Peace Through Process – Trading – 7-17-26

Peace.

In trading the last 2 years with an evaluation account, I believe I have learned something about what it's like to experience a trading session.

In my opinion, **trading is actually emotional, because of the wins and losses element.**

Especially for beginners.

As with science, I like to **ask a question**, and **Define the problem**.

What is the problem?

The problem is that trading is emotional.

The reality is that automation is on the horizon, and a good percentage of the jobs will be replaced by technology.

How could a beginner **learn how to trade peacefully**?

I've been working on a **Low Frequency Trading** strategy mindset.

A less frequent trading strategy that **encourages Mindfulness and Peace**.

I like the saying:

"Reclaim your power through mindfulness".

Mindfulness helps us connect to higher spiritual frequencies (our “Divine Life Self”), and with trading “Lower frequency”, I'm talking about the amount of Trades taken during a session or during the week.

How could a trade session be mindful, and help a person **learn to be more present** with themself and encouraged?

Through making peace with the process of entering and managing trades.

Here is the **Logic** (defined as “reasoning” for decisions, that increase the probability of further good decisions):

AWARENESS is also the word –

For now, in my trading, I am going to focus on MNQ, yet in this PDF, I share the work that I did with Gold Futures (GC) trading concepts. **Some people will prefer the earlier Gold trading opportunities before NY session open.**

I plan to let the Opening Ranges form, and then we have **the Internal and External Liquidity Levels set**, to make **“Informed Decisions”** when there are **Key level responses.**

The **responses to levels** (preferably **immediate**), tell us that Smart Money is “doing business”.

1) Key levels are **“Opportunity”** – When External and Internal Liquidity – (opening range levels) are in confluence, that is a good trading opportunity
2) The **5 min FVG-123** (MNQ), and **1 min chart 9 EMA retrace** (Gold) price move away from a level is the “**Intention”** –

Whether it’s a reversal, or continuation at a key level, the first response from the level is considered the best trade.

I like the **5 min charts for MNQ**, because it filters the volatility noise of the 1 min chart. (using the “**Universal MFB – Flow/Sweep/Fvg-123 Setup indicator**”)

I like the **1 min charts for Gold Futures (GC)**, because price moves faster, and the new “MFB – Levels Coherence Gold OR” indicator has an **“HTF reading”, that tells the 1 min chart if there is a 5 min chart signal**.

(The 5 min reading and the 1 min signals should both be “Bearish” or “Bullish”)

My Plan is to **be aware of the times that the best trades occur**, and its ok to trade only either Gold futures or MNQ – The Gold session could be an earlier session, so it depends on the day – Its ok to trade portions of sessions, and some days even just observe – **Patience is the EDGE.**

I will let the MFB indicators scan for trade signals during these times, **and if there is a trade in process, I'll just be moving stop according to the rule explained at the end of this PDF –**

1) **Gold** futures (GC) from **9am to 11am EST** - "MFB – Levels Coherence Gold OR" indicator – (The 1 min chart is the main chart, and there is an **"HTF reading"** that will confirm 5 min chart signals).

2) **MNQ** - **9:45am to 11:30am EST** - ("Universal MFB – Flow/Sweep/FVG-123 Setup indicator") – I like the 5 min chart **CISD**, and **Sweep signals**, and the **"Acceptance"** signal is something to add – "Acceptance" trades (Continuation) trades are often very energetic price moves.

In my experience taking somewhere **between 2 and 7 trades a week is reasonable**, unless a person is Trading the one minute chart and taking lots of Trades.

My Vibe and flow with trading is closer to the **2 to 7 high quality trades per week awareness.**

Here are some extra thoughts on the trading subject if U dig -

The teacher that I studied with, trades about the same amount (it seems), and has made quite a success. **Quality of trades – not Quantity!**

So as we say let's get down to the "brass tax".

The saying brass tax is actually **"brass tacks".**

It refers to what shopkeepers used for measurements, and often placed on their tables (**at certain intervals**) in order to measure items.

They actually used little brass tacks, that they would use **in place of a tape measure.**

Anyway, what's the idea for the **<u>Lower Frequency Trading strategy</u>**?

I think a good place to start is facing **how to get over the frazzling experience and emotional nature of trading.**

Very simply, as I mentioned.

I think it's about learning to practice a process peacefully, and nurture good trading session habits.

How about learning mindfulness with a **"break even" process**?

If one of the MFB indicators (mentioned later) gives a signal, the idea is to take the signal and **practice "Break Even" trades first**.

Traders have all kinds of approaches, and I think the “Breakeven” concept could apply to practicing any trade entry.

Whether it's a 5 minute signal at opening bell, or any Prime window of trading, the "Break-Even" trading mindset is the same process.

I prefer to **let Opening Range levels set up, and see if there is any Key levels confluence**, yet some people just take any trade entry signal – (that’s why I think the “Break even” idea is helpful – We need to get used to practicing trade entries)

The idea is to **practice having a peaceful experience with Trading**.

A person never really knows where price is going to travel, so if there's a consolidation or a signal indicating a price move away from a key level (or opening range level) it's worth learning to have a peaceful process (entering a trade and moving the stop loss to secure profit).

Sometimes price really moves and that's when we learn about the "1 to 2R" rule.

<u>The "1 to 2R" rule is:</u>

If price moves to the 2R, then move the stop loss to the candle before the 2R, or to an FVG that is closest to the 2R trade entry line.

The "baby steps" growing architecture (whether a beginner or more experienced Trader), is to start learning the Breakeven trade process first.

Then, when a person sees that price often moves very far, and even retraces back to break even before the energetic move, then they will understand and **have awareness about the value of the 1 to 2R rule**.

Cool!

Here are some examples for the **"1 to 2 R" rule** – I will be sharing new PDFs –

The new "MFB" indicator improvements will take time to explain – Not too much time, yet, I will be careful to share the trade session with AWARENESS.

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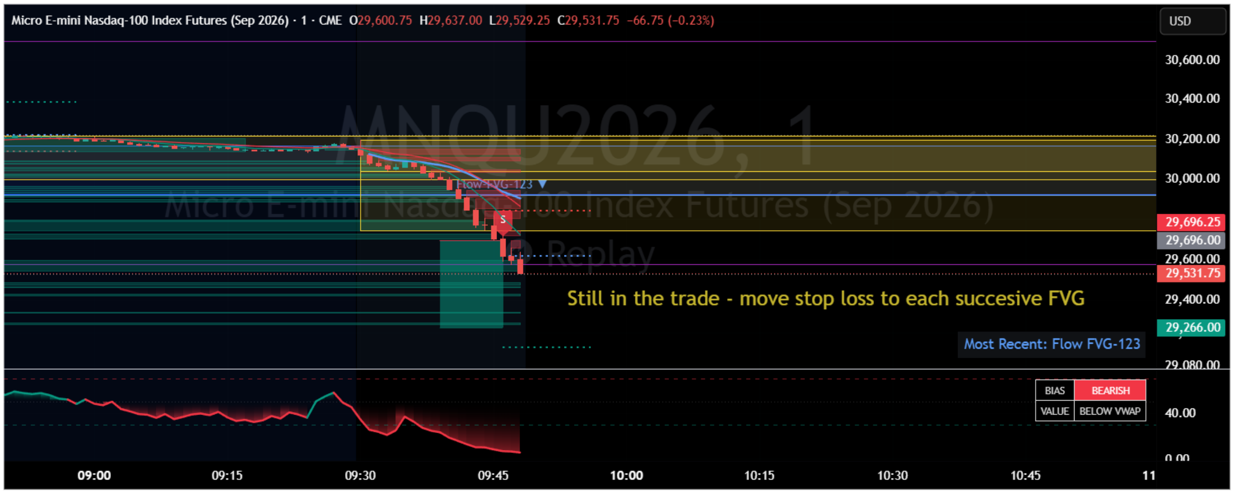

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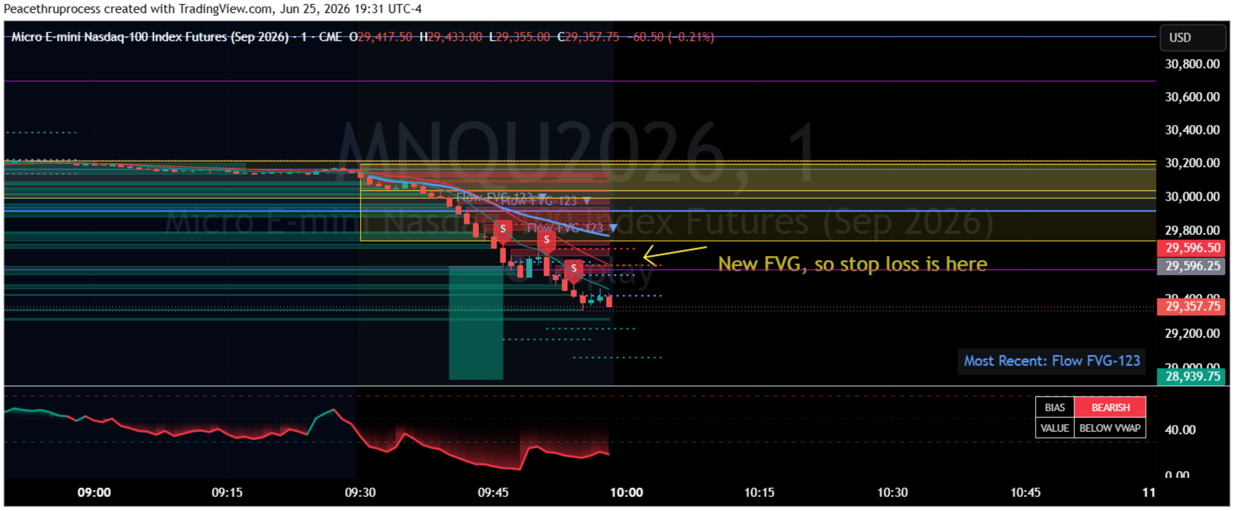

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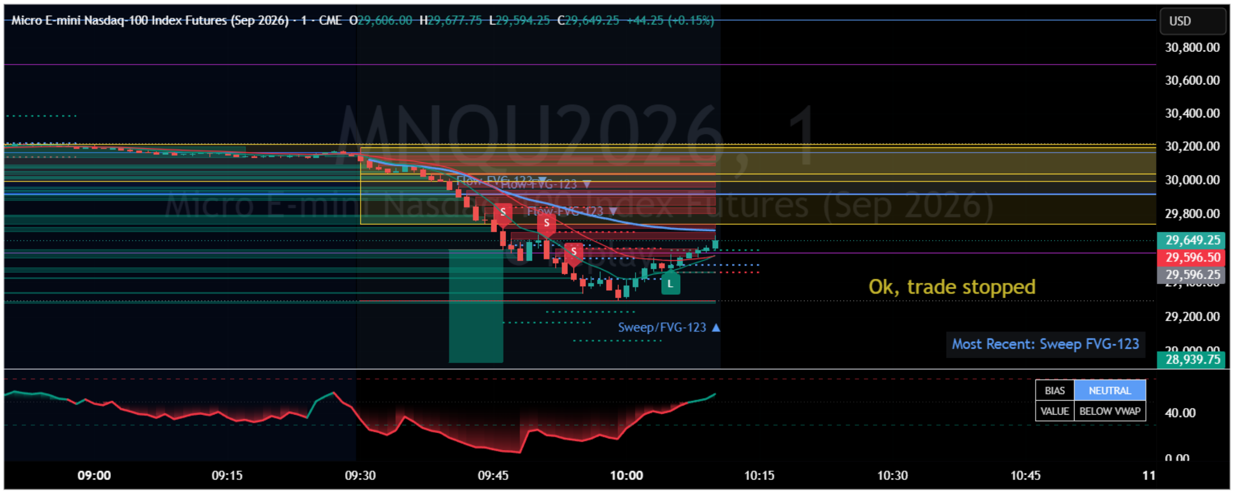

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