is to free ourselves and the most

Sometimes the simplest way, and I don't want people to think, ⁓ you have to quit your job or, or you have to go to India to find God. You don't, right? You don't have to take that type of massive step. I just happened to be able to do that. You can take one small step, like your step. A step that I think you took based on what you're just saying to me is going onto bone beach. You went onto bone beach. You had this moment of freedom. It happened a long time ago, but you feel it now.

So you can always go back to that moment and you always know that that's where you're heading to that moment. And it's there, it's in you, it's within you. It's, something that is, is available at all times. And okay. It's not so simple because sometimes we have issues that our freedom is forgotten, but that is what we're aiming for. Does that make sense?

Corey Andrew Powell (18:45)

You know, it really does. also another great moment for me in the film ⁓ is this message of very similarly what you said when you're discussing, I think it's the idea that the sound of a running stream or the ocean, it's happening. The sound of the world is still happening even while you are not able to hear it. And so is that sort of like...

recall or just sort of awareness of like there is all this the soundtrack of nature is still going on whether I'm in New York City or actually in the the environment where I could hear that soundtrack of nature and just that mindfulness of remembering that it's still there is a part of

Leon Logothetis (19:28)

It is still there. that was one of the beautiful things of the film, obviously I'm biased, but all these wise souls that that was Nandini. She was talking about the sound of the river. Yes. The sound of the river is always there. You're just not attuned to the sound of the river. Right. And right now, right here, I sense that you and I are hearing the sound of the river. Right now. Will we be hearing the sound of the river in one hour? don't know. Probably not. Right. Yeah.

We know that it's there. And that's a beautiful thing that she said. What a powerful thing.

Corey Andrew Powell (20:03)

Yeah, it is. And it's interesting too for me because I happen to live in a community with a really large Indian population and I've been in this community for about 20 years. And ⁓ so I go to a lot of the events I get invited. And this film for me too, it allows me now to have really a broader conversation with some of my neighbors as well when it comes to ⁓ cultural things that maybe I had not been aware of or thought of. So I just can't wait to kind of talk.

talk to them about the stuff I've learned in your film, but you know, even that in itself is educational because it makes you look outside of your own religious practices or your own beliefs and understand how other people have a very other, a very different concept of all these things, God, religion, and neither one is necessarily wrong or right. That's the part, like, you know, it's kind of open-ended still in that regard. It's not like there's a wrong or right either way.

Leon Logothetis (20:59)

Yeah, and what I learned on the trip was that it's really God, universe source, whatever you want to call it. We get connected to it through feeling.

And everyone gets connected to it differently. You know, some people get connected to it through the Bible and great. If that's the way that they get there, if that's the way that they, they need to live their lives and fantastic. Other people get there through being in the Ganges, but it's all ultimately the same thing.

Corey Andrew Powell (21:31)

Well, I think that raises a point that I think is a big difficult dilemma that we face when it comes to the term religion. Because you do have many people saying that theirs is the only way. So there's part of the problem. And I think what was interesting about your film is that it, I mean, we're all aware that that's there and you have extremists on every side and every religion and everyone thinks theirs is the one. But I love that your film also, you you talk to the rabbi, you talk to the man who's Islam.

You talk to the ⁓ Tibetan monks, Nepal, the Buddhist monks. that was, I love that part in the film when he was like, you know, when he explains their perception of God, you're like, hmm, didn't see that coming. Yeah. You know, so, ⁓ but I love that, you know, you sort of show that we're all existing in these different levels of our own.

Leon Logothetis (22:06)

them.

Corey Andrew Powell (22:28)

constructs of religion. And there's really no need for us to have a fight about it. I mean, that's what I thought when I watched the film. Like, why are we fighting about this? We all have our version of it, and it seems like it keeps us all harmonious if we can just stop imposing them on other people.

Leon Logothetis (22:42)

Yes, think sometimes religion, think spirituality is sometimes turned into religion and religion is used as a weapon by man to control. But when you meet people like I met, know, pure individuals who are connected to source, you realize that

We're all one. And I know that's a cliche. get it. And for years, we're all one. I'm like, what are you talking about? We're all one. That doesn't make any sense. But when you go on an adventure like this, and when you go on an adventure within wherever it may be India, Los Angeles, New York, it doesn't matter. You realize that that statement, we are all one is actually truer than the truest thing you could ever hear.

Corey Andrew Powell (23:27)

Yeah, well, you also have walked the walk. mean, people can say that, but your work in general, if you look at like sort of ⁓ the project you did in which you traveled the world based on kindness, like you had to literally live that or else the whole thing would not be accurate. So you're speaking from a place of experience. I do wonder with that, though, can you share maybe when it comes to the kindness as a transformative force, if you will?

What do you recall about ⁓ maybe one of the most profound acts of kindness that you've witnessed or experienced through your travels?

Leon Logothetis (24:04)

⁓ yeah, absolutely. Well, you know, we all know what it feels like when someone is unkind to us. And we all know what it feels like when someone's kind to us. And when someone's kind to us, we feel loved, we feel connected, we feel valued, right. And that in itself is transformative. So the greatest moment for me of kindness that I received, let's call it within the within the TV show, The Kindness Diaries was I was in Pittsburgh. And

I would go out to people in the street with my yellow motorbike and I would say, Hey, can I stay in your house tonight? And most people would say no, obviously. Right. So I went up to this guy in the, in the park and I said, Hey, can I stay in your house tonight? And he looks at me he goes, look, I'm really sorry, but I'm homeless. He didn't look homeless, but I was like, ⁓ no, I just asked a homeless man to stay in his house. So I'm like, I'm so sorry. blind. I was about to walk off, but he turns around and he says, if you want, you can stay with me tonight.

I'll feed you, I'll protect you, and I'll give you some clothes. And that's ultimately exactly what happened. And he taught me that kindness is free and you don't have to have anything to be kind. And he taught me that true wealth is not in our wallets, it's in our hearts. And that doesn't mean that money isn't important. It is important. But the truest of wealth is how we treat each other. Again, no perfection, you know.

I'm, I'm the kindness guy, that doesn't mean that the kindness guy isn't mean sometimes he is. It doesn't mean the kind of guy doesn't have meltdowns. does. Yeah. Right. The, but I've made a choice to try my very best to come from a place of love and that story and that guy's kindness and his love just transformed me. And it was so beautiful. And I ended up, ⁓ you know, like I said, sleeping on the streets of Pittsburgh and it was a transformative experience. And he became my friend.

And as you know, at the end of each episode in the kindness diaries, we gave unsuspecting good Samaritans a life-changing gift. So we ended up putting him up in an apartment and sending him back to school. He wanted to be a chef. that's just one moment. But that moment kind of was the entire essence of the kindness diaries. there. Right. The transformative power of love right there.

Corey Andrew Powell (26:25)

Wow, that's incredible. You know, I was thinking too, there's a two way street with this too, because when you're out there now, you're vulnerable in a way, because you're out here trying to find places to sleep and everything. ⁓ Were you ever nervous or a little afraid? Like when people said yes, and you did go in their house, it's like, here's the stranger word again. I mean, you don't know them. So just from a visceral reaction, like, were you kind of like, I'm going to sleep with one eye open tonight.

Leon Logothetis (26:51)

So look, I followed my intuition. So there were many people that said, you know, you can stay with me tonight. And I said, no, I said, look, I don't know, I made some excuse because intuitively it didn't feel right. There was actually a homeless guy in Chicago who offered to do the same, but it didn't feel right. So I thanked him and I left. Really intuitively I would go with my intuition, which I guess

Going back to the movie is about going with your heart, right? So everything flows through your heart. ⁓ and if you follow that, then things generally will work themselves out. And again, I don't want anyone to think again, we're talking about the kind of stories, but I don't want anyone to think that I'm Pollyanna ish. And I think, ⁓ all you have to do is live with your heart wide open and everyone's going to be kind to you. And there were going to be no problems. There's going to be no war. No, that's not what happens. Life is life.

bad things happen. We see it every day. You turn on the news within five minutes, you see all the terrible things. You go on to Twitter, you go onto Facebook, you'll see the horrific things. I'm not saying bad things don't happen. I'm saying let's choose to focus on the good whilst knowing that there is bad. Bad comes, you deal with it as best you can.

Corey Andrew Powell (28:12)

Hmm. Yeah. mean, it's, ⁓ again, that's the resilience factor. Many people kind of get stunted in a bad situation or, you know, a bad moment and they really can't get out of it. But, know, when people are limited, for example, in their circumstances, this is a great example of the homeless guy still found a way to help you. But many people want to be kinder, but they feel limited by their circumstances. So to your point, you know, it's not all about money, but what advice do you give to someone who's like, Hey, I really

want to live a life rooted in kindness, but I don't have anything. These times are difficult. How do I balance that?

Leon Logothetis (28:48)

You don't need anything to be kind. That's what the homeless guy taught me in Pittsburgh. He had nothing, but he was kind. So you don't need to have materialism, materialistic things to be kind. And I'm not suggesting give away all your things, right? Have as much as you want, but show some loves, show some compassion, live from the heart, make a choice. And if you

do or say something that you're not proud of, get back on the kindness wagon, as I like to say. It's okay. You're not, you're not, you're, you're, are imperfect.

Corey Andrew Powell (29:29)

Hmm. I guess that's a nice segue. I have two more questions for you. That's a segue, a nice one into this next question, which is the idea of people who are struggling is something that we all identify with. mean, from different levels of struggle, whether it be emotional, financial, just whatever those situations may be. So what would you say to audience members who are listening or watching, who may find

it's difficult to keep hope as we know you and I talked about hope. While they're struggling, how can they keep hope and keep optimism during that?

Leon Logothetis (30:08)

Surround yourself with good people. Go to a therapist. And if you have no money to go to a therapist, I have a friend that goes to therapy from a university that gives it for free. Trainee therapists, there's always a way. Go online and read books about what's ailing you, whether it's anxiety, whether it's depression, whether it's a lack of kindness. Make a decision to focus your life on the good.

As opposed to focusing the life on the bat, you can always find someone to help always. You know, you may think to yourself, well, there's no one out there. There is at least one human being that is willing to help, to be of service, to mirror love back to you. At least one human being. If there isn't a book, find a book about love, about kindness, about hope, about compassion.

and read it. There's always a way.

Corey Andrew Powell (31:10)

Yeah, I do love that messaging that it's sort of you know, making the effort, asking people to just not wait to be saved, if you will. Sometimes we have to save ourselves and that comes from education and making the connection or reaching out to people. So sometimes that does fall on us to actually let people know that we, need that hug, right? We just have to let them know we need it.

Leon Logothetis (31:31)

Absolutely. And I'll tell you one trick that I've used in the past when there's been no one around. Let's say I've felt rage. I think we've all felt rage at times in our lives. I'll take a piece of paper. I'll take a pen and I'll let all my rage out onto this piece of paper. And no one's ever going to read it. can burn it afterwards and I let it all out. And I promise you, you will feel so much better. If your anxiety and your anger is at 90%, after you do that, it'll go down to 50%.

If not less.

Corey Andrew Powell (32:02)

Wonderful, wonderful words of wisdom. And it's, this is an enlightening conversation that is the perfect sort of like cherry on top after watching your wonderful movie. And we're just, I'm glad you made it. And so ⁓ thanks for being here with me again today. So you are of course the host of the Kindness Diaries on Netflix. And now this wonderful new documentary, The Kindness Within, A Journey to Freedom, which is on Prime Video. Now, is that actually airing yet on Prime Video?

Leon Logothetis (32:28)

Yes,

it's on prime right now.

Corey Andrew Powell (32:29)

crime right now. Yes. Okay. So everyone, you've got to check it out. The kindness within a journey to freedom. And I will tell you, it will be transformative. And Leon, thank you so much for being here today with me on motivational Mondays.

Leon Logothetis (32:40)

Thank you so much for having me again.