

Peace – Here are 2 trade examples with the 5 min and 1 min chart idea.

An **IF/THEN Mechanical Process** is the peace.

IF - 5 min chart is HTF (Higher Time Frame)

THEN - 1 min chart is LTF (Lower Time Frame)

5 min chart is HTF (Higher Time Frame)

1 min chart is LTF (Lower Time Frame)

The Peace is the priority, and I'm letting the signals tell me when there is an opportunity.

The 5 min CISD is such a cool signal at key levels, yet I like the 1 min chart FVG-123 for a clear trade entry :o)

My goal is to minimize screen time.

Why?

Trading is stressful for most people, and I want to create a peaceful session **Flow State**, that I could share with others.

Yeah, sharing the peace.

P.L.S.A. – **PEACE – LOVE – STRENGTH – ADUNDANCE**

“Put yourself poetic, and bless your way through” (From the “We All From Everywhere” tune – it will be on the next album, yet its on Soundcloud)

Another Spiritual Trading Psychology idea is:

E.W.V.A. – **Elevating Wellness Vibrational Awareness**

Here is the trading strategy thought process:

I am working with the **5 min chart for market structural clarity**, and then a **1 min trade entry signal**.

I was noticing that the **5 min chart CISD, FVG-123 and RSI divergence** are good signals at key levels

.....and then the **1 min FVG-123 and “Momentum Change”** are good **signals** of the follow through.

So:

IF – **5 min CISD, RSI Divergence or FVG-123** near a key level (“Universal MFB...” and “MFB – Value Acceptance” allow these signals).

THEN – wait for **1 min chart FVG-123 (preferably with Momentum Change)**.

This makes use of both the “Universal MFB...” for 5 min chart CISD and FVG-123 and also “MFB – Value Acceptance” for RSI Divergence (on both the 1 min chart and 5 min chart) and “Momentum Change” signals.

IF – HTF opportunity

THEN – LTF intention (follow through)

I was going to build a new indicator that looks for 1 hr chart candle closures, yet the 5 min price behavior near key levels tells us good HTF

information, to then suggest the a potential 1 min trade entry opportunity (follow through).

Peacethruprocess created with TradingView.com, Jul 25, 2026 08:03 UTC-4



TradingView

Peacethruprocess created with TradingView.com, Jul 25, 2026 08:05 UTC-4



TradingView

Peacethrprocess created with TradingView.com, Jul 25, 2026 08:06 UTC-4



TradingView

Peacethrprocess created with TradingView.com, Jul 25, 2026 08:08 UTC-4



TradingView



TradingView

The reason I think this approach will be less stressful, is because its about waiting for signals (I am learning to trust taking signals – The Mechanical process is the peace.

Here is another trade example----



TradingView

d



TradingView



TradingView

Micro E-mini Nasdaq-100 Index Futures (Sep 2026) - 1 - CME O:28,501.25 H:28,529.00 L:28,497.75 C:28,522.00 +20.75 (+0.07%)

USD

29,000.00

28,900.00

28,800.00

28,720.00

28,640.00

28,565.00

28,522.00

28,445.00

28,385.00

28,325.00

80.00

60.00

40.00

20.00

08:30 09:00 09:30 10:00 10:30 11:00 11:30 12:00 12:30 13:00 13:30 14:00

Flow

Acceptance

Sweep

Ch'd

L WSP

1 min chart

Most Recent: Flow

BIAS NEUTRAL

VALUE BELOW VWAP

[illegible]

[illegible][illegible]