



THE
ENERGETIC
SHIFT

WHAT IS AN "ENERGETIC SHIFT"?

An energetic shift refers to a change in one's energy levels, mood, or emotional state. It can be a sudden or gradual shift that occurs as a result of various factors, such as external events, personal growth, or spiritual practices.

WHY DOES IT MATTER IN BUSINESS?

Balanced energy and intuition are key components of making fulfilling business decisions. By shifting your energy towards sources that empower positivity, growth, or your personal goals, you can impact your productivity, work-life balance, and company culture.



THE INTERSECTION BETWEEN SPIRITUALITY & BUSINESS

INTEGRATING SPIRITUAL PRACTICES INTO YOUR ROUTINE CAN HELP YOU START THE PROCESS OF MAKING AN ENERGY SHIFT IN YOUR LIFE AND WORK. WHILE THIS CAN LOOK DIFFERENT FOR EVERYONE HERE ARE SOME EXERCISES TO TRY:

MINDFULNESS AND MEDITATION: ENCOURAGING EMPLOYEES TO PRACTICE MINDFULNESS AND MEDITATION CAN HELP REDUCE STRESS, INCREASE FOCUS, AND PROMOTE OVERALL WELL-BEING. COMPANIES CAN OFFER MINDFULNESS TRAINING, PROVIDE QUIET SPACES FOR MEDITATION, OR ORGANIZE GROUP MEDITATION SESSIONS.

COMPASSIONATE LEADERSHIP: COMPASSIONATE LEADERSHIP INVOLVES LEADING WITH EMPATHY, KINDNESS, AND UNDERSTANDING. LEADERS CAN PRACTICE ACTIVE LISTENING, SHOW APPRECIATION FOR EMPLOYEES' WORK, AND CREATE A SUPPORTIVE AND RESPECTFUL WORK ENVIRONMENT.

PURPOSE-DRIVEN WORK: EMPLOYEES ARE MORE ENGAGED AND MOTIVATED WHEN THEY FEEL THEIR WORK HAS A PURPOSE BEYOND MAKING A PROFIT. COMPANIES CAN ALIGN THEIR MISSION AND VALUES WITH A LARGER PURPOSE, SUCH AS MAKING A POSITIVE IMPACT ON SOCIETY OR THE ENVIRONMENT.

GRATITUDE PRACTICES: EXPRESSING GRATITUDE CAN HELP EMPLOYEES FEEL MORE CONNECTED TO THEIR WORK AND COLLEAGUES. COMPANIES CAN ENCOURAGE GRATITUDE PRACTICES, SUCH AS EXPRESSING APPRECIATION FOR CO-WORKERS OR REFLECTING ON WHAT THEY'RE GRATEFUL FOR AT THE END OF THE DAY.

VOLUNTEER AND COMMUNITY SERVICE: PARTICIPATING IN VOLUNTEER AND COMMUNITY SERVICE CAN HELP EMPLOYEES FEEL A SENSE OF PURPOSE AND FULFILLMENT BEYOND THEIR WORK.

How to Embrace an Energetic Shift

Be Open and Receptive

Be willing to receive any changes that are taking place. This means letting go of any resistance or fear you may have and being willing to embrace new experiences.

Mind Over Matter

Mindfulness can be a powerful tool in helping you stay grounded and present during an energetic shift. By being mindful of your thoughts and emotions, you can better understand and manage the changes that are taking place within you.



Take Care of Your Physical Health

ENERGETIC SHIFTS CAN BE TAXING ON YOUR PHYSICAL BODY, SO IT'S IMPORTANT TO TAKE CARE OF YOURSELF BY EATING WELL, EXERCISING REGULARLY, AND GETTING ENOUGH REST. THIS WILL HELP YOU STAY ENERGIZED AND BETTER EQUIPPED TO HANDLE ANY CHALLENGES THAT ARISE.

Connect with Like-Minded People

SURROUNDING YOURSELF WITH PEOPLE WHO SHARE YOUR INTERESTS AND VALUES CAN BE A GREAT WAY TO SUPPORT YOUR ENERGETIC SHIFT. YOU CAN SHARE EXPERIENCES, OFFER EACH OTHER ENCOURAGEMENT, AND LEARN FROM ONE ANOTHER'S INSIGHTS AND PERSPECTIVES.

ENJOY THE JOURNEY

REMEMBER THAT EMBRACING AN ENERGETIC SHIFT IS A JOURNEY, NOT A DESTINATION. IT'S IMPORTANT TO BE PATIENT WITH YOURSELF, TAKE THINGS ONE STEP AT A TIME, AND ENJOY THE PROCESS OF GROWTH AND TRANSFORMATION. BY EMBRACING THE JOURNEY, YOU'LL BE BETTER ABLE TO NAVIGATE THE UPS AND DOWNS OF THE SHIFT AND EMERGE STRONGER AND MORE ALIGNED WITH YOUR TRUE SELF.



About Us

SACRED FIRE CREATIVE IS A PORTLAND, OR-BASED DIGITAL MARKETING AGENCY THAT'S FOCUSED ON CREATING LEGACY – FOR YOU AND YOUR BRAND. WE WANT YOU TO HAVE AN ONLINE PRESENCE THAT'S AUTHENTIC, RELATABLE, AND A FORCE FOR GOOD. AND WE WANT YOU TO HAVE A DEEP AND SOLID CONNECTION WITH A TRIBE THAT TRUSTS YOU AND IS LOYAL TO YOU.

OUR CEO AND DIGITAL STRATEGIST MALEE OJUA IS A ROCKET SCIENTIST, A SHAMAN, AND A CONNECTOR. SHE HAS A PASSION FOR FOSTERING RELATIONSHIPS BETWEEN BUSINESS OWNERS AND THEIR TRIBE. SHE INTENTIONALLY WORKS WITH PEOPLE WHO ARE LOOKING TO SERVE THEIR COMMUNITY IN A BIGGER WAY AND CREATE POSITIVE CHANGE IN THE WORLD.

LEARN MORE ABOUT THE WAY WE WORK BY VISITING
WWW.SACREDFIRECREATIVE.COM.



503-816-3890 - MALEE@SACREDFIRECREATIVE.COM

