

Peace – Here is a brief PDF sharing how I found the **30 min chart FVG-123**

*“Long Story Longer” – My plan is to set “Universal MFB Flow/Sweep/FVG-123 Setup” alerts for 30 min charts, 5 min charts, and then alerts for the “MFB – Levels Coherence” on the 1 min chart during the 9:45 to 11am session EST.*

I know, there are plenty of other times during the day, I am just finding my way, because screen time take energy.

Sure – the 30 chart trading idea (“Universal MFB...” alert) will be a great trade at the other times of the day, when I learn how to work with the Smart phone Tradovate Application.

Meanwhile, making progress.

Sometimes the 30 min FVG-123 will appear, sometimes the 5 min chart FVG-123.

Cool. Peace.

A reminder of the times:

What are the “Meaningful” times to check and consider the **“Universal MFB... alerts – when the 30 min FVG-123 and 5 min chart FVG-123 occurs** - for “Acceptance or Sweep/Rejection (or no “directional intention”)?

**THE SWEEP OF THE KEY LEVEL, AND THEN FVG-123 is the key-----**

The “Universal MFB...” Indicator will send alerts to email etc...

For NY session traders, the **10am EST time is important**, because it's a **“session change”** (also called “London close”).

At 10am EST – the NY session open volatility has already occurred, and the 15 min opening range levels have usually been tested.

11am EST –

3pm EST – “Rebalancing” – “Dealer’s Inventory Readjustment” -Trends either continue or change” – **Sometimes good reversal opportunities if sweep of a key level, and then 1 hour candle closure back inside the level.**

4pm EST – this is known as “Tomorrow’s Information” – **Where is price in relation to the day’s Value Area High (VAH) – Point of Control (POC) – Value Area Low (VAL)?** The “Fixed Range Volume Profile” will tell us the information if drawing from 9:30am EST – 4pm (Also, **“The MFB – Value Reading Session”** indicator should catch the Fixed Range Volume Profile – VAH-POC-VAL for reference)

8pm EST – Tokyo open 1 hour close – Did the session sweep the NY session high or low? Acceptance of Rejection of the key levels?

4 am EST – reveals London’s directional intention, and early “Institutional Positioning”. The 1 hour candle closure (**Acceptance or Sweep/Rejection** of a key level) **usually remains important through NY session open.**

Cool – here are the charts how I realized the 30 min chart FVG-123 idea:



Peaceoftheprocess created with TradingView.com, Jun 20, 2026 00:37 UTC-4



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Peaceoftheprocess created with TradingView.com, Jun 20, 2026 00:44 UTC-4



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Research process created with TradingView.com, Jun 20, 2026 00:50 UTC-4



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Cool – So, those were the charts where I realized that the 30 min chart FVG-123 on its own was a good time frame to set “Universal MFB...” alerts.

I will be sharing as things cruise along...

Peace.