

Positive Enlightenment

March/April 2022

SERVICES OFFERED

Life Coaching
Credit Repair
Prevention Services
Notary Public
Mobile Fingerprinting

QUICK HEALTHY RECIPE



Faux
Chicken
Nuggets

1 1/2 cups vital wheat gluten
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 1/2 cups vegan chicken flavored broth or vegetable broth*
2 tablespoons olive oil
1 1/2 cups of water
Pot to boil faux chicken
Pan or deep fryer to fry faux chicken

Directions- mix the vital wheat gluten with the spices. Add water to the spices and vital wheat gluten. After the vital wheat gluten is mixed well make patties or small balls. Place the patties or small balls into the boiling water or chicken flavored broth and let them stay for 20 minutes. Drain the pan after 20 minutes. Place patties or small balls into the hot oil and let them fry until they become a golden brown. Then take them out let them drain on a napkin and put your sauce of choice on your faux chicken.

SEASONAL EMOTIONS

As we slowly leave the winter months and plow our way to spring let us look forward to warm weather, going outdoors, and getting the vitamin D we need to fight off any negative or ill feelings!

COVID AND THE PANDEMIC AFTERMATH

In March 2020, the World Health Organization declared the COVID-19 outbreak a global pandemic, prompting most governors in the United States to issue stay-at-home orders. That time was tough for everyone. But you know what? We made it! Let's be thankful and look to a long and bright future. We are still dealing with the effects of isolation, joblessness, and losing loved ones. Remember you are strong and can stand the test of time. Sometimes, we need assistance to help us remember how strong we are. Positive Enlighten Consultation Services can help you become a better and stronger you. Please contact us and see what we can do for you.

PLACES YOU CAN GO FOR FREE

Sometimes we need to get away from the chaos in our lives even if it is just for 2 hours. Since the pandemic we have lost our humanity and people seem just a tad bit meaner. We are experiencing more emotions from others and from ourselves that we don't understand. In order to cope with negative energy we need to have some time alone to clear our heads. With all of the costs rising we need to find a cheap refuge where we can walk, play or just sit until those feelings of hostility are gone. Some free places you can go are the Smithsonian museums, walk around the National Mall, the Anacostia park or Haines Point. Walking near water always recharges the soul, so give it a try.

Remember

We are all in this together never feel like you are alone!

"Allow us to enlighten you"

Contact Ashley

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