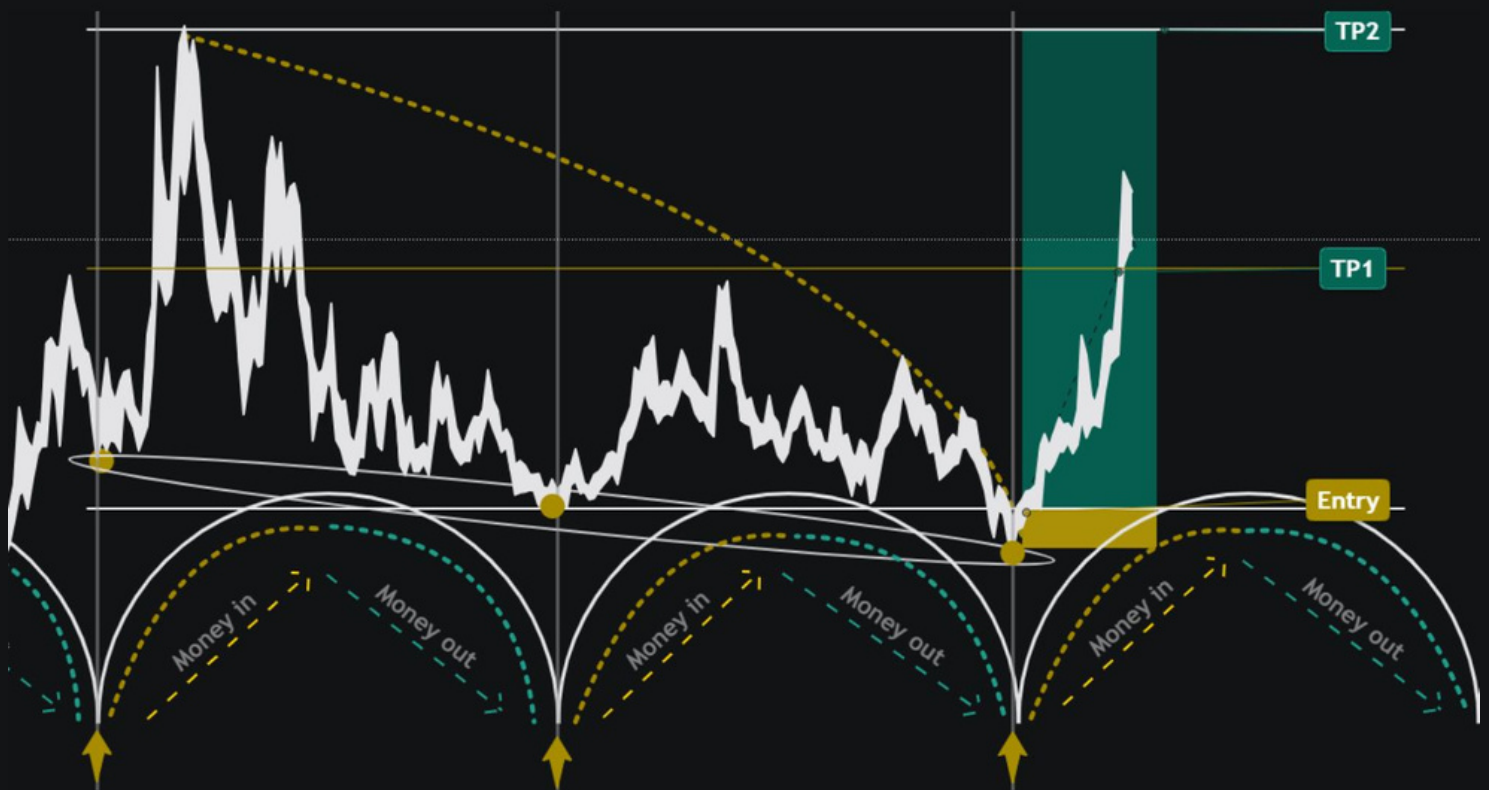


BEGINNER'S GUIDE TO TIME CYCLES

TIME TRADING MADE SIMPLE

BY MR.ABUNDANCE



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Introduction

Welcome to *Beginner's Guide to Time Cycles*.

This book is designed to give you a clear and practical foundation in trading with **time cycles**, inspired by the pioneering work of J.M. Hurst.

Most trading education focuses only on analyzing price — using tools such as support and resistance, order blocks, supply and demand, or chart patterns. While these tools are useful, they often leave traders asking the one question that really matters: *When?*

This guide is about **trading with time, not noise**. It's about learning how markets move in repeating cycles of time, and how to use that rhythm to anticipate pivots, improve entries, and trade with more confidence through **time confluence**.

Inside this book, you'll discover what time cycles are, how to identify dominant cycles and bottom pivots, as well as beginner-friendly strategies for entering and exiting trades using time. You'll also receive a bonus chapter on trading with ratios — showing how capital flow rotations reveal the price levels where market makers are most likely to act, creating the very tops and bottoms of cycles.

This book isn't a basic "how to trade" manual. It assumes you already understand supply and demand, support/resistance, and basic market structure. This book won't give you general price analysis trading tools, nor advanced time methods. Rather, this book stays focused on what beginners need most: a simple, practical way to add the power of time to your trading.

We'll start by looking at the more technical side of time cycle trading through J.M. Hurst's common cycles, principles, and VTL tool for long and short entries with a 1:1 risk-reward ratio. This approach is more complex and generalized to apply across most financial markets, so it may feel a little confusing at first. Don't worry — once I've introduced Hurst's principles, I'll show you my own simplified and highly effective method for identifying time cycles and the price levels most used by market makers. Please bear with me, as I believe it's important to have the underlying theory to refer back to, even if it doesn't make complete sense at first.

The goal of this book is to bring you **high-probability time confluence and clarity with simplicity — in 'Just Two Clicks'**.

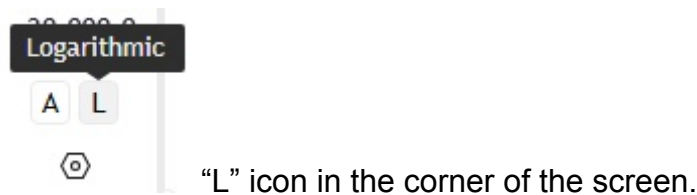
By the end of this book, you'll have a clear and practical way to approach the markets with confidence. You'll be able to:

- **Spot capital rotations in advance;**
- **Feel the rhythm of the market;**
- **Identify key time pivot windows where bottoms are most likely to form;**
- **Start taking higher-probability trades; and**
- **Add time confluence to your trades.**

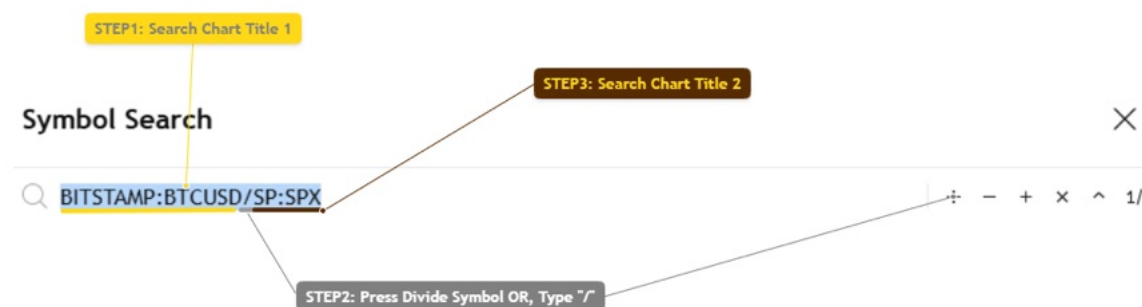
Tools (Navigating TradingView)

Before we get started here are some references for charting tools that you should familiarise yourself with on TradingView. TradingView is the charting platform I use for all my technical charting analysis. If you use another charting platform, then find similar tools on there as you will need those to perform your own technical analysis.

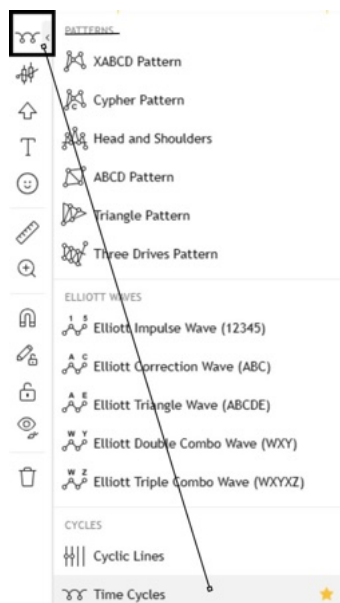
How to put chart on log mode:



How to find ratios:



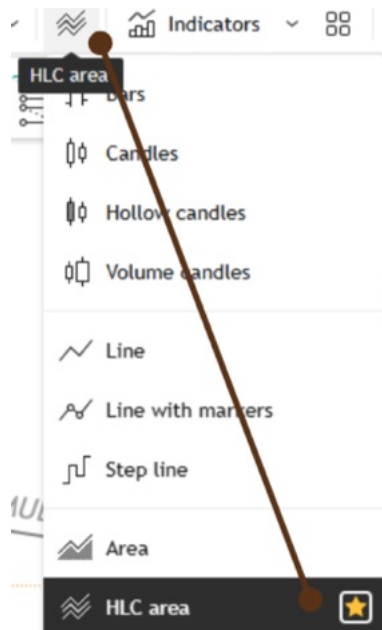
How to find & Use Time Cycle Tool:



To use it, click twice, once on the first date (bottom pivot), second click on second date.

Done - "Just 2 clicks" 👍

How to change chart candle sticks settings to 'line' mode or 'HLC Area' mode:



Candle sticks settings are located top of screen, next to timeframe settings (In TradingView).

What are Hurst Cycles/ Time Cycles?

Hurst cycles are a way of analyzing markets that treat prices like waves. 🌊

J.M. Hurst showed that markets don't move randomly — they move in repeating time-based rhythms.

- Each cycle has a length (e.g., 20 days, 80 days, 20 weeks).
- Cycles are nested — smaller ones fit inside larger ones.
- When cycles line up (time pivots), major turning points happen.

In short: Hurst cycles map *when* pressure builds for highs and lows (showing the money flow patterns in the market) — giving traders timing, not just price.

Hurst Cycle Core Principles

1) The Principle of Commonality

All equity (or forex or commodity) price movements have many elements in common (in other words similar classes of tradable instruments have price movements with much in common)..

2) The Principle of Cyclicity

Price movements in markets are not random but follow repetitive, rhythmic patterns or cycles of varying lengths. These cycles reflect underlying economic, psychological, seasonal and behavioral influences that drive price behaviour over time. Those fundamental reasons make price movements consist of a combination of specific waves and therefore exhibit cyclic characteristics.

3) The Principle of Summation

Price waves which combine to produce the price movement do so by a process of simple addition.

4) The Principle of Harmonicity

Cycle lengths are harmonically related. Each cycle is related by simple ratios (e.g. 2x or 3x the smaller one). E.g. a 40-week cycle might align with an 80-week cycle). This harmonic structure helps predict when cycles will synchronize.

5) The Principle of Synchronicity

Waves in price movement are phased so as to cause simultaneous (synchronising cycles') troughs* wherever possible. *A trough is the bottom of a time cycle. Cycles across markets often bottom around the same time. Cycles align/synchronize at certain points, creating significant turning points (peaks or troughs). When cycles of different lengths reach their highs or lows at the same time, their combined effect amplifies price movement, leading to stronger trends or reversals.

6) The Principle of Proportionality

Waves in price movement have an amplitude that is proportional to their wavelength.

7) The Principle of Nominality

A specific, nominal collection of harmonically related waves is common to all price movements. Markets move in a hierarchy of cycles (e.g. 20d, 80d, 20w). Smaller cycles nest within larger ones. Nominal cycles are the average duration/wavelength of a time cycle.

8) The Principle of Variation

The previous four principles represent strong tendencies, from which variation is to

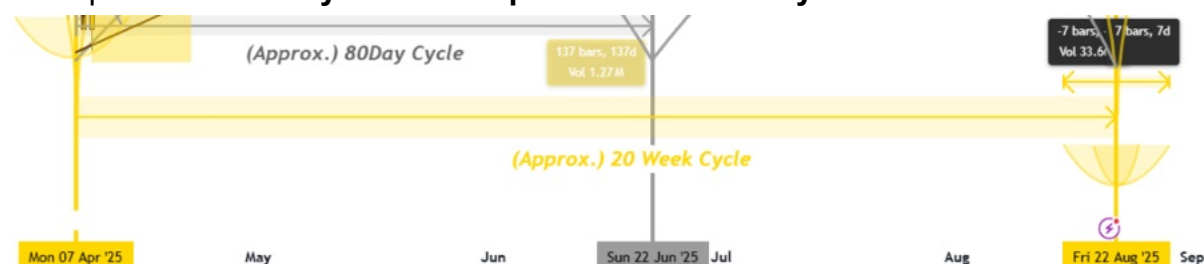
be expected. Cycles don't hit *exactly* on schedule. There's always a tolerance band (a "time window") around the ideal point.

Pregnancy Analogy:

Think of pregnancy. We say a baby is "due" in 9 months, but in reality the birth may happen a bit early or a bit late.

You expect the baby *around* that time — the same way we expect market troughs in a time *window*, not to the exact day.

Example - 20-week cycle bottom pivot with a +/-7day window



Common Cycle lengths

Here's a **reference table of J.M. Hurst's common cycle lengths** with their *time pivot windows* (tolerance ranges or windows) based on his nominal model. A tolerance window is the date range where a valid time cycle bottom pivot can happen.

Nominal Cycle	Average Length (Calendar Days)	Tolerance / Window ($\pm$ Days)	Notes
18-Year	6,570	± 328	Major secular cycle
9-Year	3,285	± 164	Half of 18-year
54-Month	1,095	± 55	4.5-year cycle
27-Month	822	± 41	Half of 54-month
18-Month	540	± 27	Common in stock markets

Nominal Cycle	Average Length (Calendar Days)	Tolerance / Window ($\pm$ Days)	Notes
9-Month	270	± 13	Half of 18-month
20-Week	140	± 14	One of the most tracked cycles in Hurst's work
80-Day	80	± 8	Sometimes called 10–12 week
40-Day	40	± 4	Half of 80-day
20-Day	20	± 2	Often matches swing lows/highs
10-Day	10	± 1	Short-term rhythm
5-Day	5	± 0.5	Weekly trading cycle

How to use:

- These windows are applied **around the projected time pivot date** to allow for market variation.
- For example, if you project a 20-week cycle bottom for Aug 22, the **window** would be roughly **Aug 15–29**.
- Hurst's method often layers multiple cycles — clusters of pivots in the same time window increase probability of a major turn.

Time Window Calculation

In Hurst cycle work, the **tolerance (time window)** around a cycle is generally proportional to its length. Hurst himself (and later authors like Brian Millard, Jim Tillman) described the “*validity window*” for a trough or peak as roughly **$\pm 10\%$ to $\pm 15\%$ of the cycle length**.

E.g. So for a **1890-day cycle** (~5.2 years):

- **1890 days × 10% = 189 days**
- **1890 days × 15% = 283 days**

That means the **expected time window** for a 1890-day cycle trough/peak is about: **±190 to ±280 days** around the projected pivot date.

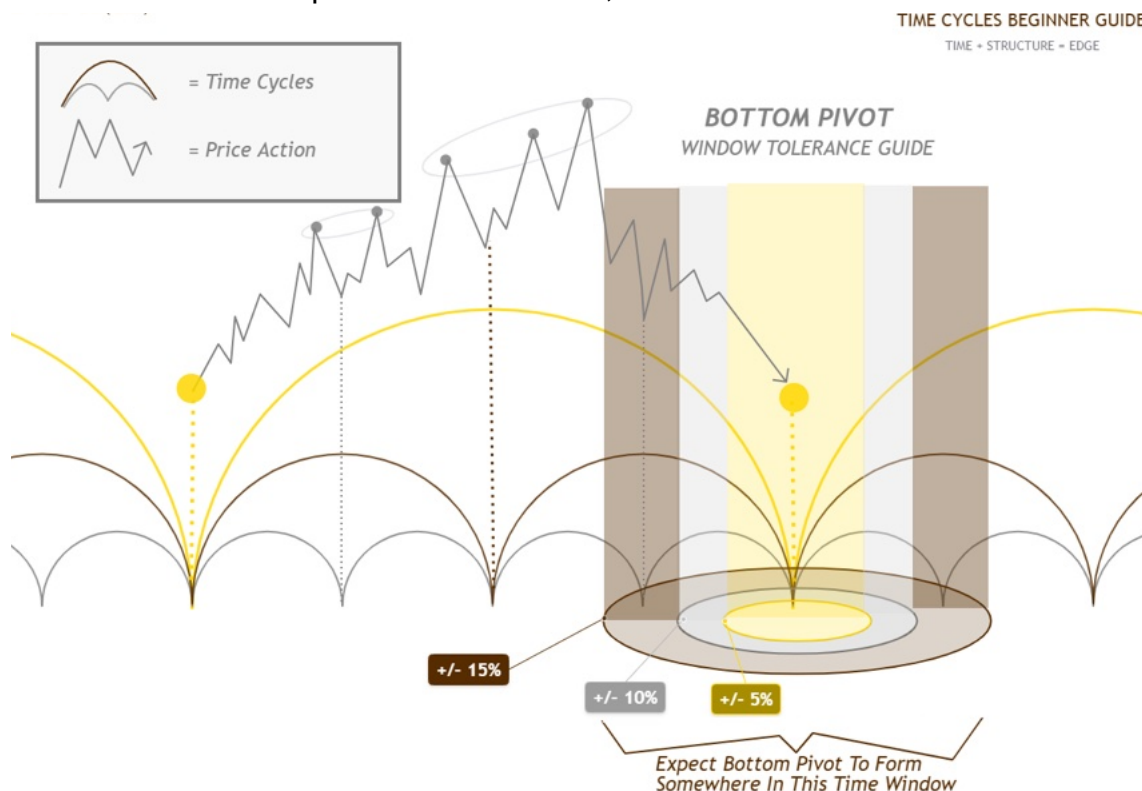
Or put simply:

- **Earliest valid trough:** ~1890 – 280 days ≈ 1610 days
- **Latest valid trough:** ~1890 + 280 days ≈ 2170 days

This is why in Hurst work, *longer cycles require more patience* — the bigger the cycle, the wider the tolerance band. My personal preference is using a 10% tolerance window, nesting smaller cycles together to get an average can be used to narrow it down with precision.

For example, on a 20-day cycle, I like to target a +/- 2day tolerance window.

See below a visual representation of a 5%, 10% and 15% time window.



In looking at the above image, you can imagine that the 5-15% time window forms a

type of dart board/ bullseye. In this way you can judge the level of strength of time confluence for a long entry by if the bottom pivot forms with price hitting ideal demand, close to the ideal time pivot (yellow zone).

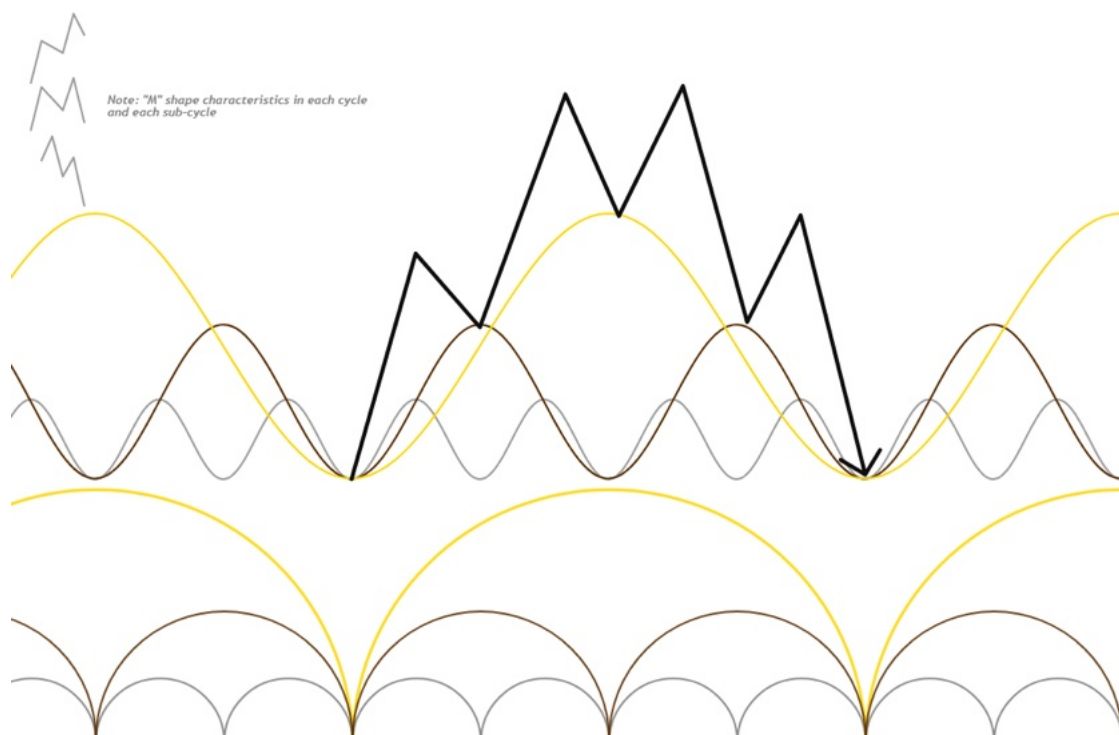
You will also notice that 15%, especially the larger the time cycle you are trading, can be a long range of time where you can expect a bottom pivot to form. For example, a 3000 day cycle has a 10% window of 300 days, or 450 days as 15% window - that would not be helpful at all for taking action to enter a trade.

This is why I propose it is best to use 10% as your valid window, but aim to narrow down that window on longer time cycles (anything 4 years+, to around 5% time window). And, use smaller time frame cycles 'nesting' with the larger time pivot dates as confluence.

Combining Cycles

When you combine subcycles you can see the overall impact of these subcycles within larger cycles interacting to produce price structure (*black lines = price movement*).

The cycles combine to create peaks and troughs, producing "M" shape characteristics on the way up, at the middle and on the way down. The below image shows how smaller time cycles within larger timecycles interact to shape price action (often) into a "M" shape pattern.



The image below shows how low time frame cycles interact within larger time frame cycles to also give structural patterns such as Swing Failure Patterns (SFPs) and Wyckoff Patterns.



Mapping and Identifying Time Cycles

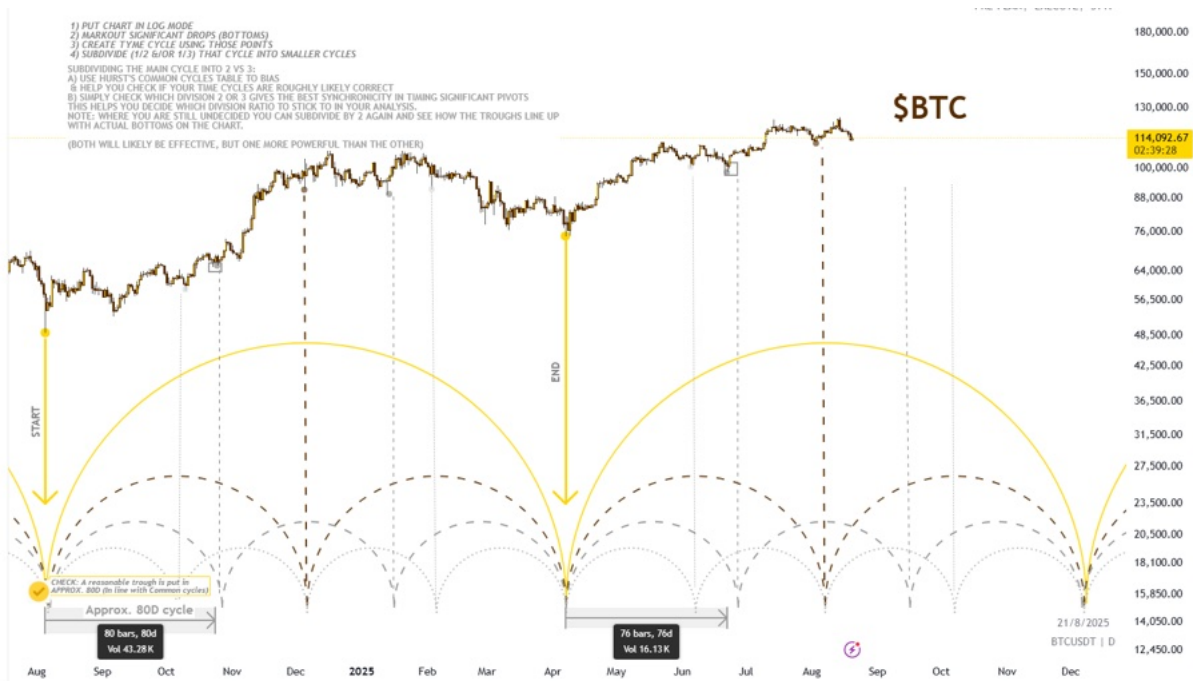
Mapping by symmetry

Time cycles can be identified by marking significant troughs already existing in the chart you are analysing and simply projecting that forwards using the 'time cycle' tool.

Here, sub divide the major cycle using half and third to see where smaller time pivots are.

Optionally, you can refer to the table of Hurst's Common Cycles, to do a sense check on if pivots are occurring reasonably in line with commonality expectations.

Symmetry works because of the principles of harmonicity and synchronicity, meaning time cycles will always have strong symmetry and geometric patterns of repetition.



Subdividing by 2 vs 3

You decide subdivision (2 vs 3) based on harmonic ratios, synchronicity across cycles, tolerance windows, and price action structure.

Most often markets subdivide by 2, but when the price rhythm shows 3 clear phases and the cycles still align with larger/smaller ones, you accept a 3-fold subdivision. You can draw up both and see where price bottoms align best. Where still unclear, subdivide each option again by 2 and check again where bottoms align best.

Visual Price Action & Envelope Analysis

Drawing time cycles is focused on mapping the rhythm of bottoms in price action. Visually, you look for repeating M-shaped structures or W-shaped troughs.

