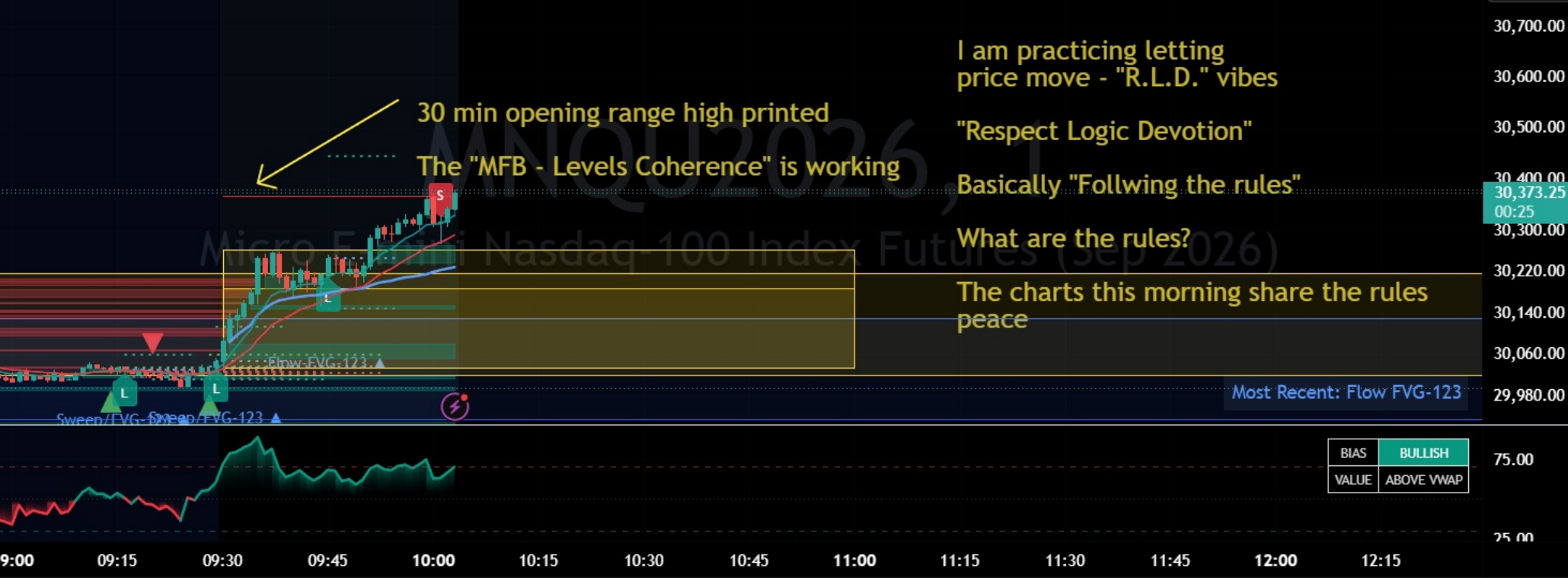






Micro E-mini Nasdaq-100 Index Futures (Sep 2026) · 1 · CME O30,342.50 H30,379.75 L30,339.25 C30,373.25 +30.00 (+0.10%)

USD



30,700.00
 30,600.00
 30,500.00
 30,400.00
 30,373.25
 00:25
 30,300.00
 30,220.00
 30,140.00
 30,060.00
 29,980.00
 75.00
 25.00

I am practicing letting price move - "R.L.D." vibes

"Respect Logic Devotion"

Basically "Following the rules"

What are the rules?

The charts this morning share the rules peace

Most Recent: Flow FVG-123

BIAS	BULLISH
VALUE	ABOVE VWAP



Micro E-mini Nasdaq-100 Index Futures (Sep 2026) · 1 · CME O30,338.50 H30,360.00 L30,333.25 C30,341.75 +4.00 (+0.01%) USD

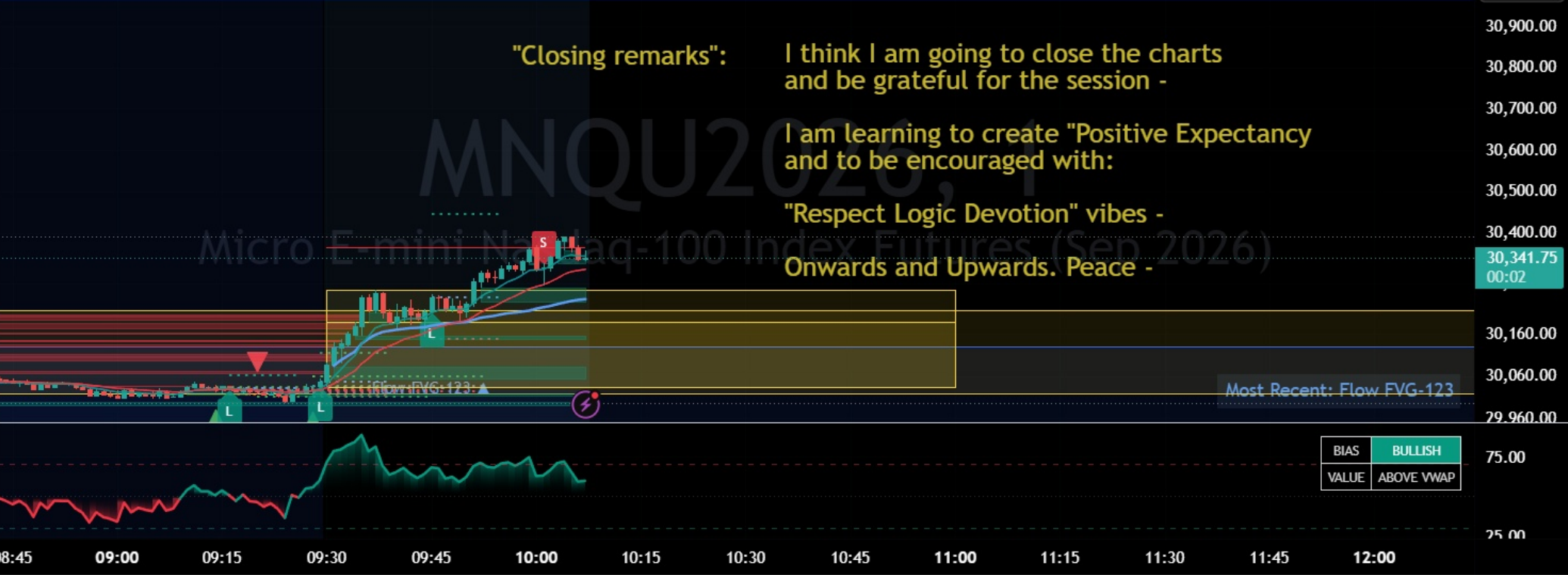
"Closing remarks":

I think I am going to close the charts and be grateful for the session -

I am learning to create "Positive Expectancy and to be encouraged with:

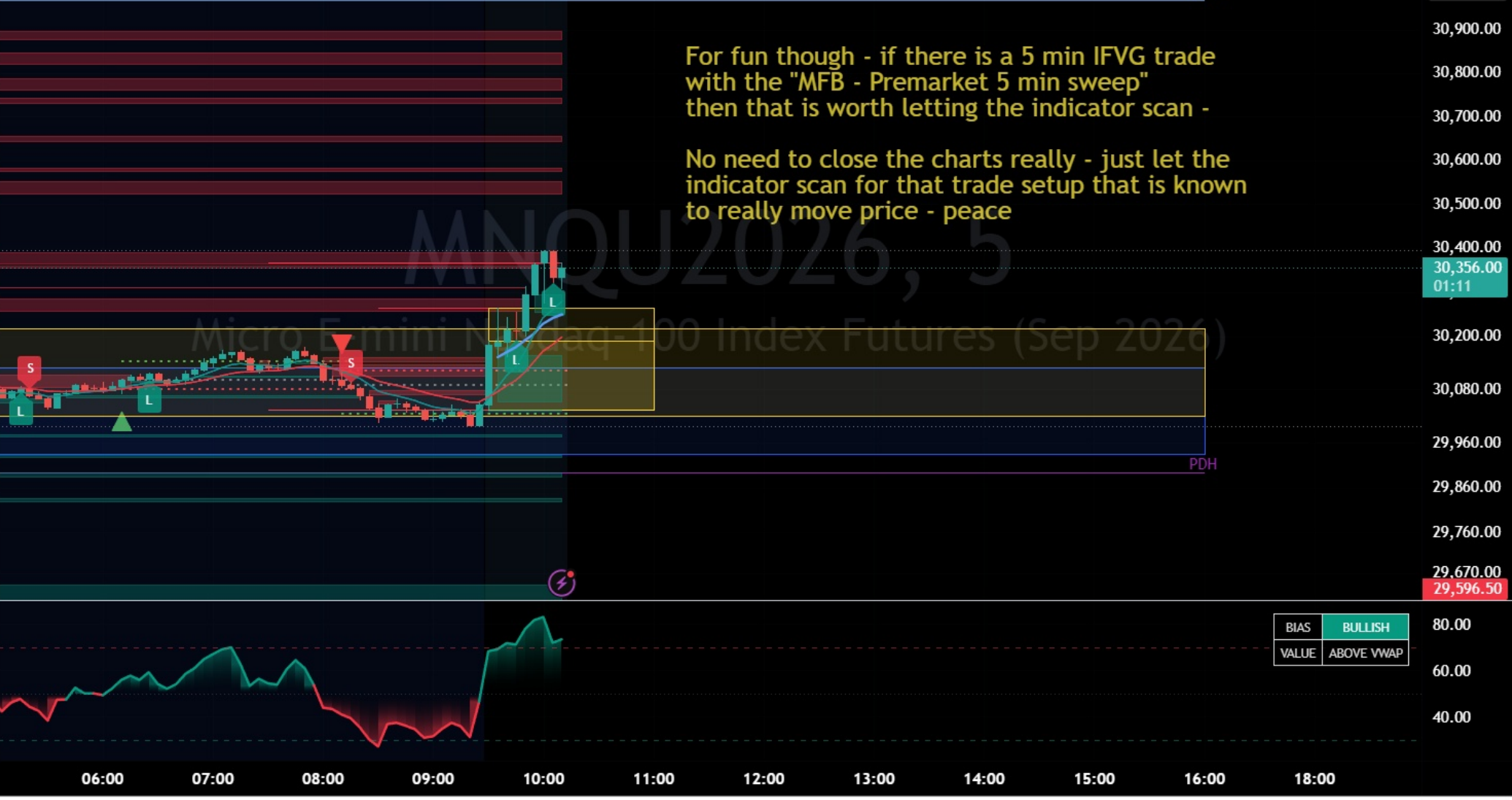
"Respect Logic Devotion" vibes -

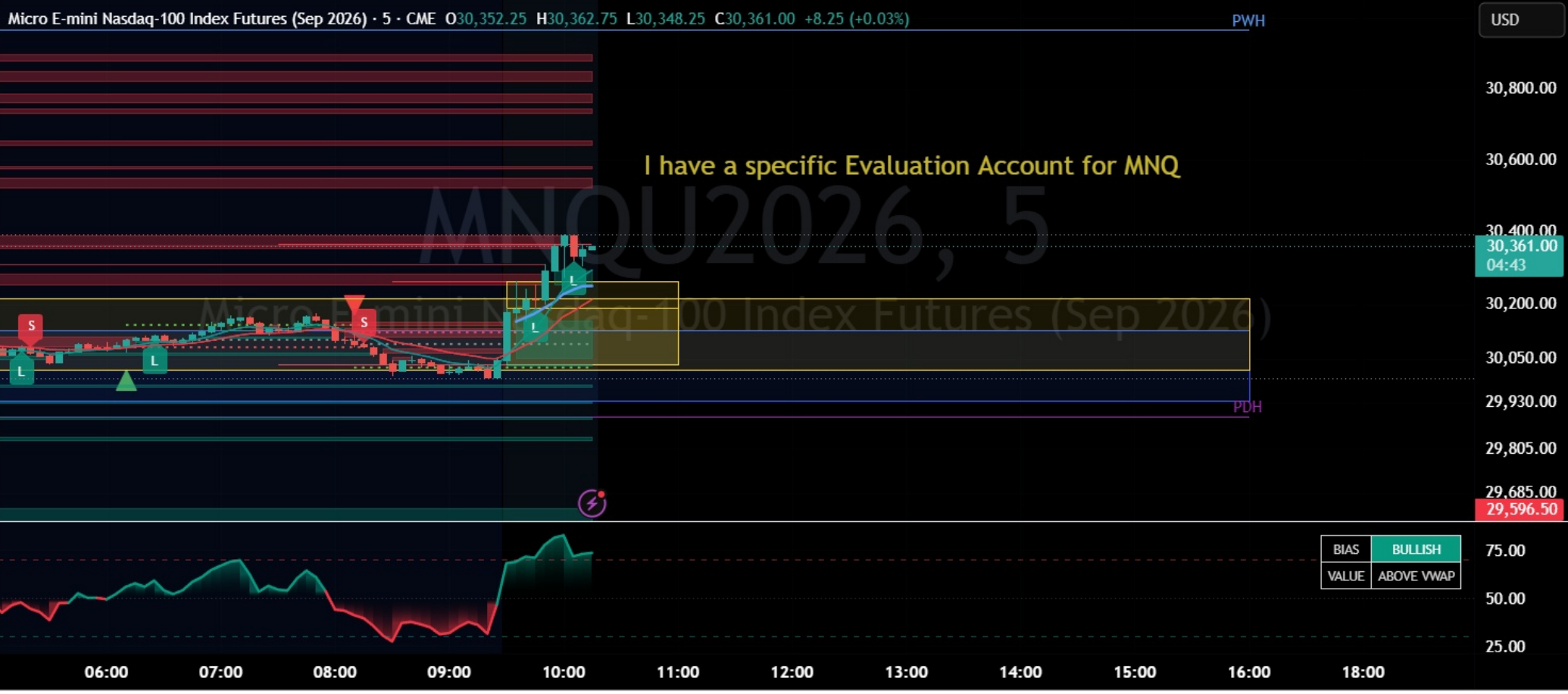
Onwards and Upwards. Peace -



Micro E-mini Nasdaq-100 Index Futures (Sep 2026) · 5 · CME O30,334.00 H30,367.25 L30,305.75 C30,356.00 +21.75 (+0.07%) PWH USD

For fun though - if there is a 5 min IFVG trade with the "MFB - Premarket 5 min sweep" then that is worth letting the indicator scan -
No need to close the charts really - just let the indicator scan for that trade setup that is known to really move price - peace







Gold Futures (Aug 2026) - 1 - COMEX O4,029.2 H4,031.2 L4,028.3 C4,031.2 +2.2 (+0.05%)

USD
apoz



GCCQ2026, 1
Peace - Gold 9am -
Gold Futures (Aug 2026)

4,031.2
00:17

4,023.0

4,018.0

4,012.0

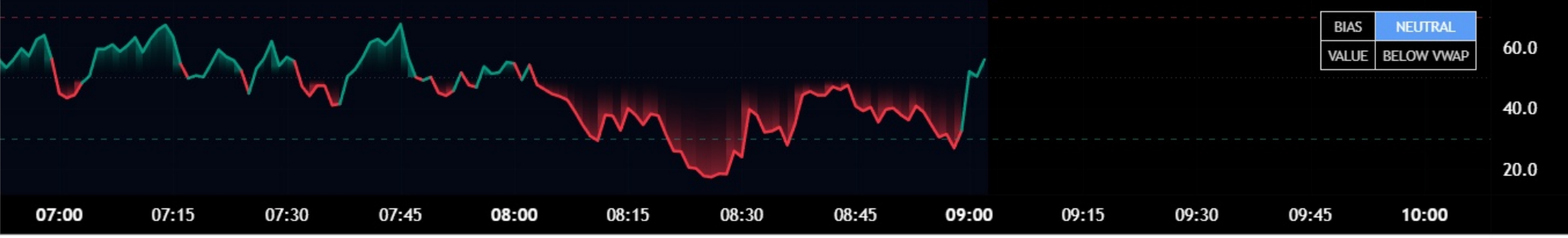
4,006.0

4,000.0

3,995.0

3,990.0

3,985.5



60.0

40.0

20.0

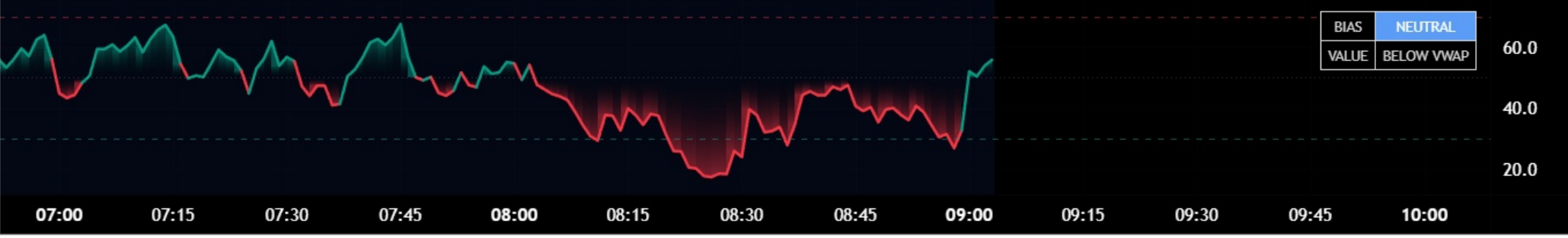
07:00 07:15 07:30 07:45 08:00 08:15 08:30 08:45 09:00 09:15 09:30 09:45 10:00

Gold Futures (Aug 2026) - 1 - COMEX O4,031.0 H4,031.6 L4,031.0 C4,031.1 +0.8 (+0.02%)

USD
apoz



4,047.0
4,039.0
4,031.1
00:52
4,023.0
4,018.0
4,012.0
4,006.0
4,000.0
3,995.0
3,990.0
3,985.5

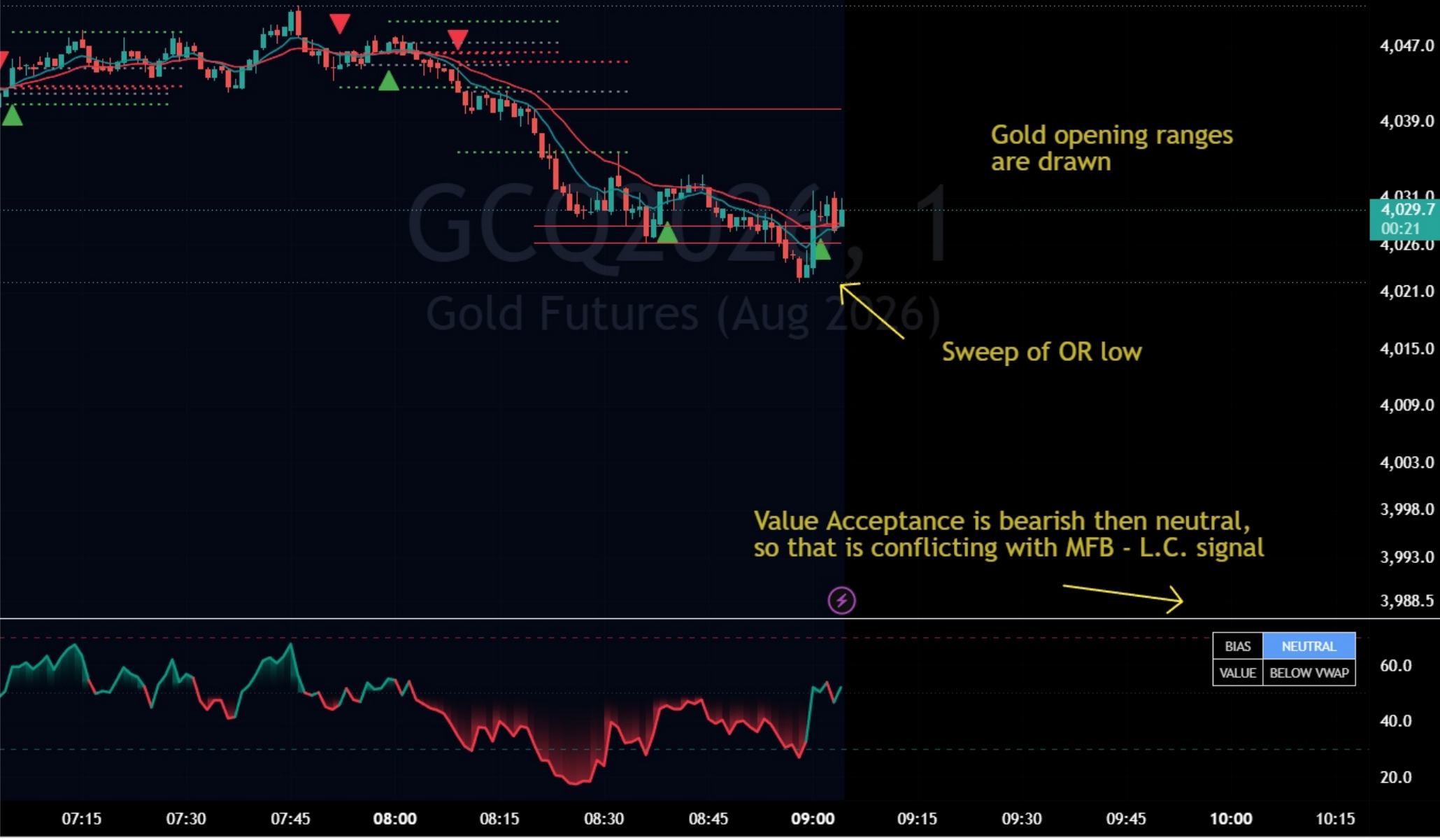


60.0
40.0
20.0

07:00 07:15 07:30 07:45 08:00 08:15 08:30 08:45 09:00 09:15 09:30 09:45 10:00

Gold Futures (Aug 2026) - 1 - COMEX O4,028.0 H4,031.0 L4,028.0 C4,029.7 +2.1 (+0.05%)

USD
apoz



4,047.0
4,039.0
4,031.0
4,029.7
00:21
4,026.0
4,021.0
4,015.0
4,009.0
4,003.0
3,998.0
3,993.0
3,988.5
60.0
40.0
20.0

Gold opening ranges are drawn

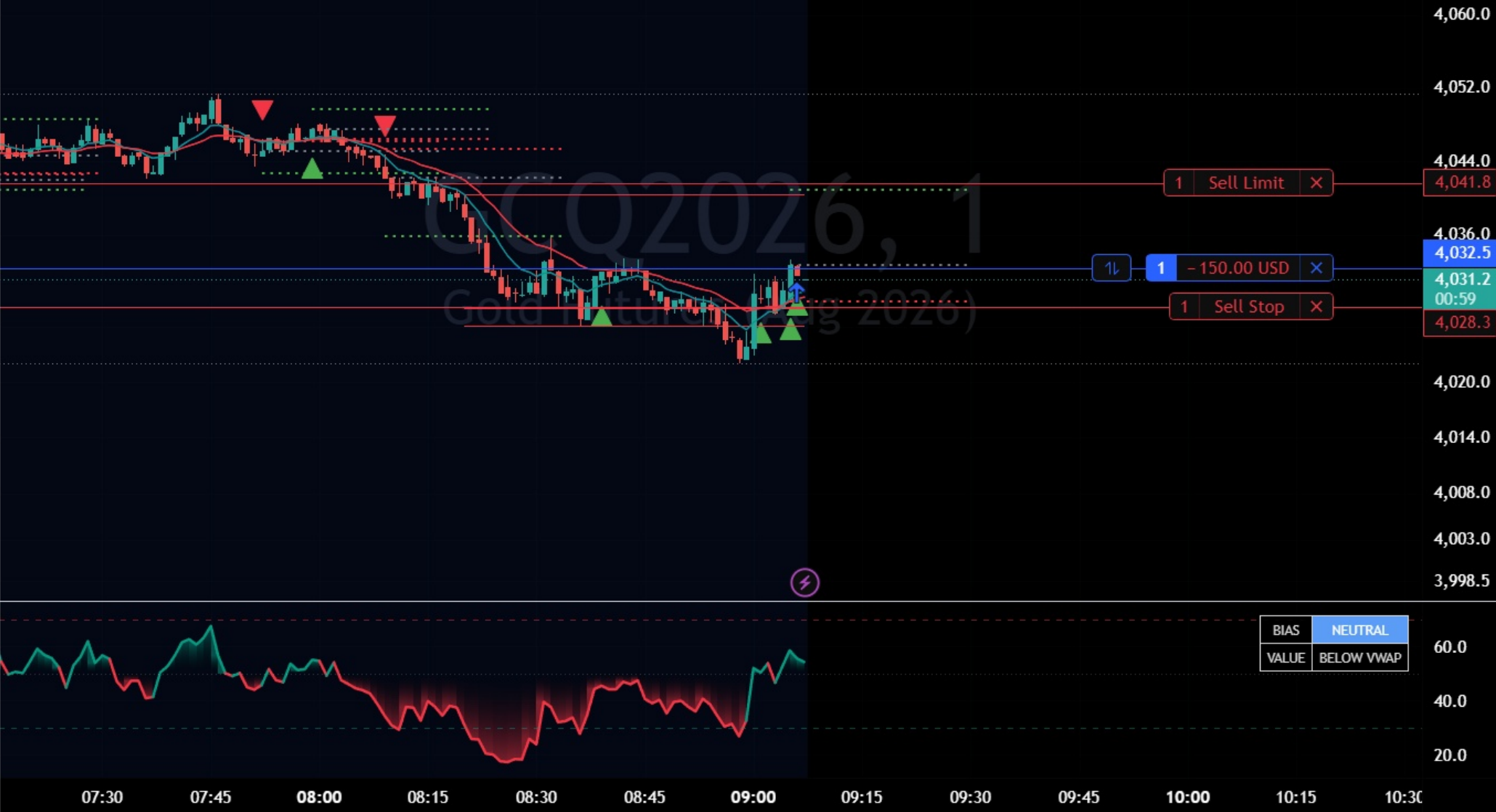
Sweep of OR low

Value Acceptance is bearish then neutral, so that is conflicting with MFB - L.C. signal

BIAS	NEUTRAL
VALUE	BELOW VWAP

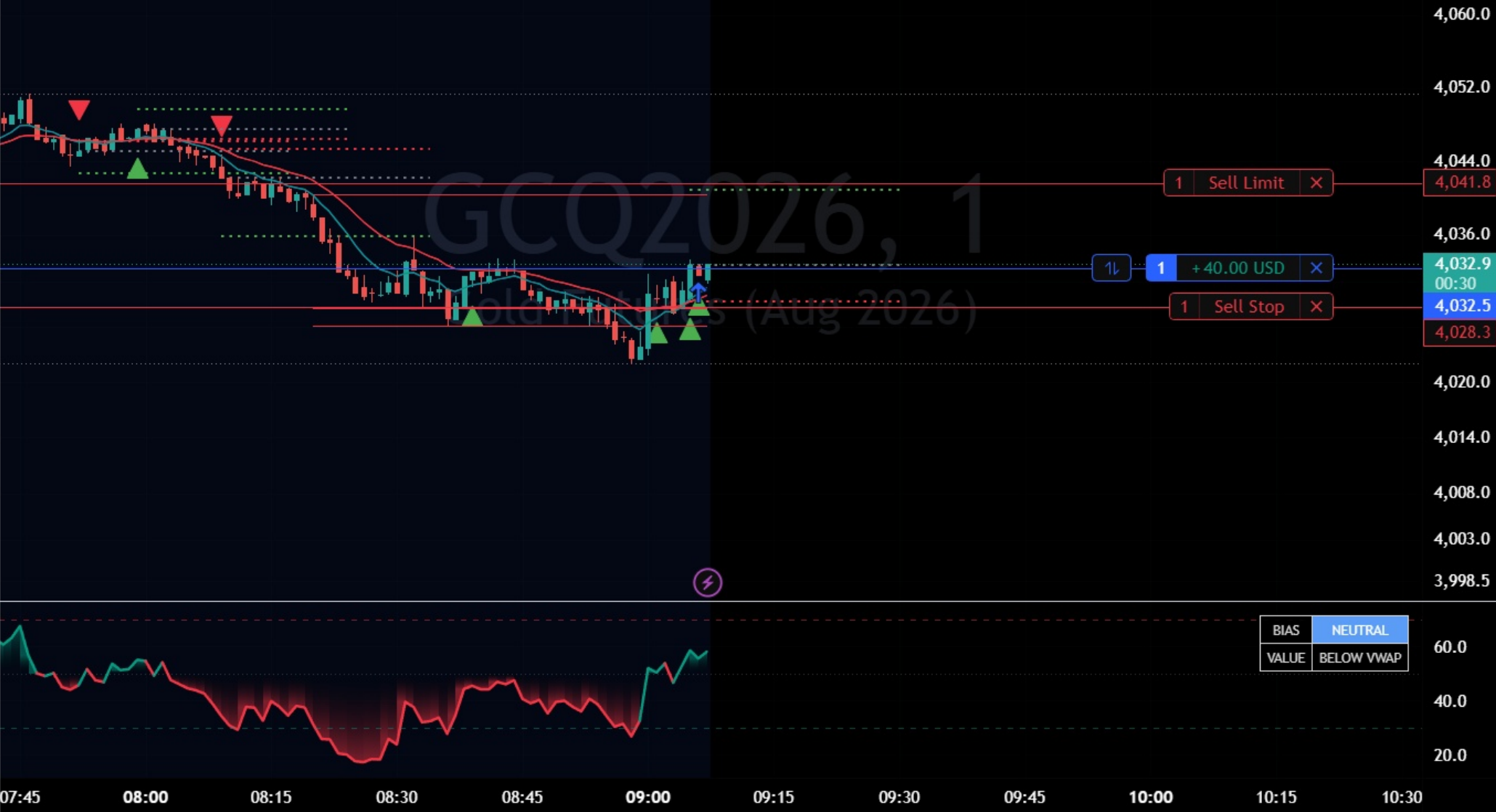
Gold Futures (Aug 2026) - 1 - COMEX O4,031.2 H4,031.2 L4,031.2 C4,031.2 -0.5 (-0.01%)

USD
apoz



Gold Futures (Aug 2026) - 1 - COMEX O4,031.2 H4,032.9 L4,030.7 C4,032.9 +1.2 (+0.03%)

USD
apoz



Gold Futures (Aug 2026) · 1 · COMEX O4,034.2 H4,034.2 L4,033.7 C4,033.7 -0.3 (-0.01%)

USD
apoz

4,060.0

4,052.0

4,044.0

4,041.8

4,036.0

4,033.7

00:59

4,032.5

4,028.3

4,020.0

4,014.0

4,008.0

4,003.0

3,998.5

Still gonna trade the same 1 to 2 R rules

GCO2026, 1
Gold Futures (Aug 2026)

1 Sell Limit X

1 +130.00 USD X

1 Sell Stop X

BIAS	NEUTRAL
VALUE	BELOW VWAP

60.0

40.0

20.0

07:45 08:00 08:15 08:30 08:45 09:00 09:15 09:30 09:45 10:00 10:15 10:30

Gold Futures (Aug 2026) - 1 - COMEX O4,037.0 H4,037.6 L4,036.9 C4,037.2 +0.1 (+0.00%)

USD
apoz



4,060.0
4,052.0
4,044.0
4,041.8
4,037.2
4,032.5
4,028.3
4,026.0
4,020.0
4,014.0
4,008.0
4,003.0
3,998.5



BIAS	BULLISH
VALUE	ABOVE VWAP

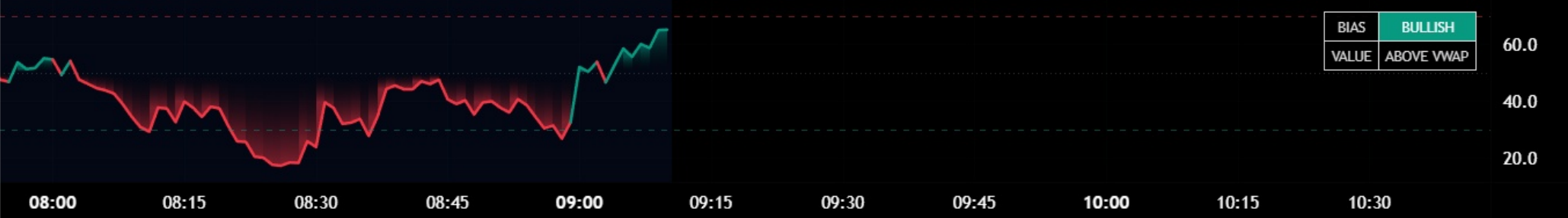
60.0
40.0
20.0

Gold Futures (Aug 2026) - 1 - COMEX O4,037.0 H4,039.4 L4,036.5 C4,037.2 +0.1 (+0.00%)

USD
apoz



Moved stop - trade closed for small win



BIAS	BULLISH
VALUE	ABOVE VWAP

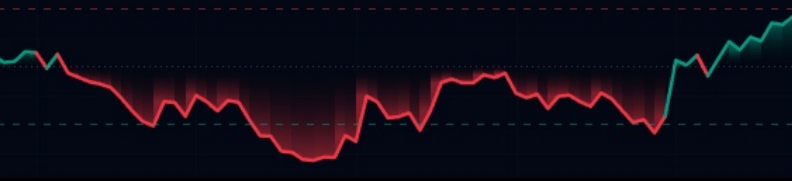
Gold Futures (Aug 2026) · 1 · COMEX O4,037.0 H4,039.7 L4,036.8 C4,038.7 +1.8 (+0.04%)

USD
apoz

4,060.0
4,055.0
4,047.0
4,038.7
00:12
4,031.0
4,025.0
4,019.0
4,013.0
4,008.0

So, as price got close to 2 R, I moved the stop loss
All love - peace

GCQ2026, 1
Gold Futures (Aug 2026)



BIAS	BULLISH
VALUE	ABOVE VWAP

60.0
40.0
20.0

08:00 08:15 08:30 08:45 09:00 09:15 09:30 09:45 10:00 10:15 10:30 10:45 11:00

Gold Futures (Aug 2026) · 1 · COMEX O4,039.8 H4,042.4 L4,039.1 C4,042.0 +2.7 (+0.07%)

USD
apoz

Now - Will price get "Accepted" above the Gold Opening Range (or not?)

London high is here

Price may reach for that key level of liquidity



Gold Futures (Aug 2026) · 1 · COMEX O4,041.4 H4,041.4 L4,036.6 C4,036.6 -4.9 (-0.12%)

USD
apoz

Until there is another 9-20 EMA cross moment

The "Universal MFB Flow/Sweep/FVG-123 Setup" indicator is best for waiting for FVG-123 set ups beyond the Opening Range high and low.

The advice though, is to be glad with the win and close the charts.

That was Gold open though ("Comex" open is at 8:20am EST) - and NY open is soon -

Peace

Most Recent: Flow FVG-123

BIAS	NEUTRAL
VALUE	ABOVE VWAP



Gold Futures (Aug 2026) · 1 · COMEX · O4,036.2 H4,036.6 L4,035.2 C4,035.5 -0.5 (-0.01%)



USD
apoz
4,070.0
4,060.0
4,052.0
4,044.0
4,036.5
00:35
4,030.5
4,024.5
4,018.5
4,012.5
75.0
50.0
25.0

For Gold -

My plan is to only take "Sweeps" of the Opening Range High and Low, with the "MFB - 9 EMA retrace indicator"

Then if Price Gets "Accepted" beyond an OR high or low - the "Universal MFB..." indicator works - trade entry is FVG-123

The 5 min candle closure is more important for MNQ (to me), because price moves differently and NY open tends to be really manipulated?

For Gold, the 1 min - "MFB - 9 EMA retrace" is cool.

BIAS	BEARISH
VALUE	BELOW VWAP



Ok, almost NY open
That was a good Gold session
Peace

Micro E-mini Nasdaq-100 Index Futures (Sep 2026) - 1 - CME O30,128.75 H30,128.75 L30,099.25 C30,103.00 -25.75 (-0.09%)

USD

Gold was for 1 EvaluationAccount
Now another Eval Acct is for MNQ trading
Gonna see how that works



Waiting for 15 min opening range on MNQ

BIAS	BULLISH
VALUE	ABOVE VWAP

75.00
50.00
25.00

08:15 08:30 08:45 09:00 09:15 09:30 09:45 10:00 10:15 10:30 10:45 11:00





Peacethrprocess created with TradingView.com, Jun 30, 2026 09:42 UTC-4



Micro E-mini Nasdaq-100 Index Futures (Sep 2026) · 5 · CME O30,187.00 H30,242.25 L30,172.00 C30,188.25 +0.75 (+0.00%)

USD



30,400.00
 30,300.00
 30,288.25
 00:44
 30,120.00
 30,040.00
 29,965.00
 29,885.00
 29,805.00

I still think that with MNQ, the 5 min candle closure rule is important -

Why?

Because NY open is very manipulated

Maybe Gold is too, yet we'll see

Peace

Most Recent: Sweep FVG-123

BIAS	BULLISH
VALUE	ABOVE VWAP

60.00
 40.00

Peacethrprocess created with TradingView.com, Jun 30, 2026 09:45 UTC-4

Micro E-mini Nasdaq-100 Index Futures (Sep 2026) · 5 · CME O30,214.00 H30,250.00 L30,208.75 C30,233.25 +18.75 (+0.06%)

USD

Got the Key levels on the chart too



Peacethrprocess created with TradingView.com, Jun 30, 2026 09:46 UTC-4











Peacethrprocess created with TradingView.com, Jun 30, 2026 09:53 UTC-4

