



A Guide For **Awakening To Joyful Living**

HalinaGold.com

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"The ancient Egyptians had a beautiful belief about death. When their souls got to the entrance to heaven, the guards asked two questions. Their answers determined whether they were able to enter or not:

Have you found joy in your life?

Has your life brought joy to others?"

~ Justin Zackham, "The Bucket List"

"From the moment of birth, every human being wants to discover happiness and avoid suffering. (. . .) Joy is in fact our birthright and even more fundamental than happiness"

~ Dalai Lama, "The Book Of Joy"

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THIS IS IMPORTANT

Hi, my name is Halina. And I imagine you're busy, as so many of us are. Perhaps you're so



busy that you've become very good at just skimming a text or an e-book (especially when it's a free e-book). And then quickly decide—yes, I know this already, or no, this is new. I am guilty of that for sure.

And there are times when skimming just won't work.

When I say this is one of those times, it's not just because I want to convince you that my book is more important than so many other books you have read. I know nothing about that. But here's what I do know:

The part of you that skims and decides whether this is something new or not is your brain, your thinking mind. It is a brilliant mind, an amazing, creative tool that makes life so interesting, and so valuable.

And, your thinking mind is also the part of you that doesn't really know what Joy means or is, not to mention how to connect with it.

Because Joy is not something we can think our way into. It is something we can only feel, sense, live, be.

So, therefore, if you want to experience more Joy—and I assume this is why you downloaded this book—I warmly invite you to take your time to read and contemplate it. It's a fairly easy read, I believe.

In the unlikely case you then regret that you took the time to read it, [reach out to me](#) and let me know why that is. I really want to make this book not only worth your time, but worth your Joy. Yes, I spell Joy with a capital J. Here's why.

WHY JOY BEGINS WITH A CAPITAL J

Joy

There is happiness and then there is joy.

Happiness is the fleeting state, the temporary high, the rather brief desert we get in between life's other servings.

Joy is an ever-present state of being, even if one that most of us don't have a conscious, permanent access to.

Because Joy is such a fundamental energy and because the word is being used by others in other ways, I tend to capitalize it. I don't intend to make it sound solemn and serious this way—that would not be Joy's way, would it? Maybe it's more like capitalizing the name of someone you love?

But then again, Joy is not separate; it's part of you and me.

Joy is part of your nature and it is your birthright.

Joy is you.

I'll be reminding you of it throughout this book, as I'd love you to really take this in as we get acquainted with Joy's nature, Joy's ways, and most importantly, with how you can connect with Joy every day.

Joy is your nature.

Even if it may be triggered by something external, it's source is within you.

And that means that you can get back to it and have more of it at any time.

This book will show you where to find your Joy and how to connect with it at will.

WHERE JOY IS AND WHERE IT IS NOT



Let's start with the good news. Most people do have some experiences of Joy in their life. I hope that is true for you, too.

Perhaps it's when you are with your child or just see children playing. Or when you are deeply immersed in an activity that you love—your work perhaps, or something creative. Or when you spend quiet time in nature. Or when you view a beautiful piece of art. Or when you experience one of those simple,

perfect moments with someone you love.

Then there is Joy. And that is wonderful, that does mean that you have a living connection with Joy, even if not as deep as you would probably like it to be.

Because there's also everything else. There's the part of your work that is boring and tiring. Or there's a sense of always being behind the schedule, not doing enough, even if you do a lot. There's the daily grind. There's the relationship that is alright but not all that full of Joy. There's the sense of tiredness, so different from the vitality that comes with Joy. There's the tendency of working too much, and thinking too much, and living too little. And of getting sick when you really need vacation. There's the shadow of loneliness or isolation, even when you are with your family, perhaps. There is the tendency to give too much, and then feel that you don't give enough. Especially when you think about the enormous need out there. How are you to deal with all that?

For some, these are big issues, painful in a very direct sort of way. For many others they are quite subtle because we're so convinced that life is not that proverbial walk in the park, that it must be tough somehow. We don't expect it to be any different even if we might wish it would be.

No one expects to be in Joy all the time, not in our western culture anyhow.

There are other cultures that do understand the significance of Joy though. In Bhutan, for example, they operate with gross national happiness, and it's as important as gross national income.

And there are those so-called “primitive” cultures, where (if they have survived meeting with the western culture, or have escaped it) life is good, and there’s plenty of joy, every day.

In our culture, Joy is mostly understood as an emotional luxury of a kind. Like weekends, or vacations.

But is it true? Is it true that in order to experience Joy more regularly or more fully, we need to have an entirely different life than what we have?

No, it has nothing to do with any of it!

So what is the problem with Joy?

There are, of course, many perspectives on that. Here’s mine:

One of the most important things I’ve learned on my long way through misery and into Joy is that life may be complex, but simplicity is king, or queen. Not simplicity as in shallowness, but the profound simplicity, the essential simplicity.

With the intention of finding simple yet profound solutions, here are the essential reasons why we experience far less Joy than we could:

- Joy is greatly underestimated
- Joy is viewed as a luxury item rather than the necessity that it is
- We’re not giving ourselves permission to focus on Joy
- We’re not making Joy a priority

This book is created for you so that you can gain a better understanding of Joy than what is typically found in our culture, and also to help you take the first, essential steps towards Joyful Living.

And of course, I will not leave you with just the first steps—I’ll show you how to continue from there.

But first, we need to take a deeper look at those factors that keep us from Joy.

UNDERSTANDING JOY



The reason why our culture underestimates Joy is simply because it doesn't see or understand what Joy really is.

Joy is what your soul feels.

Joy is what you may have felt as a newborn baby, before you were exposed to the rougher sides of life on Earth.

But as soon as you have, and we all have, things began to change. For all of us. It's a long story and to keep things simple, I will not go deeper into that here, but I will only say this:

Along the way, we have convinced ourselves that joy is a wonderful but short-lived experience. We can experience a sweet moment of joy with our children, spouses, pets, nature, vacations, art . . . but then it's gone.

That conviction is actually a limited and limiting belief. Because while all such experiences are wonderful as they are, they are not why you're joyful while having them.

This is the most important thing to understand about Joy. If it is the only thing you take from this book, you've already made big progress:



Joy is an inner state.

Joy lives within you.

Joy is not dependent on your external circumstances.

What it means is that you can somehow explore that inner state, and find your Joy, regardless of what is going on around you!

Speaking of which, and just in case:

The fact that Joy is an inner state doesn't make the pursuit of Joy selfish. On the contrary, when we are in the selfish, separated state there is no Joy!

Joy is your heart's natural state. And your heart not only loves to be in Joy, your heart also loves to share its Joy.



Joy is a natural Connector. Joy leads us to Oneness.

There is some mind-blowing potential there . . . and it's that aspect of Joy that we work with in the [Joy Keepers Network](#).

Joy is also very practical:



Because Joy is an inner state, you can bring it into any situation you want.

You may not know how to bring Joy into any situation just yet, but no worries. That's what this book is for . . . to show you the steps. For now, just think about the possibilities!

Imagine dealing with some boring computer stuff—and feeling Joy.

Imagine having to spend time with people you're not all that comfortable with—and feeling Joy.

Imagine being challenged in any way, internally or externally—and still being able to feel Joy.

How would it affect you?

How would that change your life?

Wouldn't it make life easier, and more en-joy-able?

It would, and it would also affect you in many other ways that you may not even be aware of yet.

When you feel Joy, don't you find you feel more energetic? So being more in Joy means having more energy, more vitality. Could it be that it could even improve your health? It might! I cannot guarantee that of course. We are complex beings after all. That said, there's plenty of scientific research to confirm that happiness (and even more so Joy) has a significant, positive impact on our health.

Being more in Joy also means more harmony and balance.

It means a more direct access to your creativity.

It means a more positive, optimistic, trusting way of being.

It means a greater sense of being connected with others, and with life itself. In fact, when you're in Joy, it's pretty difficult to feel lonely or isolated.

So yes, Joy's significance is greatly underestimated—and as a result, we tend to stay relatively disconnected from Joy. If I may say it so directly, it's a truly bad habit of our culture.

Of course, it's not a habit that we have chosen consciously.

From the perspective of our human adventure (which is meant to lead us through challenges and struggles), it is a meaningful habit though.

It's not a mistake per se, and it's most certainly not a personal mistake on your side. Just like it wasn't a mistake on my side to live with very little Joy back in the day.

Most importantly, since you're reading this, it is now part of your personal adventure to change that habit, and to create a new relationship with Joy.

I'll show you how in a moment, but before I do, I wanted to share with you an observation about Joy as energy.

Because that's what Joy is. And not only is it an energy, but it is a foundational energy. Let me explain:

In most human cultures there is a concept of Light. Not the physical light, but the inner Light that most if not all spiritual teachers (traditional and not) speak about.

As in the Christian: “And God said, Let there be light.”

As in Marianne Williamson’s famous line: “It is our light, not our darkness that most frightens us.”

As in the Buddhist: “Thine own Consciousness is the Immutable Light.”

Or just when your friends send you a “Love and Light” greeting.

That Light is what everything is made of. More about that in this [interview about being a Lightworker](#).

Light is the fundamental energy, the fundamental connection between us and the divine (what we may call Source, Consciousness, God, Soul, Universe, etc.).

So it’s not a physical light, it’s an energy which we, at the end of the day, experience as a feeling.

That essential feeling or experience of Light consists of some other feelings/energies, namely:

- Love
- Joy
- Peace
- Wisdom
- Creative power

Yes, Joy is there, as one of the absolutely fundamental energies or aspects of the very Light that make this life sacred.

Joy is that important. It’s that essential. And that’s why . . .



Making Joy a priority in your life is essential

Having said that I wonder if Joy still feels like a luxury to you, rather than the necessity it is?

If so you may want to contemplate some of the above again and take some time to absorb it.

Joy truly is essential. And it is therefore essential that you . . .



Develop a strong, living relationship with Joy.

But what does that mean exactly? Does it mean that you're just going to do the things that bring you Joy and disregard the rest?

Perhaps you could. That is a matter of personal preference. What is more important is that you . . .



Give yourself permission to make Joy one of the highest priorities in your life.

And then start practicing Joy every day. The next chapter will show you how.

THE FINDING JOY PRACTICE



So, how do we find our Joy? And how do we develop a more permanent relationship with our Joyful nature?

We'll do it by going where Joy is easiest to find!

We live in a fascinating time when even scientists are interested in exploring how we can become more joyful.

While they do it based on brain and psychological research, and I and others do it based on spiritual exploration and experience, we actually find some of the same essential factors.

“The three factors that seem to have the greatest influence on increasing our happiness are our ability to reframe our situation more positively, our ability to experience gratitude, and our choice to be kind and generous.” ~ Douglas Abrams

Along these lines, the Finding Joy practice consists of three phases.

The first phase will help you connect with Joy via gratitude. Eventually you will not need that step to connect with Joy and may experience that gratitude stops being a practice and becomes a natural, spontaneous attitude towards life.

The second phase will develop your ability to connect with Joy directly, at will.

The third phase is where you develop the ability and the habit of bringing Joy into your life regardless of circumstances. That is a natural reframing and it does naturally lead to kindness and generosity.

Let's dive into phase 1 of the Finding Joy practice.

PHASE 1: THE DOOR TO JOY



For the purpose of this Joy practice, even if you have a gratitude practice already, I invite you to do it in the following way:

At the end of the day, just before you fall asleep . . .

1. Take a minute or two to sit or lie comfortably and relax.

This doesn't have to be the deep relaxation that you do prior to meditating, for example, just a nice, enjoyable relaxed position.

This goes for the entire practice here by the way. Don't make it right. Don't make it a concentrated effort. Let's make it light and easy.

2. Think of the day that is coming to an end and select one situation that you're grateful for.

It can be as simple as a smile, a tree, or even the fact that the day is over and you can now relax.

3. Recall the situation vividly and feel your gratitude wholeheartedly.

And then . . .

4. Let go of the situation but stay with the feeling of joyful gratitude and dive deeper into the feeling itself.

Joy is right there! Feel it. Notice—as effortlessly as you can—how it feels, and how your body feels, and how your energy feels. Don't try to understand it, or think about it in any way, but just feel it for as long as it's there or for as long as it pleases you.

This practice in itself is to bring more Joy into your life.

At some point—and I cannot tell you when, as it depends on the nature of your personal and spiritual journey—but as you continue this practice at some point you'll be ready for the next phase.

You're ready for the phase 2 practice when you become so familiar with your Joy vibration that you can access it directly.

When you're there, continue with the Joy Vibration practice below.

PHASE 2: THE JOY VIBRATION



Remember the last part of the Door To Joy practice where you just stayed in the joyful feeling?

When you're ready for phase 2, you don't need the gratitude process to get in touch with Joy anymore.

You can, if you wish, continue to practice gratitude as such to your heart's content in the morning or at any other time, of course. But it's not necessary in order for you to connect with Joy.

If you're not sure whether you're ready or not, just try the Joy Vibration practice below as an experiment. If it works for you, wonderful. If it doesn't yet, no worries, just go back to Phase 1 for now.

The Joy Vibration practice starts in the same way as the Door To Joy practice:

At the end of the day, just before you fall asleep . . .

1. Take a minute or two to sit or lie comfortably and relax.

But then, rather than recalling the day and focusing on something to be grateful for

2. Tune in to the Joy vibration/feeling as such and stay there.

In other words, recall the last part of the Door To Joy practice and recreate that joyful feeling within you. It's there, in your body, in your feelings, in your energy, just like it was in the previous practice.

Joy is always within you, it's independent of circumstances, so you can just tune in to it.

Again, if you have trouble doing it, in general or on any particular day, don't make it a problem. You can always go back to the phase 1 version of your practice.

But otherwise, just stay with the Joy vibration for as long as you wish.

As you become more acquainted with your Joy vibration, you can begin to reconnect with it during the day, whenever you feel like it or remember it.

That is, in all its simplicity, the phase 3 practice. More about it below.

PHASE 3: THE JOY CONNECTION



The Joy Connection practice is a habit-building practice.

The desired habit is to have Joy with you in any situation that you're in.

The simple practice is to . . .

In any situation you're in, connect with Joy by tuning in to the Joy vibration.

In other words, you no longer wait until the end of the day, and you no longer need to set yourself in a state of relaxation to maintain your connection with Joy. You can do it by will, when you remember it.

It's as simple as, in any situation, remembering to breathe more fully and then doing it.

Now, because it's so simple and so habitual it can actually be hard to remember it! But no worries—the world has various ways to help us remember. One of the best ones that I've come across is . . .



An instrument of Joy called Smiler! This is a creation of Gegga, a spiritual artist and speaker, who created a series of necklaces (in different materials and colors) that you can wear and use in various inspiring ways and that will remind you to reconnect with Joy throughout the day. [Get your Smiler here!](#)

One very important remark though:

We are naturally drawn towards pleasure and comfort rather than pain and discomfort. It can therefore be tempting to use Joy as an escape from less comfortable experiences, such as sadness, anger or anything else that you'd prefer not to feel, not to experience.

Please be mindful of this.

In uncomfortable, difficult, challenging situations, it is very, very important that you fully meet and embrace what you're experiencing before you proactively dive into Joy.

If you're not sure how to embrace a painful, uncomfortable or challenging experience, here's another practice for you, namely [the SEE Approach](#).

Once you have given any emotion or experience the awareness and time that it needs, by all means, reconnect with Joy.

What you're developing in phase 3 is a living relationship with Joy.

Like any relationship, along the way it will be changing, expanding, transforming, letting you experience Joy in new ways—and showing you who you are in new ways.

So even as your connection with Joy becomes stronger and more stable, don't take it for granted and certainly don't try to confine it in any fixed form. Stay open.

It's like your relationship with Love. On one hand, Love is simple. On the other hand, living with Love is a lifelong learning and journey. It's the same with Joy.

So what's next on that journey?

MORE JOYFUL RESOURCES FOR YOU

First of all, if you haven't yet, sign up to my **newsletter** (you will receive it after signing up to any of the free offers at HalinaGold.com). I regularly share valuable resources there, including from my amazing colleagues on this path.

Also, I regularly offer Awakening To Joyful Living masterclasses. These are being announced via the newsletter as well so stay tuned!

Last but not least, there is the [Joy Keepers Network](#) where you can connect with others and bring more Joy to the world as much as into your own life.

QUESTIONS

If you have any questions at this point, feel free to [contact me here](#) anytime! I respond to all questions personally, and strive to do so within 24 hours.

If one of these questions is “Who is Halina and why did she write this book?” see below . . .

ABOUT HALINA AND JOY



Thank you for reading this book—I really appreciate that you took the time to do so! And I thought you might want to know a bit about my background and why I wrote this book.

I'm the founder of [*Awakening To Joyful Living*](#) and also the [*Joy Keepers Network*](#).

So you might expect that being a Joy expert, I've had a life full of joy. Well, I do now and have for about 20 years or so.

But believe me, it hasn't always been this way. Like most others, I found my gift the hard way. So, just to give you a short overview of my journey towards Joy . . .

The beginning of my adventure on Earth was blissful. Joy was with me right from the start. I have a very early memory—from before I learned to speak—of being completely immersed in Joy and Love. My mother didn't know that I had that memory, but unknowingly she confirmed it when she told me that when I was a baby I would wake up smiling and fall asleep smiling—always in joy. Of course, we don't get to stay in paradise, that's not how a human life unfolds, usually.

Before I turned 3, I had already lost a great deal of that joyful presence. I have memories of feeling it as a child on different occasions, but no longer as a permanent state. And then, as I went through my share of early difficulties and trauma, I lost it completely. By the time I turned 15, life was nothing but darkness.

Three years later, the journey back began. I started to meditate, and then gradually to heal some of the wounds and the pain (through therapy, healing, massage, help from coaches and mentors, etc.).

Eventually, Joy started to reappear—but only occasionally. Like when I was in love. Or when I was playing music. Or sometimes (not always) when I was working. But otherwise and most of the time, there was loneliness.

Yes, loneliness, in spite of all the tremendous inner work I was doing year after year. Things were getting better, but they were not getting good.

Then, in my late 30s, a breakthrough happened. During yet another encounter with the utmost painful, dark, lonely part of my being, when I hit rock bottom (again), something unbelievable happened. A full awakening, a total experience of utter Joy, Love, and Oneness with all. Bliss beyond any description . . .

It didn't last more than a few hours. But it taught me a crucial lesson. It taught me that somewhere within me, even if I didn't know where, there was a completely different reality, a completely different experience of life, of other people and of myself than what I could ever imagine possible. It happened. I had experienced it. And I figured, if it happened once, it could happen again.

Except, I couldn't make it happen again by will, no matter how much I tried. But then one day, just as unexpected as it happened the first time, it happened again. And then later, again, and again.

I have to say, however, that I don't recall now how it happened exactly. It's like trying to recall, how exactly did we go from not being able to walk to actually walking. Or from not being able to ride a bike to actually riding it? We know the general steps of the process, but how and when exactly did we "get it," how and when did it translate into a natural skill? We really cannot say. Somewhere along the way, as we pass a tipping point (no pun intended), all of a sudden—we can.

Similarly, at some point, I found myself able to access a certain level of Love and Joy naturally, by will. The ultimate bliss comes and goes—for most of us it's impossible to stay in a full experience of Oneness while living a normal human life on Earth. But there is all the Joy and all the Love I need and could wish for, and more. Actually, I imagine that the

person that I was back in my dark times would experience my present life as being in constant bliss more or less. It's all relative, isn't it?

So that's how it is now. Joy is there, Love is there, and it can be part of any experience I'm having, even sad experiences, or frustrating experiences. Not that I have many of these now, but hey, it's life, you never know the next challenge or surprise.

Staying connected with Joy does not mean that we become emotionally one-sided somehow. Fortunately, we still have access to the entire palette of our feelings. It's just that Joy can blend with them now. It doesn't have to be either or.

Joy adds its special sweetness to your experiences. If they're bitter, it makes them more mellow; if they're hard, it makes them feel acceptable where they would be overwhelming otherwise...



It's a new experience, one we're not used to; it's a beautiful surprise. Like a rainbow in your hands . . .

And I get my highs, too—daily. When I am completely present, the way I was when I was a baby, when there's no thinking, just being . . . then blissful Joy is all there is. Joy and wonder.

But why am I telling you all this? It's really to remind you that even if your path through life may have been very different from mine, Joy lives within you too and it is waiting for you to connect with it more than you have before.

I hope this book will help you in that. And if that's the right thing for you, it will be my honor to make your journey towards Joy much easier for you than mine has been. Just [reach out to me](#).

And, I'm also reaching out to you with a request:

There are millions of people around the world longing for more Joy. You can help me help them by telling your family, friends, peers and tribe about this book and work by sharing the link to HalinaGold.com. Thank you with my heart!

Halina

OTHER BOOKS BY HALINA GOLDSTEIN

Meditations for the Living

Turning Loneliness to Love

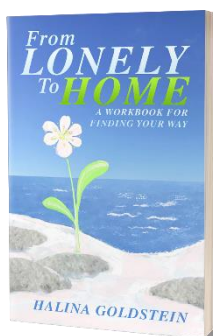


Twenty-five meditations to accompany you on your personal and spiritual journey from loneliness and loss to love, joy, and belonging. The meditations are created to reflect, support, and strengthen the experience of love and belonging that we as humans long for, aspire to, and can eventually experience as a reality.

[Get it on Amazon here](#)

From Lonely To Home

A Workbook For Finding Your Way

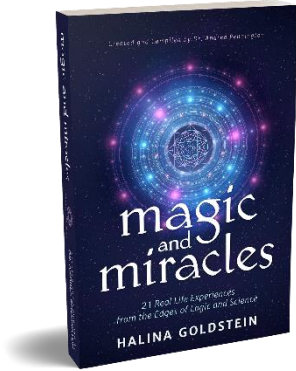


If you feel lonely, whether it's after a divorce, a breakup, or perhaps just lonely in your life, this book is for you. It will help you understand that state of loneliness better, and then give you tools to overcome loneliness and the map for the journey to the feeling of home and belonging. This is very much a workbook, with plenty of opportunities for you to learn more about yourself, your life and your path forward.

[Get it on Amazon here](#)

Magic and Miracles

21 Real Life Experiences from the Edges of Logic and Science



In Magic & Miracles, Dr. Andrea Pennington presents 21 real life stories of people from various backgrounds and cultures who have found unseen forces supporting, guiding and healing them in their darkest hours. Whether you're curious or seeking inspiration in a moment of deep emotional distress, your willingness to open your mind may be the catalyst for cracking your world wide open, showing you the magic that has been there all along. While science can't explain every story in this book, the 21 brave authors (including Halina Goldstein) paint a picture for you, and put you into each scene so you can decide for yourself.

[Get it on Amazon here](#)