

Peace – Here are the chart from the NY session with MNQ, on 5-20-26.

This is **“Where I’m at”**, with finding the trading **“Flow state”**

My goal is to be wise with time, and efficient with energy.

To me, its possible to trade from **9:45am EST to 11am EST**, while I plan to let the **“Universal MFB...” indicator** scan for 1 hour, 30 min, and 15 min FVGs pre-market.

I am working with the 30 min and 1 hour candle closure rule for clarity, and the **“MFB – Value Acceptance”** indicator for Momentum support.

The Following is my current trading plan, while I know that the “Universal MFB...” indicator trade signals will be the leader in the session (and I will be chatting with “Coach”)

I call the Trading Assistant (AI) “Coach” for fun – Peace

#### **For the NY session open – 9:45am to 11am**

- 1) Let the 15 min range high and low form (levels) –
- 2) Set the “Fixed Range Volume Profile” on 15 min levels and read the “Profile shape” - (“b” - **bearish**, “p” - **bullish**, “D” – balanced – **reversal** within range if 15 min opening range high or low is swept) – the “Profile shape” gives a “probability reading”.
- 3) Now I am patiently waiting for the 5 min closure (and/or) 1 min “Ch’d + FVG-123 (or just FVG-123) above or below the 15 min opening range high and low.
- 4) If a 5 min closure (and/or) 1 min “Ch’d + FVG-123 (or just FVG-123) above or below the 15 min opening range high and low, then I enter on the signal printed with the “Universal MFB...” indicator. (1 to 2 Risk – Reward – “RR”)
- 5) For Risk Management, its ok to close trades at the 1 to 2 Risk Reward that the “Universal MFB...” indicator prints, yet also its also ok, to try the “trail” stop to nearest FVG, when price reaches the 1.5 R or 2 R – All love -

**During Pre-market and after 11am EST**, I am just letting the **15 min FVG-123 (and 5 min FVG-123) alerts** notify me if there are any trade setups.

I have found that I prefer just being with the charts during the Opening, and then letting the indicator find signal. That seems to be the peace. And the process is the peace (win)

Here are the charts from 5-20-2026 – peace



Peace – Before I share the process of the session, here is the trade signal that actually happened while I was focusing on the Higher Time Frame peace ideas. I realized later, that the 1 min chart is my “Flow State” for the 15 min opening range high and low (with 5 min candle closure in mind).

Here was the trade that the “Universal MFB...” indicator signaled – I learned about it later.



Ok, then back to the session journey -----



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