

OEY'S WAY • INNER WEALTH STRATEGIES

# The 5-Breath Reset

— A Guide to Distinguishing Real Fear from Thought-Fear —



"Fear is just a thought. Let's prove it."

[www.oeyway.com](http://www.oeyway.com)

# Two Types of Fear

## USEFUL FEAR (Keep This)

Your body senses real danger. Something is physically threatening. You feel unsafe in your body — someone is attacking, you're falling, there's a fire. This is biological. Every organism has this. This is your survival system. It works. Don't override it.

## USELESS FEAR (This Is Just a Thought)

A fabricated thought about the future or a replayed trauma from the past. It pretends to be a survival mechanism, but nothing is physically threatening you. Fear of failure, fear of the unknown, FOMO, fear of speaking — these are psychological constructs. They dress up as danger, but when you look closely, you are safe in this moment.

## The Key Question:

*"Right now, in this specific second — am I in physical danger?"*

If no, what you're feeling is a thought. Not a fact. A visitor, not a resident.

## OEY'S CONTROVERSIAL TRUTH:

***"Living in a state of fear is living in darkness on a sunny day."***

# The 5-Breath Reset Practice

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Do this anytime fear, anxiety, or a spinning mind shows up. Takes under 3 minutes.

## 01 BREATHE

Take 5 deep breaths. Inhale through your nose — fill your belly like a balloon. Exhale slowly through your mouth. Let it all go. Don't control anything. Just breathe and notice.

## 02 FEEL

Place one hand on your chest or heart if you can. Notice: thoughts will come. 'This is weird.' 'How long?' 'This is dumb.' That's fine. Don't give them energy. Return to the breath.

## 03 REMEMBER

Think of someone you love deeply. See them. Feel them. Imagine doing something you love together — a sunset, a game, a hug. Send them love. Say thank you. Say I love you. Feel it, don't just think it.

## 04 RECOGNIZE

From this state of gratitude and love — notice: can you feel fear? You cannot be deeply grateful and fearful at the same time. This is proof that fear is a state you enter, not a permanent truth.

## 05 REFRAME

Now look at the fear that was bothering you before. Ask: Is this real danger, or a thought about the future/past? Name it honestly. 'This is a thought. I am safe right now.'

### REMEMBER

Fears and desires come and go. You are always here, now. That's the only place life happens.

## WHAT'S NEXT

# This was just the beginning.

Over the next 5 days, you'll receive an email from OEY with one "Controversial Truth" and one practice to try. Each one builds on this reset.

If you're ready to go deeper:

### Free 30-Min Consultation

Explore where you are and what's coming up.

### The 3 Acts Course

Self-paced journey: Freedom → Merge & Melt → Arrival.

### 1:1 Mind Reset Program

Tailored deep-dive with OEY's unique modalities.

**Book your free call: [www.oeyway.com/book-online](http://www.oeyway.com/book-online)**

*"Be compassionate to yourself. That's where everything starts."*

— OEY