

The Good Times

The Best Darn Honest Newspaper Ever. Through Clarity & Community We'll Deliver Real Information.

Edition #1



Grounding: Healing Yourself With The Energy Of Our Planet

- Grounding, also called earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth.
- This practice relies on earthing science and grounding physics to explain how electrical charges from the earth can have positive effects on your body. This type of grounding therapy isn't entirely the same as the technique that is used in mental health treatment.
- In this article, we'll explore the science behind grounding energy, the risks and benefits of using earthing techniques, and how to perform grounding.
- Grounding is currently an under-researched topic and there are very few scientific studies on the benefits. However, the most recent

scientific research has explored grounding for inflammation, cardiovascular disease, muscle damage, chronic pain, and mood.

The central theory from one review study is that grounding affects the living matrix, which is the central connector between living cells.

Electrical conductivity exists within the matrix that functions as an immune system defense, similar to antioxidants. They believe that through grounding, the natural defenses of the body can be restored. Further research expands on this idea.

In a small study on grounding and heart health, 10 healthy participants were grounded using patches on the palms of their hands and soles of their feet.

Story continues page 2.....

Healthy Living | Did You Know | Real News | Upgrade Yourself

OUR BEST KEPT SIMPLE SECRETS TO KEEPING HEALTHY

LITTLE GOLD NUGGETS YOU'LL NEVER WANT TO FORGET

WE DIG, SO YOU DON'T HAVE TO & WE NEVER HOLD BACK

ACTIONABLE NEWS TO KEEP YOU IMPROVING EVERY DAY

2 Healthy Living

Reconnecting with mother earth and the magical knowledge of our ancestors

The
Goodtimes

Continued from page 1.....

Blood measurements were taken before and after grounding to determine any changes in red blood cell fluidity, which plays a role in heart health. The results indicated significantly less red blood cell clumping after grounding, which suggests benefits for cardiovascular health.

Another slightly larger study examined the role of grounding on post-exercise muscle damage. Researchers used both grounding patches and mats and measured Creatine Kinase, white blood cell count, and pain levels before and after grounding.

Blood work indicated that grounding reduced muscle damage and pain in participants. This suggests that grounding may influence healing abilities.

This research is supported by a recent study on grounding for pain reduction and mood improvement. Sixteen massage therapists alternated between periods of grounding and no grounding.

Before grounding therapy, physical and emotional stress and pain were common side effects of their physically demanding jobs. After the earthing therapy, pain, stress, depression, and fatigue were all reduced

among participants.

Most of the studies on grounding are small and rely somewhat on subjective measures, such as self-reported feelings, mood, or even self-administered treatment. Some studies also rely on blood markers, such as those that detect inflammation, but the size and shortage of these studies suggests that more research is needed.

Medically reviewed by
Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC,
CHT — By Eleesha Lockett, MS on August 30, 2019

[Original Article can be found here](#)



12 DANDELION MAGICAL POWERS TO LIVE LONGER

Dandelion is most often thought of as a pesky weed that takes over our lawns and gardens.

Dandelion is invasive and pervasive. Lucky for us, it's also excellent food and herbal medicine anyone can find, grow, and put to use.

It has been used in traditional Chinese healing for breast concerns, appendicitis, and stomach problems. Native Americans boil and drink dandelion extract to help treat digestion problems, skin ailments, inflammation, liver injury, kidney disease, and heartburn.

Early Europeans used it to remedy diabetes, high fever, and diarrhea.

Dandelion is a very rich source of beta-carotene which we convert into vitamin A. This flowering plant is also rich in vitamin C, fiber, potassium, iron, calcium, magnesium, zinc, and phosphorus.

It's a good place to get B complex vitamins,

trace minerals, organic sodium, and even some vitamin D, too. Dandelion also contains protein, more than spinach.

1. Promotes and stimulates digestion
2. Prevents Water retention in the kidneys
3. Detoxifies the liver
4. Boosts antioxidant activity
5. Showing promise in cancer research
6. Helps regulate blood sugar levels
7. Aids in the management of high blood pressure
8. Reduces cholesterol
9. Protects the Gallbladder
10. Fights inflammation with it's antioxidant properties
11. Boost the immune system
12. Prevents UVB (yes UVB) damage on the skin at the cellular level

[Read the Original Article](#)



9 HEALTH BENEFITS OF LIME WATER

INGREDIENTS:

- 1 Organic Lime
- 1 Glass Filtered Water

Limes are easy to keep on hand. You can toss a few in your lunch bag to squeeze into your water at work, or juice a few in advance and refrigerate the juice to use throughout the day.

A single lime can give you 32% of the daily recommended amount of the antioxidant vitamin C, and lime juice contains loads of other antioxidants too, including healthy phytochemicals like flavonoids, flavones and others that play important roles in maintaining wellness.

Benefits of Limes

- + Great source of antioxidants
- + Supports heart health
- + Promotes skin vitality + healthy aging
- + Support digestive health
- + Boost immune health
- + Supports metabolism & weight loss
- + Nourishment for healthy kidneys
- + Helps your body absorb iron
- + May support joint health

[Read the Original Article](#)

A DETOX FOR THE ENTIRE WORLD

If you don't feel right after having one or more doses of the vaccine, you feel like you've been affected by the vaccine or you just need a good dose of nature's immuno boosters, here's a great detox just for you.

These mostly common supplements should perk you up, halt and possibly even reverse some of the damage we've done to our bodies over the years and get our bodies back into a better position to continue defending itself in the future.

Before we dive in, there is one important aspect to consider first and that is our environment and mass produced foods.

Since we've been mass producing food, the nutrients & vitamins contained within our foods has depleted, according to some, as much as 50%. This in part is due to the way we treat the planet while also using non-regenerative farming practices in mass production of our foods. In knowing this, today, supplements are more vital than ever to offset the malnutrition of our foods. To offset this, you can buy organic food from growers markets and this will ensure you're getting the highest nutrient and least pesticide foods available in your area.

These are measures both non and vaccinated people can do at home to detoxify and protect themselves from Covid, the ingredients found within the vaccines and shedding.

So here's the list we'll be covering.....

- + Vitamin C, D and K
- + Glutathione
- + Hydroxychloriquine (Quercitine)
- + Zinc
- + Nattokinaze
- + Pine Needle Tea
- + Omega-3 Fatty Acids
- + N-acetyl cysteine

High Doses of Vitamin C.... This will render the Spike Protein (which acts as a toxin) less harmful and possibly reverse it's effects. It will possibly have the same effects on the Graphine Oxide we know some vials contained. Vitamin C also supports rapid detoxification and strengthens our immune system. Vitamin C is our most important antioxidant which protects our biomolecules such as DNA and Cell Membranes from oxidation and can even reverse this.

Take between 6 & 12 grams of VC divided between liposomal Vitamin C, VC Sodium Ascorbate & Ascorbyl palmitate.

Magnesium.... has anti pathogen and intracellular oxidative stress effects. Since about 80% of the population is deficient in Magnesium a daily dose of 300 to 400 milligrams is strongly suggested..

Vitamin D & K.... is next on our list as the effects of Vitamin D are very well known against infectious diseases. If you are taking Vitamin D and you do fall ill, a much less severe effects of that illness should be expected. Anywhere between 60 and 100 millilitres is recommended. Since Vitamin D should always be taken together with Vitamin K you should always take this into consideration.

Glutathione.... which is not only one of our most important antioxidants but is also often referred to as the master detoxifier. It is essential for detoxification of the spike protein and lipid nano-particles and if indeed these vaccines do contain Graphine Oxide like we've found many times over, taking Glutathione will become even more important as Graphine Oxide depletes our Glutathione reserves. A liposomal preparation should be chosen if possible.

Next up we've got **Zinc and Quercitine....** Zinc is especially important since it can block viral replication by inhibiting RNA dependant RNA polymerase inside the cell. When treating Covid-19 with Hydroxychloriquine (HCQ) combining it with Zinc is essential. HCQ alone can not achieve the desired effect. Only together can Zinc get into the cell where it can then start blocking the viral replication. If you do not have access to HCQ, replace it with Quercitine since Quercitine acts as a Zinc transportation combination into the cell especially when combined with Vitamin C.

Regular intake of Zinc & Quercitine is especially important for the vaccinated, due to antibody dependant enhancement, vaccinated people can experience a particularly severe course of disease when coming into contact with a corona virus. The greater the viral load that infects an individual, the stronger the bodies overshooting immune reaction. This means that for vaccinated people it is extremely important that they do not contract covid (the flu) and if they do come into contact with it that you are taking these precautions to stop it from multiplying inside our bodies. Since the combination of Zinc and Quercitine as previously explained, prevents this multiplication, regular intake is strongly recommended for vaccinated people.

Quercitine also stops the spike protein from binding to your ACE-2 receptors therefore prevents some of it's damaging effects.

Nattokinaze & Pine Needle Tea (PNT).... both of which counteract the formation of blood clots in addition to it's anti-viral and anti-oxidant and beneficial effects in the treatment of respiratory disease, PNT also

contains Suramin and Shikimic Acid. You can drink PNT or combined Pine Needle with Staranise and Fennel which both also contain Shikimic Acid.

IMPORTANT: Do not drink PNT if you are pregnant as it could lead to miscarriage.

Nattokinase is an enzyme extracted from Japanese dish "Natto" and it is capable of dissolving blood clots. In a study of 26 weeks and 82 volunteers, in people taking nattokinase, both the arterial wall thickness, and the size of arterial plaques significantly decreased. Studies show that it increases blood flow up to 62% but if you take blood thinners you should avoid Nattokinase.

Omega-3 fatty acids (O3FA).... These are essential for higher brain functions but also for cardiovascular health and blood flow which is especially crucial in regards to the spike protein. O3FA have got to come from marine sources and a daily dose of EPA and DHA should not be under 2000 milligrams.

N-acetyl cysteine (NAC).... NAC is a precursor to the glutathione but it also has an independent effects in regards to Covid-19 and the spike protein. It is anti-viral and anti-inflammatory and it counteracts excessive immune responses. It also protects against lung damage and blood clots and should be taken not only in the case of Covid but it should also accompany Corona Vaccine Detox and should be used to protect against possible shedding.

These are measures that vaccinated and non-vaccinated people can do at home to detoxify and protect themselves from Covid, the vaccines and shedding.

How long should you continue this detox plan? These substances come from nature so it's fine to stick to it long term or at least until the experts can figure out how long the spike protein stays inside our bodies and multiplies which requires further study. If you notice any ill effects from taking this detox simply stop for a few days to let your body regulate itself and restart your detox with smaller quantities and build up as you feel more confident in your bodies ability to deal with it's new found powers.

In the meantime there are experts working on this very combination of detox protocols to see if it does indeed naturalise or reverse the effects of the spike protein and it's shedding and at what rate it achieves this.

Don't just take our word for things we write in this paper, jump onto a non-mainstream search engine like Swiss Cows, Qwant or Brave Search and do your own research.

You can play with these levels as you get familiar with these vitamin supplements. Start off with the minimums and work your way up to the maximums if you do fall ill. Eating a good rounded diet of fruit, veggies, meat and mushrooms will ensure you stay healthy longer than those without this information on their radar.

4 Living In Higher Realms

There are higher realms to this planet and together we're going to find them together

The
Goodtimes



A BEAUTIFUL NEW WORLD IS RISING

LIFE is inviting you into exquisiteness of love itself.

Lead by your heart's calling within... You are the golden tree of LIFE...

Living In Fearless Evolution...

Your majestic ancient roots... deeply embedded in the belly of the Great Mother...

Drinking up her elixir of life... into every part of your being... effortlessly regenerating.

Shackles of bondage falling... This time for good... Reclaiming your sovereignty & divinity...

Golden branches reaching high into the sky... into the clarity, stillness and peace of the Cosmic Mother... Embodying pure love...

Renewed joyfully emerging... like a phoenix rising from the ashes... Activated by your wisdom within... springing from your very own deep connection to source itself...

The seed knows its destiny... by nature's laws becomes just that...

You are a golden seed of a new age rising... Your destiny is calling...

Are you ready?

- By *Prasanna Diana Manuela*, speaker, mentor, international bestselling author of *Elemental Woman*, www.moongoddess.au



MEDITATION MADE EASY WITH NISHY

Despite popular opinion, meditation doesn't have to be a series of impossible mental gymnastics.

If you have tried to meditate before and thought that your mind is far too active to simply switch it off then you are not alone!

30 odd years ago I had a disastrous introduction to meditation. I attended a weekend course where we were instructed to imagine that our mind was a flagpole.

Every time our minds wandered off we were told to bring them back to the flagpole. I was hopeless, and consequently binned the idea of ever meditating again. In order to get a handle on this seemingly strange art, you must first understand that you cannot tell mind not to be mind. Meditation may be simple but it's not easy. The key is to give your mind something to do, which is to put your open attention on feeling your breath.

Let me take you through a few easy steps to

kick start your journey.

1. Start by undoing any tight clothing so that your belly is relaxed and you can breathe unrestricted.
2. Next, sit with a straight back in a comfortable chair or prop yourself up in bed when you wake up. (Laying down isn't recommended for your daily practice position as you will most likely fall asleep.) *A great tip if you are falling asleep is to open your eyes and focus on a point in front of you.*
3. Place your hands comfortably in your lap or on your arm rests of your chair.
4. Simply feel your breath as you inhale and exhale. Feel how your ribs expand and contract with each breath.

When you are starting out, it's perfectly normal to force the breath in and out so that you can really feel it, however this will make you lightheaded pretty quickly, so keep reminding yourself to ease off forcing or controlling the breath and just let it happen naturally.

Silence isn't necessary to meditate either. You can still sit and feel your breath if there is noise or distraction so don't let that annoy you. Simply notice the distraction then turn your attention back to feeling your breath.

Don't be disheartened by getting lost in your monkey mind or mind chatter. Starting out you will often spend all your time here happily lost in your distraction. This is normal. Don't be too hard on yourself as even experienced meditators can be busy with distraction some of the time.

Just have a chuckle to yourself and keep going. You cannot be amazing straight away, so be kind and patient with yourself, gently bringing your awareness back to feeling the breath.

To begin, just set aside a few minutes each day and build as time and focus both allow. A realistic goal of 15 minutes a day is all you need and before you know it you'll be sitting blissfully unaware of the time as you are feeling that beautiful oxygen filling your lungs. Hey you might just find yourself getting addicted to how lovely and calming this meditation thingy makes you feel and decide you want to sit for longer.

Meditation is a wonderful way to clear your mind, de-stress, improve your mood and your productivity.

So what are you waiting for? Do something lovely for yourself and give it a go.

Come with me on a journey of self discovery and stay tuned for more each edition.



- By *Nishy*, Energetic Healer, Masseur, Meditation Teacher, www.facebook.com/NishyMoz

5 Did You Know

Bite size pieces of knowledge. Don't just trust what we say, go do your own research too.

The **Good**times



6 Fun, Games & Other Entertainment

Everyone needs a break now and then, to slow down and recharge. Enjoy our activities.



WORD SEARCH

All words have been taken from this edition of the Good Times. Your mission should you choose to accept, to find all words as listed below. Words may run vertical, horizontal and diagonal but a single word will not run in multiple directions or backwards.

- | | | | | |
|-----------|-----------|-----------|-----------|-----------|
| Law | Grounding | Positive | Organic | Life |
| Subscribe | Good | Important | Colouring | Feedback |
| Lime | Times | Magical | Fun | Spiritual |
| Super | Earth | Donate | Water | Boost |

G	J	T	Q	A	S	P	L	F	R	T	Y	H	D	C	U	S	L	A	M
A	F	S	U	D	S	C	M	I	E	T	G	R	O	U	N	D	I	N	G
B	U	S	L	I	O	D	R	E	Y	A	N	Q	N	G	T	A	L	R	O
C	S	U	P	E	R	P	N	F	G	L	K	B	O	C	S	N	I	H	U
P	I	B	K	D	G	U	P	E	V	I	T	O	T	P	T	I	M	L	D
M	C	S	U	B	A	N	O	G	E	M	A	W	E	W	H	J	D	R	A
L	L	C	O	I	N	I	S	F	E	E	D	B	A	C	K	B	D	I	V
I	D	R	E	M	I	C	I	E	G	K	O	E	C	T	H	O	W	L	L
F	B	I	U	P	C	L	T	J	P	C	O	L	O	E	E	D	N	U	Y
K	L	B	O	O	I	C	M	F	G	O	O	T	G	Y	A	R	K	F	L
A	O	E	E	R	P	S	N	A	E	P	Y	R	E	A	T	F	N	U	J
B	O	O	S	T	S	P	I	R	I	T	U	A	L	A	U	G	W	N	I
O	S	C	H	A	U	O	B	K	N	S	I	P	D	Q	F	O	T	X	M
I	F	R	E	N	B	S	T	S	U	P	E	R	O	D	O	O	S	I	A
M	E	A	R	T	H	E	N	D	Y	T	I	M	E	S	Z	D	V	O	G
H	R	S	I	H	A	S	T	R	A	O	K	A	Q	Y	T	L	E	F	I
T	A	R	M	L	J	M	E	N	P	O	S	I	T	I	V	E	M	A	C
F	B	O	O	T	P	G	O	O	F	G	D	T	F	I	L	A	A	H	A
A	K	G	T	H	G	D	Q	E	E	F	M	T	H	R	A	E	I	C	L
O	L	S	C	O	L	O	U	R	I	N	G	A	T	A	W	I	G	A	M

WORD SCRAMBLE

Time yourself while your work through unscrambling the below words.

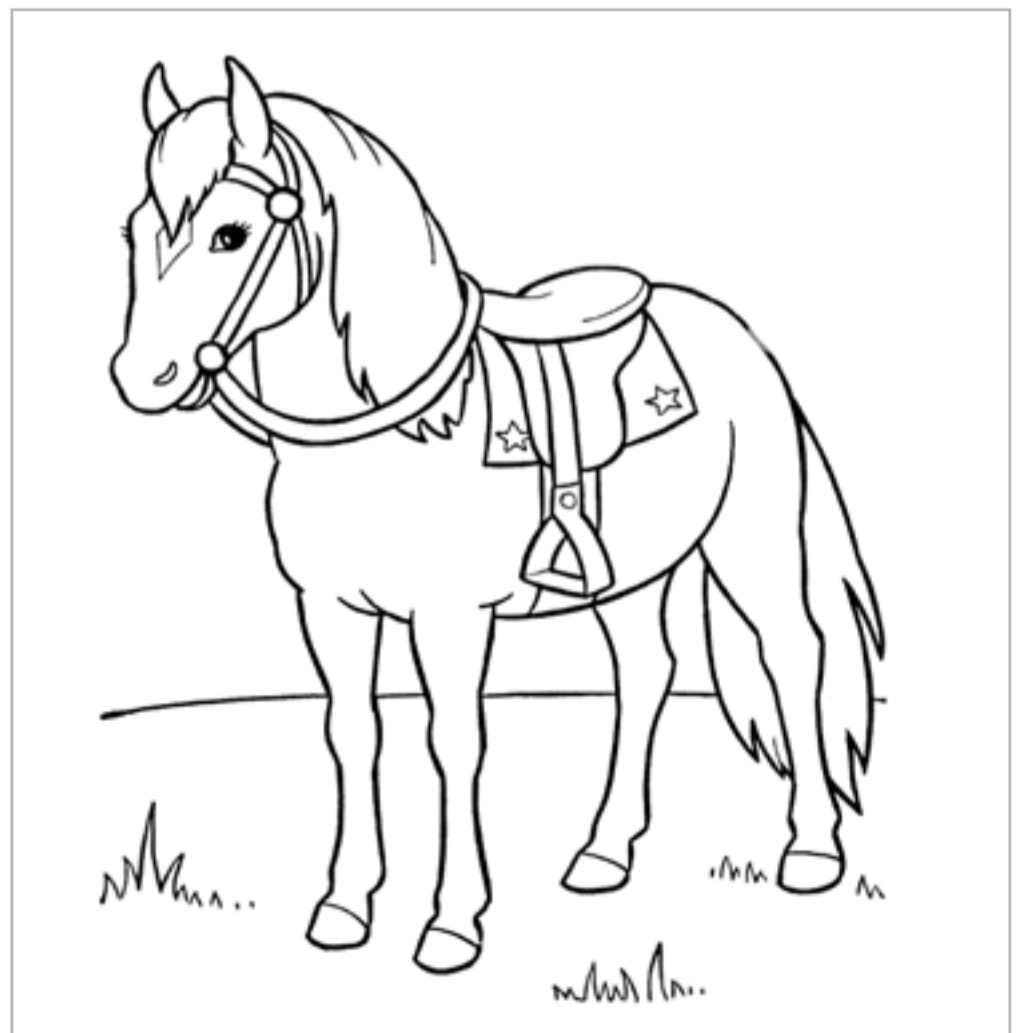
- ICPEER _____
- REUJPM _____
- ASIDERAP _____
- NLSITE _____
- REBOTOTE _____
- TNLAPE _____
- GNIVIL _____
- VNEMEOMT _____
- HEHRGI _____
- UMINEM _____

SUDOKU

All 9 rows and columns must include the numbers 1 through to 9. Good Luck.

	1	5						
3								1
2				9	7			
4	3		7	8		1		
		1				2		
		6		9	2		5	4
		4	8					7
9								5
					6		2	

KIDS COLOURING CORNER



EYE SPY AND RECONNECT TO THE EARTH'S MATRIX

Take some time out every second afternoon to get you and your family into the yard without any shoes on. Get in the sun with them and play some games together.

Have fun and enjoy your time together while also reconnecting to the planets energy by removing your rubber sole shoes.

There are many other activities you can do outside such as kite flying, throwing ball, kicking ball, paper aeroplanes, gardening,

washing the cars can also be made more fun with music and team work and a little water play between the family members.

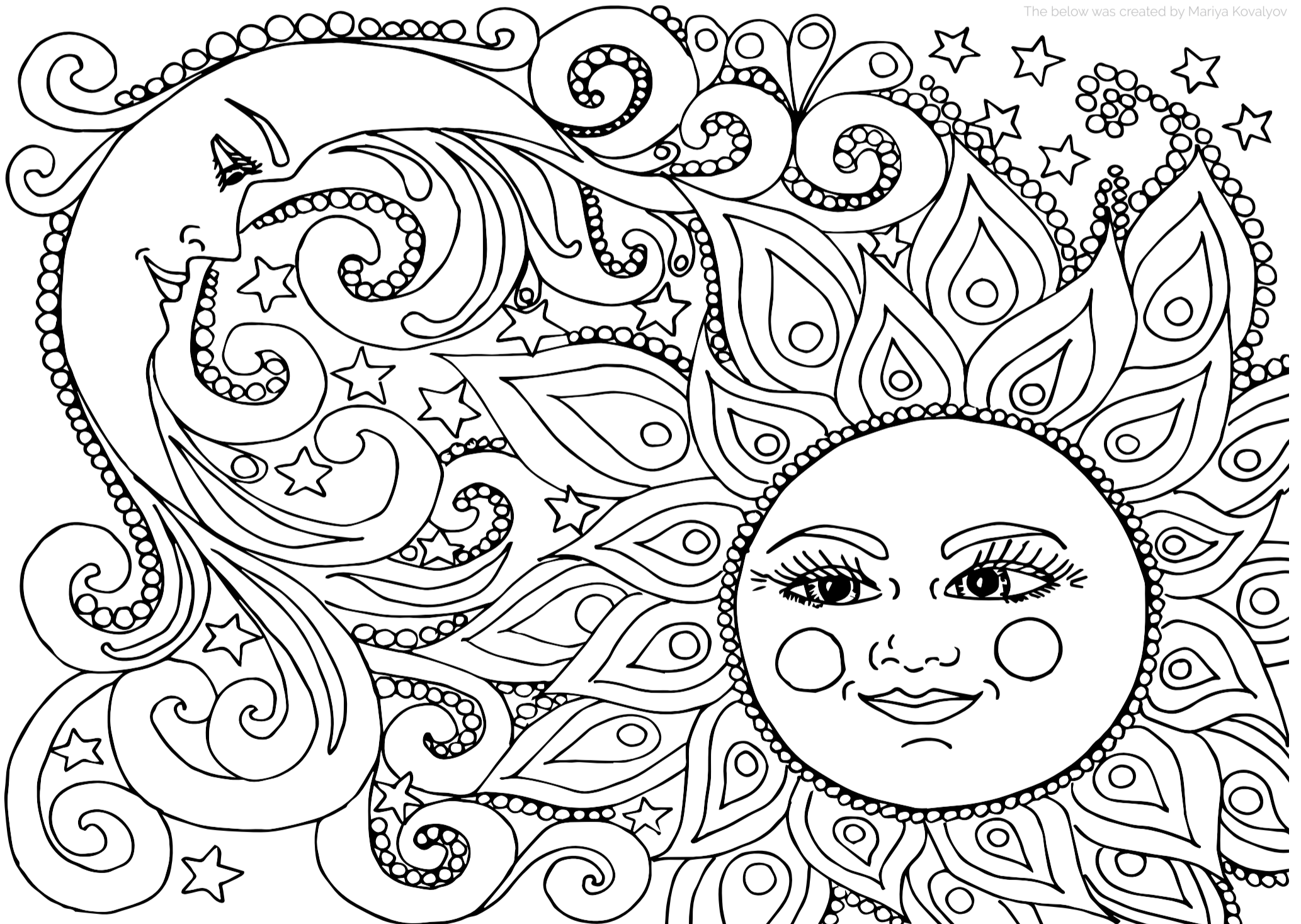
You can also make some mud pies with all this rain, this gets your little ones hands dirty which is healthy for their skin and their immune systems.

Our final idea is to just lay on the grass and look for imaginary pictures in the clouds and make up stories for those pictures. **TGT**

SOOTHING COLOURING

Colouring can improve your health, mindfulness, focus and ability to stay in the moment. It relieves stress by calming the brain and focusing on just one task. Colouring also calms the brain and helps the body relax. In return this can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

The below was created by Mariya Kovalyov



WE WANT YOUR DRAWING SKILLS

We at THE GOOD TIMES are seeking submissions for a Colouring In sketch/drawing for the next edition of THE GOOD TIMES.

The current theme is positivity and connectedness among living beings, the planet or the universe. The above Mariya Kovalyov.

If you like drawing or have something you've done previously please email it to fun@thegoodtimes.rocks

ANSWERS (Sudoku, Word Search & Word Scramble)

For the answers to the Sudoku, Word Search and Word Scramble on the previous page please SUBSCRIBE to the newspaper and we'll post these in the following edition for you to review your success.

You can SUBSCRIBE to the newspaper now simply by visiting www.thegoodtimes.rocks



WHY THEY WANT TO TURN AUSTRALIA INTO A REPUBLIC

Since Anthony Albanese didn't swear his oath into office as a Prime Minister correctly, he is already standing in treason.

As a new Prime Minister of Australia you are supposed to swear an oath of Allegiance and affirmation in front of the Governor General of Australia. Wiki has a copy of both these phrases and our Alba-sneezy has not sworn either of these oaths.

Instead he sworn an oath to the Commonwealth of Australia which is a registered corporation on the America

Securities and Exchange Commission. If you're new to this type of news this may sound extremely confusing, but it's really not. You see the "Commonwealth of Australia" is an American Organisation pretending to be our government. You can look for yourself, you do not need to take our word for it. Here is a link direct to the website database record within the SEC - www.sec.gov

Alternatively you can visit the home page of the SEC website and run a search on "Commonwealth of Australia" to which you will find "Notice of Effectiveness" which we can only assume is the certificate of effectiveness meaning, the corporation has been successfully created.

You'll also find many other interestingly

named documents here such as "Annual Report", "suspension of duty to report" (that's not suss aat all) and "Prospectus" which is defined by investopedia.com as "A formal document required by and filed with the SEC that provides details about an investment offering for sale to the public."

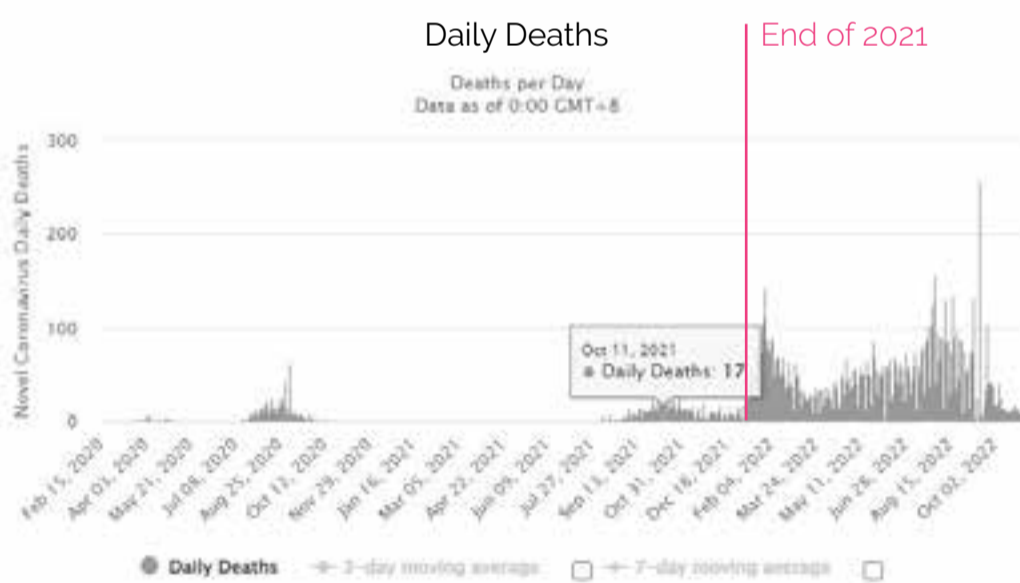
So what exactly is going on here? It looks to us like our Government has been taken over or pushed aside for an American organisation called the "Commonwealth of Australia". Or they've used some type of bait and switch tactic to make us think our government is the same as it has always been. Either way it's quite clear, our current government is simply a group of employees within an America Corporation registered with the SEC.

The only way we here at "The Good Times" know to change or create a new law is through Referendum. Majority of people need to say yes and majority of states and territories also need to say yes.

To be clear, Statutes and Acts are for corporations only, businesses like Optus and Commonwealth Bank. Statutes and Acts are not for Living Men and Women.

- Researched and written but TGT team.

Daily New Deaths in Australia



[Data Source](#)

CAN YOU SEE A PANDEMIC IN THIS 2020, 2021 CHART? WE CAN'T.

It seems the Pandemic of 2020 and 2021 is nothing compared to what's currently happening. But no one seems to be paying attention. All those health professionals on the news every day for months telling us what we can and can't do are now absent. Which is quite strange as the numbers in this chart seem to indicate more damage has been done in 2022 than in the previous 2 years combined.

Official numbers are roughly 950 deaths in 2020, 1450 deaths in 2021 and well over 13,000 deaths for 2022.

Is pain getting in the way of you living your best life?



By having the flow restored to your energetic pathways, you can kick pain and dysfunction to the curb.

Call for your free phone consultation on 0414 974 366

ARE THERE REALLY U.S. BIOLABS IN UKRAINE

In 2022 we were told a war has broken out between UKRAINE and RUSSIA, little did most know this war has been going on for many years now, it most certainly is not new. But something we definitely didn't know until just recently is how many Bio Laboratories the US have in Ukraine. It turns out there are at least 13 US Bio Labs in the Ukraine and the possibility of many more.

These Bio Labs have been funded by the US Department of Defense (DoD).

One such Bio Lab was founded by Nathan Wolfe who spent over 8 years working on biomedical research in Africa and Southeast Asia. It just so happens that Nathan is a known World Economic Forum (WEF) Young Global Leader.

So this links the US with Bio Labs in Ukraine, while Biden throws billions of dollars to

Ukraine supposedly to fight a way, but is that really what the funds are for? Nathan Wolfe founder of one of these Bio Labs is also part of the WEF, so they too are also now linked to the US. It's all getting very cosy in here right now.

Now things start to get more weird when we take a little look back down memory lane which tells us the world did not really know too much about the apparent "novel" corona virus until January of 2020. Yes there were cases before this but it had not yet been closed a pandemic and more was it called COVID19.

So it strikes us weird that a contract exists between the U.S. Department of Defense (DoD) with Labrynth Global Health INC which was awarded on 12th November 2019 for "COVID-19 Research".

This is one month before the alleged

outbreak in Wuhan and roughly 3 months before the virus received it's nickname of COVID-19

From our research the first known case of SARS-COV2 (COVID-19) was on the 17th November 2019 in an individual from Hubei province in China.

So the U.S. want us to believe that 2 days after the very first person on the planet (that we know of) was confirmed with a supposedly "novel" coronar virus they were already willing to dedicate over \$350,000 to a biolab for COVID-19 research even though that name wasn't to exist for roughly 3 more months. This isn't even possible unless they somehow knew ahead of time.

And on top of that it turns out this was part of a much larger contract for a "Biological threat reduction program in Ukraine"

[Read the full article](#)



COMPARISON: CASH vs DIGITS ON A SCREEN

With the Commonwealth Bank of Australia rolling out it's Carbon Footprint scores, the digital world of money is looking more and more like a trap to enslave us through keeping score of everything we do, and who knows, the possibility is there in the future for someone to only allow us to access our money or spend our money at certain times of the day or in certain stores. The technology already exists to make this happen so it's worrying that we are so close to this reality. Fortunately for us we have an alternative in cash but it's not without it's own problems. Cash is just a promisory note. Regardless of what you may think, our cash is not backed by anything more significant than a promise from our Reserve Banks that they will indeed cash it in when the times comes. So long as they continue to do this we are ok, but the time may come when they say "no more". And when that time comes, all our paper money will be worthless.

So how did we get ourselves into this little pickle and what is the best way forward?

Everything digital is stored online, since the internet was built and is maintained by humans, this means humans can access our digital data. Just look at Optus, Woolworths and MediBank in the past month or 2.

Another scary side of digital money (excluding some crypto's as they work entirely different) is that it can be changed with a few keystrokes from those who have access. So if one day for any reason at all, the banks want to take your money, let's say we get into war and we all have to pay war taxes to help fund it, then the banks have total access to all our money. This has never been more of a threat than right now with the way the world is heading.

So is cash our saviour? For the time being we think yes it is, unless everyone is ready to deal in gold and silver again. Cash right now is anonymous. You can spend it anywhere without anyone knowing what you've spent your money on. You can put it in your childrens birthday cards and you can save it under your mattress for a rainy day to spend however you like. With digital becoming more and more prominent even the most basic uses of money can be restricted in the future if we rely on it too heavily. You can't put digital cash into your childrens birthday cards or save it for a rainy day or even do the odd cash job for loved ones as all digital money is traceable.

- Researched and written but TGT team.

We definitely think the anonymity with cash is better. What are your thoughts? Send us an email and let us know what you think.

community@thegoodtimes.rocks

It's not everyone's cup of tea but this section is full of important must know info



TIME IS OF THE ESSENCE FOR THE WATER THAT IS OUR LIFE BLOOD OF AUSTRALIA

Did you know there are people in Australia right now, everyday people like you and us

that are fighting for our basic humans rights? The entire continent's ecology and river system depends on the Great Artesian Basin. Our single largest underground water reservoir. Once it is contaminated by Santos' Coal Seam Gas activity on Pilliga Forest, there will be no turning back.

Once 850 coal seam gas wells are running, the farmers in Narrabri will lose their water permanently through contamination. Your food does NOT come from Woolworths & Coles. It comes from Narrabri. THIS IS YOUR FOOD.

A very good documentary has been put together called - [The Pilliga Project](#) and run time is a short 34mins. So there's no excuses to ignore this particular issue.

There is nothing more important than WATER on this continent and on this planet for that matter.

We hope you understand how serious this situation is and take the time to watch this

short documentary and do whatever you feel you can do to help keep Santos Gas Projects out of there.

The Time is NOW to join the Gomeroi People in the most important fight for our lives, for Australia and the rest of the world We must protect our water.

[An alarming article from SMH](#) with a quote stating (the project) "would not result in any significant impacts on people or the environment," said "planning". So we'd also like to know who "planning" is and what they deem to be "significant". 2 words which are very open to ones interpretation.

What it looks like when we win against Gas Companies. [Read this Article](#)

WATER IS LIFE and TIME is of the essence.

If you don't fight for what you love and need, don't cry for what you lose or no longer have.

WHAT'S GOING ON WITH ALL THE DEAD FISH ON THE CENTRAL COAST

In August 2022 there were 3 incidents of dead fish resting on the banks at Vales Point, Wyee Bay and Mannering Park.

Printed in the Central Coast Community News was an article quoted "In light of the NSW EPA finding that thermal pollution from the Vales Point outlet was a contributing factor to the August 6 fish kill, it's incumbent upon Delta Electricity to explain their role in these fish deaths," HCEC Co-ordinator Jo Lynch said.

"This second fish kill could be an indicator that there could be far greater impacts caused by thermal pollution than is

understood by us or the NSW EPA," she said. HCEC Senior Researcher, Paul Winn says the EPA's results of the August investigation raises more questions than answers, particularly around the effects of thermal pollution on the lake ecosystem.

[Original article can be found here.](#)

Now we find ourselves in January of 2023, over 3 months since the article was first published and still the residents of the Central Coast have no answers.

Has Delta Electricity taken the time to look into this incident, what was it's findings, is there a report in which they delivered these findings? If so where is that report and how do residents find it?.

Alternatively if there's hasn't been a report produced, why not? What is being, by who and when can we expect findings to be

delivered, a solution created and executed. Why is this not an extreme high priority on the Central Coast Councils Agenda to find out what happened and report it to the residents of the Central Coast?

Too often residents are learn of issues on the coast but don't receive the outcome.

More responsibility, accountability and transparency is required from Central Coast Council on all issues.

The residents of the Central Coast deserve to know outcomes..

You can contact the Central Coast Council and ask them for an update on the Dead Fish reports on **02 4306 7900** (Wyong) or **02 4306 7900** (Gosford).

[More articles regarding Dead Fish](#) on the Central Coast Council website.

DID YOU ENJOY OUR FIRST EDITION OF TGT

If so we'd love to hear any feedback you may have for us to keep TGT heading in a positive direction with high value for all it's readers.

SEND FEEDBACK

ADVERTISING SPACE

Please send your advertising enquiries to advertising

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11 Upgrade Yourself

Become a better you and help us inspire everyone on this beautiful rock we call earth

A GREAT COMMUNITY FOR ALL RESIDENTS OF THE NSW CENTRAL COAST AREA

Here's a good one if you live in the Central Coast in NSW. We were recommended to this group through friends of friends. The group is called Our Coast and they seem like a lively bunch that get together every week for coffee to discuss the local councils inability to respect the thoughts and concerns of residents as well as deal with disturbing issues such as the dead fish showing up on lakes across the Central Coast.

These guys genuinely want to make a difference and are always looking for new members to join their group. You can join them [here in Telegram](#).

PLEASE SHARE OUR WEBSITE & DIGITAL NEWSPAPER SO YOUR FRIENDS AND COLLEAGUES CAN ENJOY TGT TOO.

The Good Times is a free publication put together by the people, for the people and we enjoy putting it together. We would love to see all this highly valuable content get better and better as time moves on and soon enough we wouldn't mind creating a print version for those of your who wish to read a good old touch and feel newspaper, but one unlike anything you've ever seen before.

Please share what you've stumbled across www.thegoodtimes.rocks

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is an Australian website about defending your rights, beating fines and taking back control of your life. With plenty of videos, downloadable pdf's and tones of web pages of content, there's not much you won't learn.

www.knowyourrightsgroup.com.au

HIGHER DIMENSIONS

is an International Facebook group with a lot of beautiful enlightenment ideas, videos, quotes, information and links to other great resources.

Although we don't endorse using Facebook too often, a 5 minute spell on this page will leave you feeling ready to take on the day.

Group by Sujata Agarwal

facebook.com/groups/2454207508135615



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COMMON
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All decisions made by an assembly will be made by consensus vote, determined by the Assembly Constitution, & the Assembly Charter.

We foresee a future where each man and woman can live happy and productive lives, free of the fear currently generated by the political party system.

If this is what you would like for your future and that of your children, then join a local Common Law Assembly and help make common law work!

If there no Assembly in your community yet, why not volunteer to start one yourself? Only you can change the world.

www.commonlaw.earth

The **Goodtimes**
needs your support

If you're interested in working with TGT to constantly improve and create future editions of TGT newspaper, website and many other aspects, please send an email with your skills (don't worry this isn't a job interview) so we can fit you into a position that will best suit what you enjoy...

team@thegoodtimes.rocks

Snack size bites of knowledge. Don't just trust what we say, go do your own research too.

A POSITIVE NEWSPAPER MAKES SO MUCH SENSE

We don't believe the world needs to be full of fear and negative news. Why can't we focus on the more important positives and news that actually affects us.

There is a book called "The Tipping Point" which shows proof of the effect of news. They found that when a mass murder or school shooting was mentioned in the papers in the USA, there was a much higher

rate of another mass shooting happening again very soon afterwards, as though it feeds ideas in our heads.

So if this is the phenomenon is true, then why is it all news focuses 80% of their time on TV or SPACE in papers do they choose to focus so much on negatives.

Surely it holds true that if we read positive vibe papers and magazines then our lives and everyone else's around us is more likely to become

We are a new digital (for the time being) newspaper, we are looking to move into the

PRINT WORLD as soon as we can fund that side of things.

Right now we are looking for all types of feedback from our readers. We just want to hear from you for any reason you would like to reach out.

We're looking for positive feedback, constructive feedback, article ideas and information for future editions of THE GOOD TIMES.

We're also looking for any volunteers who would like to be a part of this positive vibes newspaper.

5 POINT PLAN TO RETURN OUR FREEDOMS AND LIBERTIES



- #ONE....** Amend Constitution S.128 to give all voters the right to Binding Citizens Initiated Referendums (CIR), as is our right!
- #TWO....** Create a secure online voting system based on the block-chain so that voters can vote anywhere, any time, giving us a more flexible and stronger democracy.
- #THREE....** Reform the electoral system through a carefully considered constitutional referendum to reduce the size of electorates, create new Regional governments instead of State governments, making representatives directly accountable to the voters. This will slim down the number of representatives as well, eliminate Big Bang elections, and allow us to decide on important questions affecting the nation and our communities immediately a decision is required.
- #FOUR....** Reform the taxation system to bring in a single corporate bank transaction tax. Imagine no more GST, payroll, business, income, and all the other taxes...just a single tax only on companies! At the same time we will reform our banking and financial system to benefit we the people, not the faceless international banksters currently destroying our nation with their puppets the political parties.
- #FIVE....** Implement Service to the Nation. If our country gives us so much, it's only fair that we give something back. Those eligible to serve will be able to choose Civil or Military Service. All equipment supplied to these services must be manufactured in Australia within a time limit determined by the availability of trained people and materials. Imagine what that will do to grow our economy!

To learn more, simply visit - www.advance-australia.com.au

LOCAL COMMUNITIES

NEW SOUTH WALES....

- [Our Coast](#) - Central Coast
- [Thrive Tribe](#) - Sydney

VICTORIA....

- [The Diggers Club](#) - Gardening

WESTERN AUSTRALIA....

Email if you would like to add your Group here

QUEENSLAND....

- [Camping and 4WD Queensland](#) - Travelers
- [Sunshine Coast Spiritual Group](#)
- [Queensland Unites](#) - Awakened Community

SOUTH AUSTRALIA....

Email if you would like to add your Group here

TASMANIA....

Email if you would like to add your Group here

MONTHLY EVENTS

If you would like to advertise your tribe, association or any other type of community group and would like us to include your upcoming events, simply send an email including your name, email, phone, link to your group and details of the upcoming event (Event Name, Date, Location, Social Media Page, Website, Email etc) to community@thegoodtimes.rocks

DO YOU HAVE CONTENT YOU WOULD LIKE TO SEE IN THE NEXT EDITION OF THE GOOD TIMES?

We're looking for people to help with content for future editions of The Good Times newspaper. If you have a special or unique set of skill and you're interested in sharing some of your knowledge with our audience, we may be able to give you a monthly column and plug your website, email or phone number to reciprocate the favour.

Alternatively, maybe you've just come across some extremely useful or important content and would like to share it with everyone, regardless of how ridiculous it is, all we need is a link to an article or some proof that someone somewhere has indeed done some research on it which will start a trail for our team to look into and verify.... all you need to do is fire off an email it to content@thegoodtimes.rocks

THANK YOU FOR BEING A PART OF THE VERY FIRST EDITION OF THE GOOD TIMES.

We hope you have enjoyed it and will help support us moving forward to help bring action, truth and love to everyone.