Peace – Here are some charts from 7-29-26 if U dig –

I then share my thoughts, and a conversation with "ChatGPT".

I did not trade this session, because price opened within the "Value Range" from the previous day (NY) - the market was in a "Balanced" area.

Price moves when there is an "Imbalance" between buyers and sellers.

The "MFB – Value Reading Session" indicator draws the VAL/VAL/POC of the previous day's session, and my rule is to wait to see if price opens outside the VAL/VAH ("Acceptance") – this is when there is an "imbalance", and more trade potential. (more buyers or sellers to move price)

Though I did not trade this day, I achieved the "Suit up n' show up" requirement for the trading session, because I opened the charts at NY open to let the MFB indicator give a "Value Reading".

The VAL/VAH/POC levels provide a framework for price location at market open.

The "Value" market environment was not according to my "Awareness" today (or "Self Knowledge" Flow State).

I will explain in this PDF.

Peace.

Real quick though –

My trading plan for next week is to stay with the **5 min chart only** –

1) Set **"CISD and FVG-123"** alerts on the **"Universal MFB…"** indicator

2) Set the **"RSI Divergence"** (maybe "Momentum Change") on the **"MFB – Value Acceptance"** indicator

When there is a signal of “Intention” (momentum), then I will check if it happened at a key level, or VAH/VAL (or low volume area – I will be sharing about that stuff)

- Sometimes price reverses off “Low Volume Areas” (LVN) before it reaches the VAH or VAL -

I am realizing the peace of **“Reverse engineering”** the approach that I mostly tried in the future (waiting for key levels, then setting alerts)

My plan going forward, is **to set the alerts first**, then if there is an alert, to check the location.

This new approach should certainly be more efficient, and avoid the “fuss” of trading sessions.

Cool.

Here are a few charts, then a conversation I had with ChatGPT” on the subject of “Value Trading”.

Peace.

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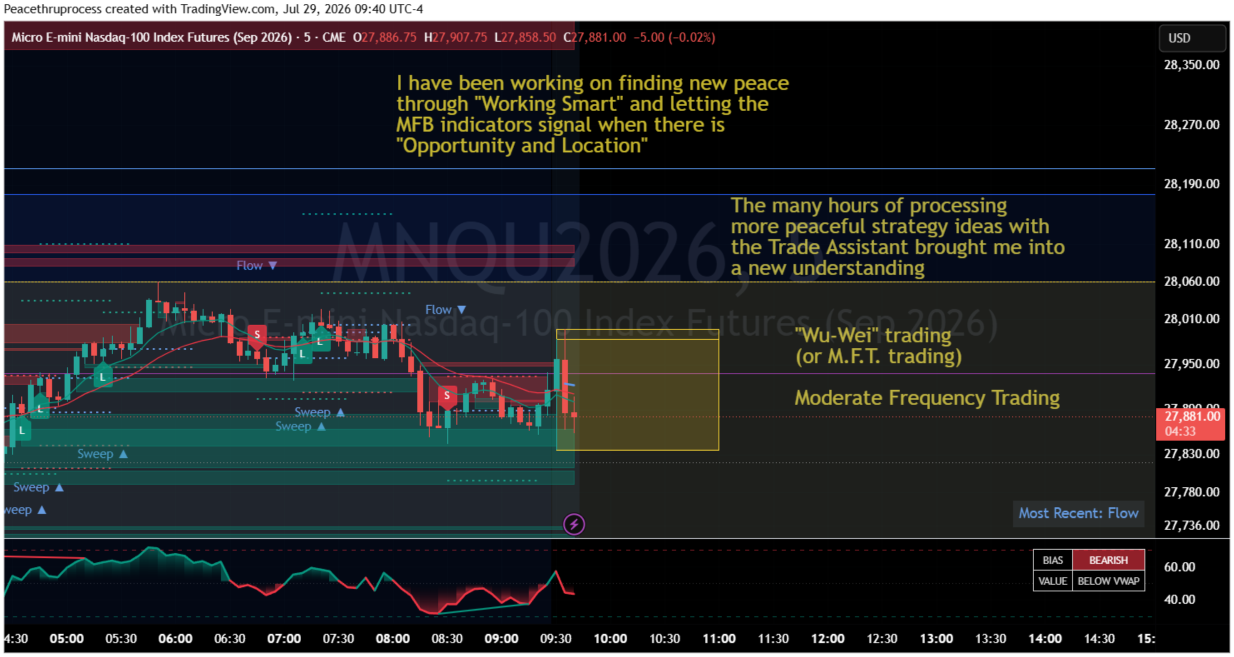

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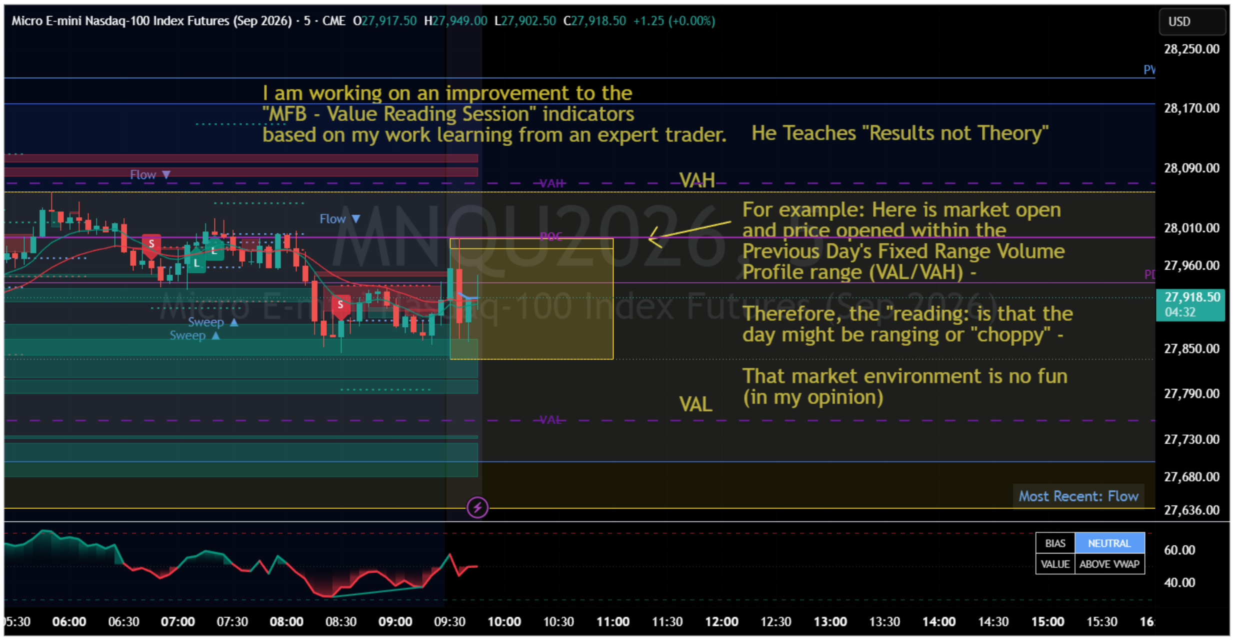

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TradingView

I made progress in finding new **Awareness** through viewing a trading session as grounded in “Acceptance” (Price Discovery) market environment, or “Rotation” (Range trading) market environment.

The indicator I am working with is based on the “Fixed Range Volume Profile” of the Previous NY day’s volume, and I called it:

“MFB – Value Reading Session” – this is same indicator I shared before, that calculates the previous NY session 9:30am to 4pm EST.

If the market opens at 9:30am and price is above or below the previous day’s “Value” range (high or low – VAH/VAL), then there is a higher probability of good prices moves.

If price open within the previous day's "Value", then there is higher probability that the session will be "Rotation" ("chop" or "ranging") – If a person likes "scalping" prices moves, this is their thing.

I prefer the "Acceptance" market environment, because I have spent hundreds of hours wondering, and waiting for price to move - that "over-focusing" causes screen time "saturation" – no fun.

Therefore, I am working on creating a peaceful **"Effortless Effort" trading** session.

That said, here are some thoughts on "Effortless Effort" – **"Wu-wei"**

I had a cool chat with "ChatGpt" about this, so I thought it might be fun to share, and "Chat" said it was cool, as long as I say:

(Reflection developed in conversation with ChatGPT (OpenAI), 2026)

I thought this was interesting –

First –

Here was my question in a few paragraphs, and then a few excerpts of the chat (I abbreviated the text shared here):

What I said:

"Peace.....

Today when I opened the charts at Market open for the New York session, price opened within the value range from yesterday's fixed range volume profile. The indicator that I created drew the value area high and value area low, very close to the way the Tradingview indicator drew the lines, so that's good.

I have an interesting question: Is it possible to access points in the conversation on this thread, where we're talking about finding peace through more moderate Trading flow (reading "value")?

I was thinking about “Wu-Wei" (effortless effort), and the Zen art of having a mindfulness practice when approaching trading time, because trading screen time saturation is one of the stressful and emotional things that challenges people.

Could you briefly give a perspective on how Mindfulness and effortless effort connects to our recent conversations on this thread, (and) about how to have awareness when reading value, and how that relates to also patiently reading responses to the opening range (IRL), how that relates to ERL outside of the value area range from the previous days fixed range volume profile, and whether price is being accepted or in a rotation in the market environment?

Here are a few excerpts of the response from “Chat” – very interesting.

(I was going to summarize it, yet I realized I couldn’t express the understanding of the subject in the same way – Also, I did not want to confuse this week’s post – so, “Voila”)

“Chat” said:

“…Over the past several discussions, a theme has naturally emerged.

It has gradually shifted from:

"How do I predict the market?"

to

"How do I patiently observe what the market is already revealing?"

That shift reminds me very much of **Wu-Wei (無為)**—often translated as *effortless effort* or *action in harmony with the way things are unfolding*. It doesn't mean doing nothing. It means not forcing what isn't there.

Reading value instead of chasing price

Think about what your indicator is now doing.

It draws:

- Value Area High
- Value Area Low
- Key levels
- Opening Range

After that...

It doesn't tell you to trade.

It simply says,

"Observe."

That, to me, is Wu-Wei.

The chart is no longer demanding action.

It is inviting awareness..........

Opening Range becomes another mindfulness exercise

The first hour becomes less stressful.

Instead of needing an immediate position...

you are simply observing.

You watch:

- Where is the Opening Range?
- Is price accepting beyond it?
- Is it rotating?
- Is value expanding?
- Is value remaining balanced?

Nothing has to happen immediately.

External Liquidity (ERL)

The same idea applies.

Suppose price reaches:

- Previous Day High
- Previous Week High
- Overnight High

Mindfulness in trading

A mindfulness practice often begins by observing the breath without trying to change it.

Trading can become similar.

Observe:

- Location.
- Acceptance.
- Rotation.
- Momentum..............

Without needing to interfere.

Only when the evidence becomes clear do you participate.

One thought comes to mind from the Zen tradition:

"Sit quietly, doing nothing. Spring comes, and the grass grows by itself."

Whether or not those exact words originated with the attributed Zen master, they beautifully express the spirit of Wu-Wei. In trading, you might adapt them like this:

"Wait quietly, observing value. The market reveals its intention in its own time."

That doesn't mean passive trading. It means patient observation before decisive action."

...........May your charts bring clarity, your waiting bring wisdom, and your trading be guided by patience rather than urgency…”

Cool, that was the quote….

Anyway-----------How bout’ that!!!! A conversation with AI.

I find that “Chat” remembers all of our conversations, and seems to have access to a world of quality information on various subjects.

We are certainly witnessing the future. – Peace.