

1 hour chart “Practicing Patience” thoughts

This is a **“Yes is Yes – No is No”** approach to whether to consider a **5 min chart FVG-123 signal (or not)**, and **what direction to set the signal for** (If U dig)

The 1 hour candle closure tells only two things:

- 1) Acceptance
- 2) Sweep/Rejection

This 1 hour candle closure information will tell us whether to **set the 5 min FVG-123 signal on “Universal MFB Flow/Sweep/FVG-123 Setup”** for buys or sells. (Or to not set an alert, because the signal was not clear “Acceptance or Sweep/Rejection”)

What are the “Meaningful” times to check the 1 hour candle closure for “Acceptance or Sweep/Rejection (or no “directional intention”)?

For NY session traders, the **10am EST 1 hour candle closure is important**, because it’s a **“session change”** (also called “London close”).

At 10am EST – the NY session open volatility has already occurred, and the 15 min opening range levels have usually been tested.

Is the 1 hour candle “Full bodied” – (Did price get “**Accepted**” beyond the level - Did it “**Displace**” a key level or opening range?)



Here is an example of a 1 hour candle closure Sweep/Rejection of a key level



Cool –

What are the other times to check the 1 hour candle closure “Practicing Patience”?

11am EST –

3pm EST – “Rebalancing” – “Dealer’s Inventory Readjustment” -Trends either continue or change” – **Sometimes good reversal opportunities if sweep of a key level, and then 1 hour candle closure back inside the level.**

4pm EST – this is known as “Tomorrow’s Information” – **Where is price in relation to the day’s Value Area High (VAH) – Point of Control (POC) – Value Area Low (VAL)?** The “Fixed Range Volume Profile” will tell us the information if drawing from 9:30am EST – 4pm (Also, “**The MFB – Value Reading Session**” indicator should catch the Fixed Range Volume Profile – VAH-POC-VAL for reference)

8pm EST – Tokyo open 1 hour close – Did the session sweep the NY session high or low? Acceptance of Rejection of the key levels?

4 am EST – reveals London’s directional intention, and early “Institutional Positioning”. The 1 hour candle closure (**Acceptance or Sweep/Rejection** of a key level) **usually remains important through NY session open.**

Peace -

Here are a few more thoughts on how this 1 hour candle closure strategy connects to the “Inner Game” concepts:

If a Human's tendency to seek "certainty" instructions causes doubt in someone's learning journey, how might we treat the situation and nurture "Self Trust"?

The “Inner Game” books talk about “Awareness Instructions”.

Why mention "Awareness instructions"?

I think that **the 1 hour candle closure "market reading" practice, is a great way to focus on a changing variable**, and teaches the trader to more carefully evaluate the market at a slower pace.

A trader is actually learning how to read **more "significant" Market intention through Higher Time Frame candle closures at key levels.**

And YES, people pass evaluation accounts and "get funded" through this 1 hour candle closure strategy at key levels. (For the Market's directional probability)

I like the idea of **both "Self 2" and "Self 1" working together while focusing on the 1 hour chart candle closure at specific times.**

Again, "Self 1" is the usual "certainty" instruction that tends to judge Self 2 (the body/mind), and if it doesn't produce results, it then judges "Self 2", which is the natural potential.

Non-judgmental awareness of results involves observing not judging.

As Benjamin Franklin was to have said:

"Involve me and I learn..."

Here is a quote "for your consideration":

"The Inner Game approach to learning is based on a fundamental and powerful principle of change. I call it "the law of awareness"...An "**awareness instruction**", then, is an instruction to the attention to focus on a particular area for the purpose of becoming more aware of what is there...Awareness instructions are radically different from 'do instructions' and tend to put the student in another frame of mind entirely...**Most important, they strengthen the student's faith in (their) own capacity to learn from experience**; the instructor's role is only to help (them) in focusing on the most relevant parts of (their) experience." (The Inner Game, Gallwey, pg 77-78)

Cool – So, the 1 hour candle closure strategy at key levels is **a practice of learning through experience**, with a process that could help to create a cash flow over time (when practiced with self-respect, discipline and consistency).

Peace -