

Peace Team. 10-1-25. Here are a few charts from today's session if U dig. I have been learning a lot about "Mechanical trading". I am grateful to know that "The markets teach us" many things. Like the book "The Inner Game of Tennis" teaches. A Non-judgmental and Probabilistic mindset is the key to success. Peace of mind is the goal. Mentally, Spiritual and Financially.

I realized this week, that the only evaluation account that I had passed/completed was with the "Momentum Flow Support" indicator. I did it with small trades on Gold. This week I added the gold symbol GCZ5 to the account, and made a good trade this morning.

This is the website to check for new versions of the Gold symbol

[Gold Futures Contract Specs - CME Group](#)

This week I learned that I don't like the larger trades with Gold. I do better with the smaller Bollinger Band, RSI and FVG trade ideas.

I am still learning the Smart Money Concepts (SMC) strategy with MNQ, yet its taking time. Its not so easy, yet the concepts are simple enough though.

***In summary: the SMC based idea I am working with is to:***

- 1) Mark key levels, including Previous Daily High/Low and Value Area High and Value Area Low (Time based levels from "Momentum Flow Build" indicator)
- 2) Mark 4 hr/1 hr/15 min FVGs or structure inflection points
- 3) Watch 5 min and 15 min candles for "Displacement" or "Fails to displace" at a level.
- 4) On the 1 min chart - How does price respond at levels? Respects FVGs or not? (FVG respect with engulfing or IFVG mechanicals for entry)

I am also considering the 5 min NY open candle level for an FVG/Retrace/Engulfing trade setups.

Meanwhile. Onwards and upwards. Peace.



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