

Halina Goldstein

Joyful  
ECONOMY



*Realizations & practices*  
for creating a joyful and fulfilling  
relationship with money  
finances and your soul

## **Praise for the Joyful Economy materials**

"You gave me something bigger than money. I am at peace, and I sleep peacefully since I began to practice what is in this book, the big MASTER KEY to everlasting wealth and joy."

"You take spirituality and self-development to an entirely new level."

"This program is exactly what I needed, when I needed it."

"I believe the joyful practices have been paramount for what I have been manifesting, and they are also making my life in general more joyful."

"I discovered the link between my own well-being (and the belief that I am abundant) and the actual flow of money."

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# **INTRODUCTIONS**

## Foreword

My name is Halina Goldstein, and I am the creator of *Awakening to Joyful Living* at [HalinaGold.com](http://HalinaGold.com). And that means awakening to joyful living in *all* areas of our lives, including money and economy.

I believe and see that we are infinitely joyful and infinitely abundant beings by nature. This is who we are at our core. This is our essence.

I know it doesn't look like it as we live our lives on Earth. When we are born here and as we embark on this human adventure, we experience so much limitation. So many struggles, so much pain and suffering. It can be hard to believe that we *are* joy, that we *are* abundance.

But there comes a time when we begin to awaken to that abundant joyful nature of ours. Since you are reading this, I imagine that this is where you are on your journey as well—willing to open to awakening, to your true possibilities, to your true nature.

Because that is what this whole work with abundance and joy is about. It is about becoming an expression of who we are. It is about aligning with our soul so it can express itself through us. And an abundant soul wants to express itself through a human being that has the awareness of and lives and expresses its abundance and joy.

By the way, I'll be using the label *soul* just to have a word for that which cannot be labeled or described in any adequate way anyhow. Perhaps your word is Higher Self, or Source, or God, or Universe, or Essence, or Spirit or something else. Just know that whenever I say "soul" I mean that which you call one of those other words. More importantly, let's try to feel what it means, not just know what it means.

Having been on this journey since 1973, I have had rich opportunities to explore spirituality, to explore energy work, and also to explore my relationship with money. I know how it is to have more money than I feel comfortable having and how it is to experience less money than I am comfortable having. And also, how it is to experience that whatever I need and want always comes to me, and more than that.

Along the way, I have worked with different modalities, different forms of co-creation and manifestation and different perspectives. One of them which I started working with around 2005 was Robert Scheinfeld's 'Busting loose from the money game'. At the time, he appointed me as the only external coach/teacher authorized to share this material with others. It has been exciting to work full time with Busting Loose, to lead others through this process and to see how they (as I) are able to move from a deep sense of limitation to an experience of money somehow taking care of itself.

This course is very much about accepting gifts. The most important gift for you to accept is *you*. Because this is *your* abundance and *your* joy. This book (based on a corresponding video course) is here to support you in the process of accepting your nature, your abundance and your role as a joyful co-creator building a *Joyful Economy*.

I look forward to sharing this journey with you!

## Introducing the Journey

The *Joyful Economy* journey consists of two parts. In Realizations, we will open to some fundamentally important insights about joy, economy, money and abundance. In Practices, we will introduce approaches that, when applied regularly and wholeheartedly, will transform your economy and your relationship with money into a more joyful and abundant one.

As for the Realizations part, I promise to keep it short and essential, and only experience based. There's not much benefit in spending time on theories that have not been lived.

Chances are that you are familiar with these ideas already. If so, I invite you to be as open to them as if it was the first time ever that you hear about them. Because this course is not just about knowing things—it is about embodying them. It is when we live and breathe our deeper understanding that it turns into actual *Joyful Economy*.

Again, what makes the difference are the practices. There will be different practices, and I intend to keep them simple, doable and enjoyable.

Each chapter consists of 3 parts:

- A short contemplation of the essence of the topic
- Presentation of the topic itself—its different aspects and implications
- Integration —key points and instructions

As part of the journey, you might want to keep a journal. Journaling about your Joyful Economy journey will help you stay aware and focused, and it may also help you open to deeper levels of experience and insight. There is also space inside the book for notes and ideas.