

Peace....here are charts of a trade session of MNQ from 4-9-25. I journaled the process of the session through charts, so that I could learn things to be aware during future trading sessions. **Peace of Mind** is the goal, whether financially or Spiritually....After the charts are shown here, I shared my thoughts about what I learned from the session, and how I am trying to seek more Peace of Mind...We all have our own special ideas and experiences of dealing with the anxiousness associated with trading sessions, yet we relate about the basic challenges...Human instinct is universal....Its important to allow ourselves to be on the journey that we are on without judging how “fast or slow” we are able to achieve success...Never compare yourself to anyone, because that’s a waste of time and also not productive...The “Proven” strategy process devotion is already a WIN! We’re all special and have something to add to the “Trading Fellowship” Group consciousness...All in good time...If we follow the mechanical process and Devote to the strategy, then its “When not if” that we will succeed at trading....Let’s be patient with ourselves...in general :o) peace



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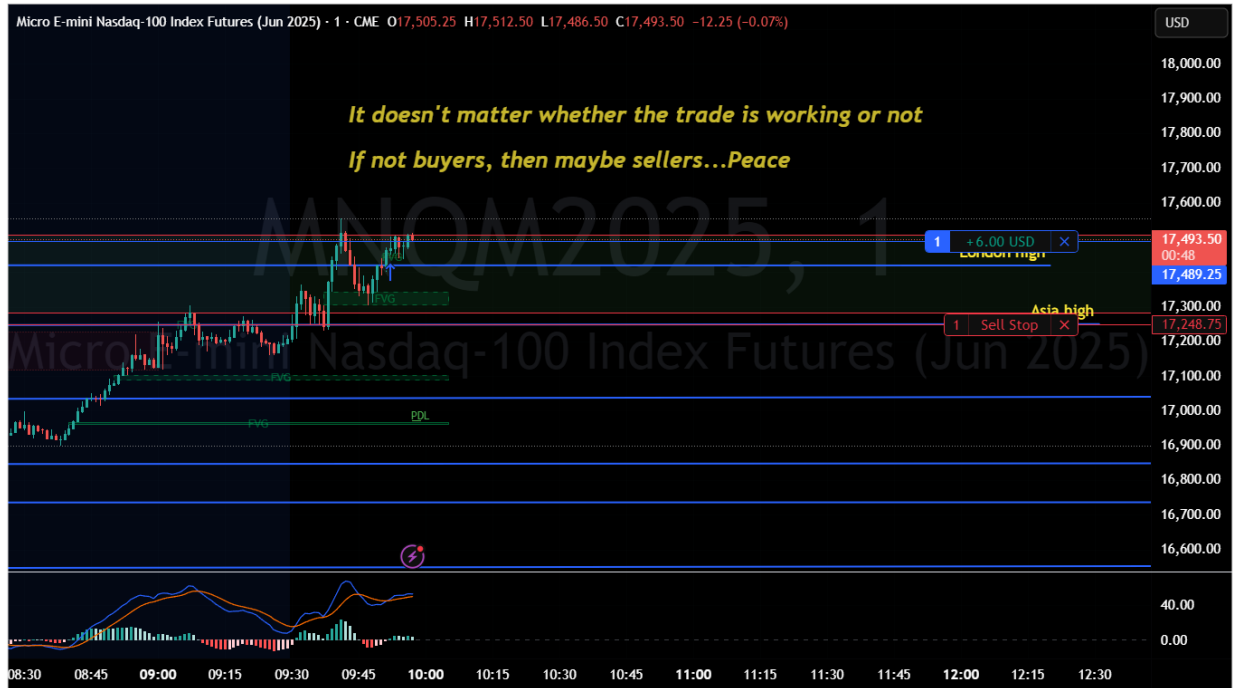
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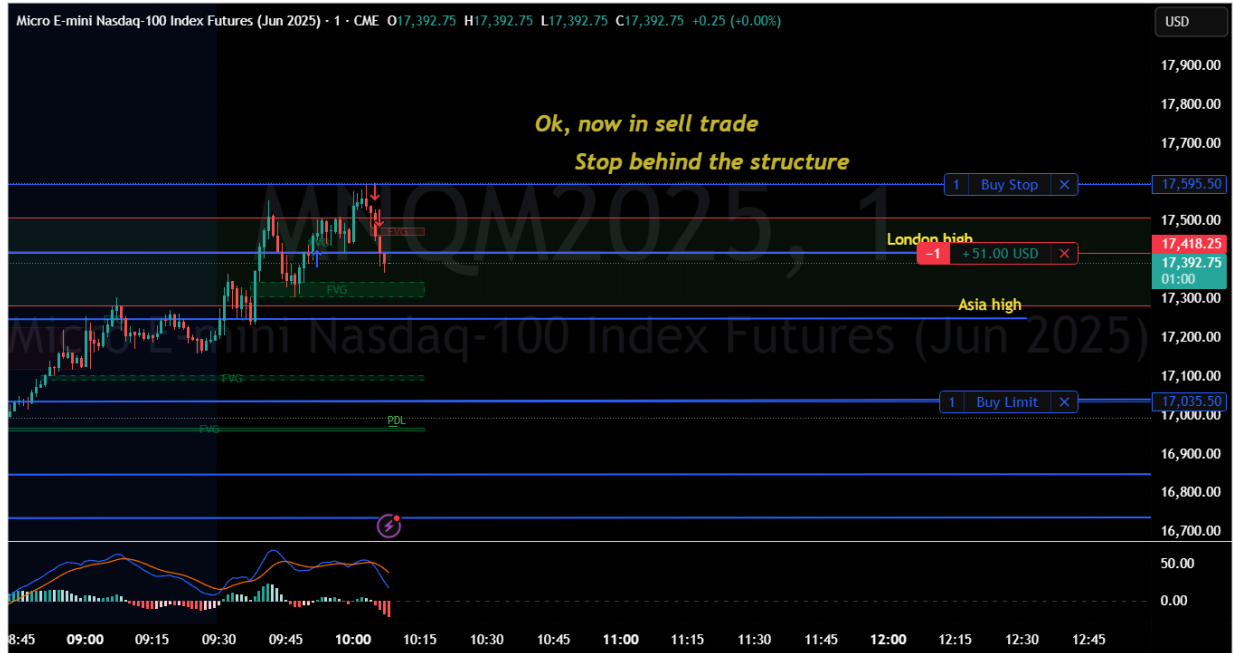
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Ok...”What did I learn from the session?” With **Peace of Mind** being the goal both Spiritually and Financially, it helps to consider **Mindfulness** in trading. Staying in the moment....in order to stay present in the moment, we need to keep Human impulses in check (impulses like impatience and greed)...I want to avoid the impatience....Also, anxiousness is no fun and unhealthy! My challenge, is that I tend to start comparing a current trade with other trades (ex: revenge trade, or FOMO)...this is a limited view...We need a more “Bird’s eye view” to comprehend the larger picture of success...a “Probabilistic” mindset...nurturing

an understanding that many various trades all add together into profitability (including taking trades that lose, because, we have to take losing trades in order to win)...We should try seeing a losing trade as part of the necessary path to get to winning trades...Also, after a session is closed, it doesn't do any good to check "what happened". Just let it be...That's also part of the Devotion to process...letting things be what they is....Wondering "what happened" after we close a trade will only trigger the emotions about whether we should have "stayed in or not", and that is a thought that is contrary to the **Peace of Mind Devotion** to a mechanical process....Peace of Mind is necessary in the journey of Devotion. Whether its devotion to a "proven" strategy or just life in general...

The key to success seems to be: Discipline of devotionally following a mechanical process, Wellness habits to be alert and focused during the mechanical strategy process session, and then Peace of Mind and Prosperity is possible...

Believe, Motivate, Trust, Give thanks...1 day at a time...

Learning to lose trades is really important, though Humans have trouble with it. I have been learning about how nurturing a healthier perspective of "Being wrong" can help with Peace of Mind. A losing trade is actually not "wrong", its part of trading...If buyers are not as strong as sellers at a Key level, then the current Market Maker's intention is not buyers...the trade for the day may be sellers instead...Trade entry confirmation is part of the Mechanical process, and then the market will do what its gonna do...not our fault...All we can control is risk management...Our intention is to be optimistic about how to develop a healthy expectation of the market, while following a "proven" process, and allowing results to be what they are without getting too stuck on a particular trade story. Errors are part of the journey, and there is no avoiding it, so it's important to get comfortable with losing trades as a way to access the winning trades. Seeing the "Bird's Eye View", or "Bigger Picture" is necessary for eventual trading success. Otherwise, we get "caught on the spokes" of the "Wheel of Life". It's always about having a "probabilistic" mindset, not a "myopic" single trade mindset. Many various trades will balance into prosperity overtime...

How does a person not "over trade"? Devoting to only taking 1-3 trades in a session, and following the rules. Learn to respect the opportunity to earn the right to trade a funded account...The Prop Firm is offering the opportunity to eventually trade a funded account, through an evaluation account audition...so, no rush. Start with a \$50,000 evaluation account, MNQ micro, and trade 1 lot until a "Profitable expectancy" is reached (consistent trading habits that are winning). Basically, keep making an honest effort to follow the trade process, and be patient with yourself because the strategy is "proven" to work over time.

Rules I'm working with for risk management:

1) If price is already moving above or below a key level, then wait for a near term "sweep" and engulfing candle, then put take profit at the next level.

2) If a trade has already reached a Key level, go ahead at take profit. The idea is that price likes to reverse at key levels, so, if price continues, then just apply the "sweep" and engulfing idea from rule 1...re-entry is always ok if the near term "sweep"/engulfing, yet securing profit at a key level is priority...

3) Stop loss can be moved to break even if there is obvious displacement, and FVG...

Be safe – Take care – Peace.