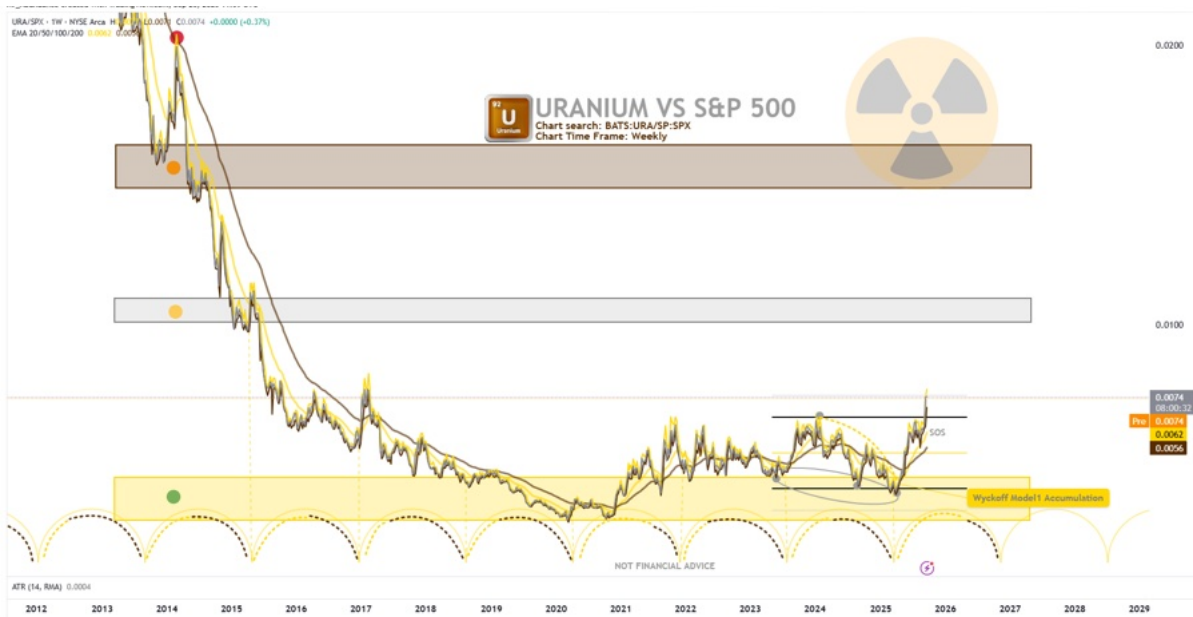


Example 22 - URA/SPX (Uranium index vs S&P 500)



Note: this is a ratio that can be used to identify macro capital rotation from equities outperformance to commodities such as uranium. Ratios will be covered in depth in the bonus chapter.

VTL Valid Trend Lines

VTL = Valid Trendline

- It's drawn between **two consecutive troughs (lows)** of the same cycle degree. (E.g. Two 40D cycle troughs (connected by a line) make a 40D VTL, two 80D cycle troughs connected form the 80D VTL).
- Its main purpose is to help confirm the position of larger cycle troughs and crossing below it helps confirm the top is in for the time cycle.

Long & Short Entries Using Time Cycles

1. Having mapped out the time cycles, you know points in time where bottoms are most likely to form.
2. Having projected the pivots forwards you should also map out the key price levels.

Beginner level - covered below:

In this beginners guide we will cover the most basic method of identifying long and short entry triggers using time cycles (VTL - market structure breaks and 1:1 price targets).

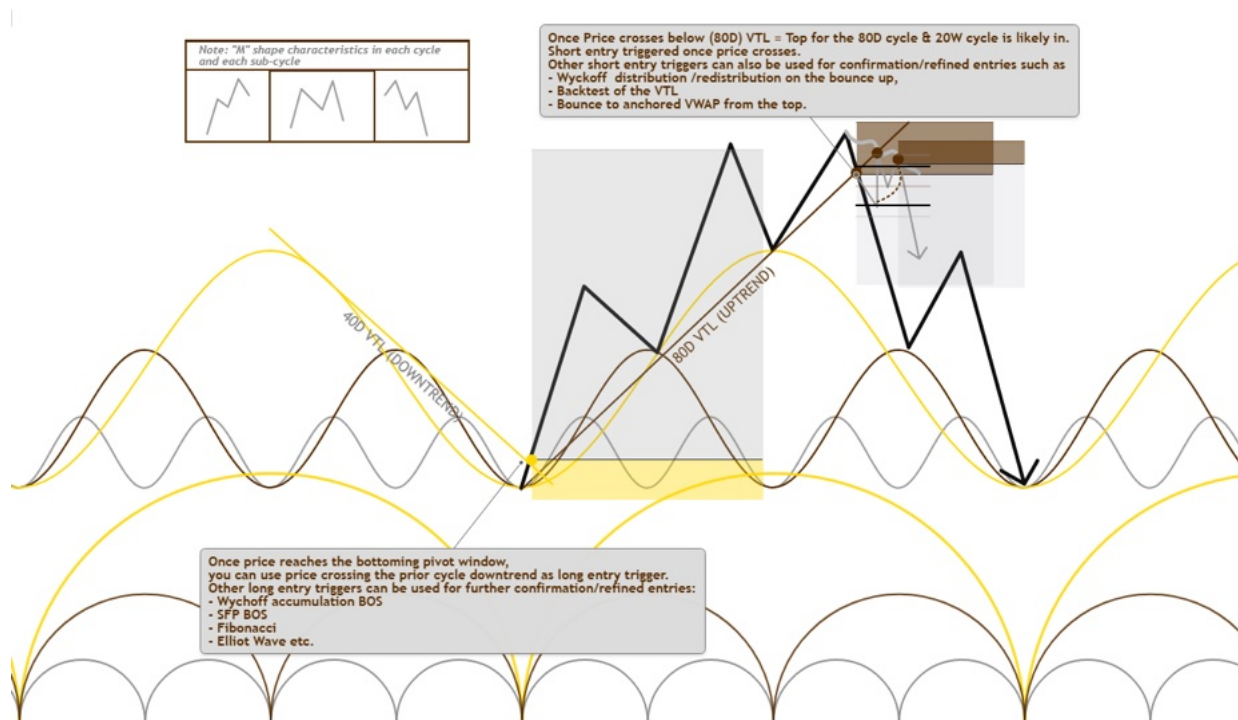
Intermediate/ Advanced level - not covered in this guide:

As you continue to study Time Cycles you will discover Channels, FLD and Envelopes as tools for time cycle price targets.

- Channels: Cycles express as price swinging around equilibrium lines (*basically parallel channels or pitch forks*).
- FLD (Future Line of Demarcation): Shifted moving averages → help project likely time of future pivots (*basically using moving averages & VWAP*).
- Envelopes: Curved bands that wrap price to show rhythmic oscillation (*basically bollinger bands*).

Note: when performing your analysis on volatile assets it is best to use 'logarithmic scale'.

The below image summarizes how a long and short trade can be made using a VTL. When there's a down trend a trendline forms and when it breaks to the upside this gives a long trade confirmation if it is supported by that break occurring after an expected bottom pivot (otherwise it is likely a fake out/ short squeeze). In an up trend the time cycle pivot lows form a trendline and once that trendline breaks, we can enter a short trade where our stop loss is at the recent high, and the target is a 1:1 extension.



Longs:

As price drops into the pivot window you can use trendline tools to make long entry trades based on confirmation (*see image 1 below*). If using this technique you would expect to see a 1:1 ratio expansion as the minimum target to the upside. Where price passes the ('down') trendline as a long entry when coming out of a bottom pivot.

For more optimal/ early entries you can use lower time frame downtrend break of structure or other structural trading techniques to trigger your entry once price has met your preset local levels coming into the pivot window (e.g. *see image 2 - Whycoff model, 1 long entry at expected pivot date, near ideal POI level*).

Shorts:

Again, you can use a (down) trendline break and/or anchored VWAP from the high being flipped to trigger your short entry. Once price accepts crossing below the trendline this makes it high probability that the top for the time cycle you are trading is in.

Image 1:

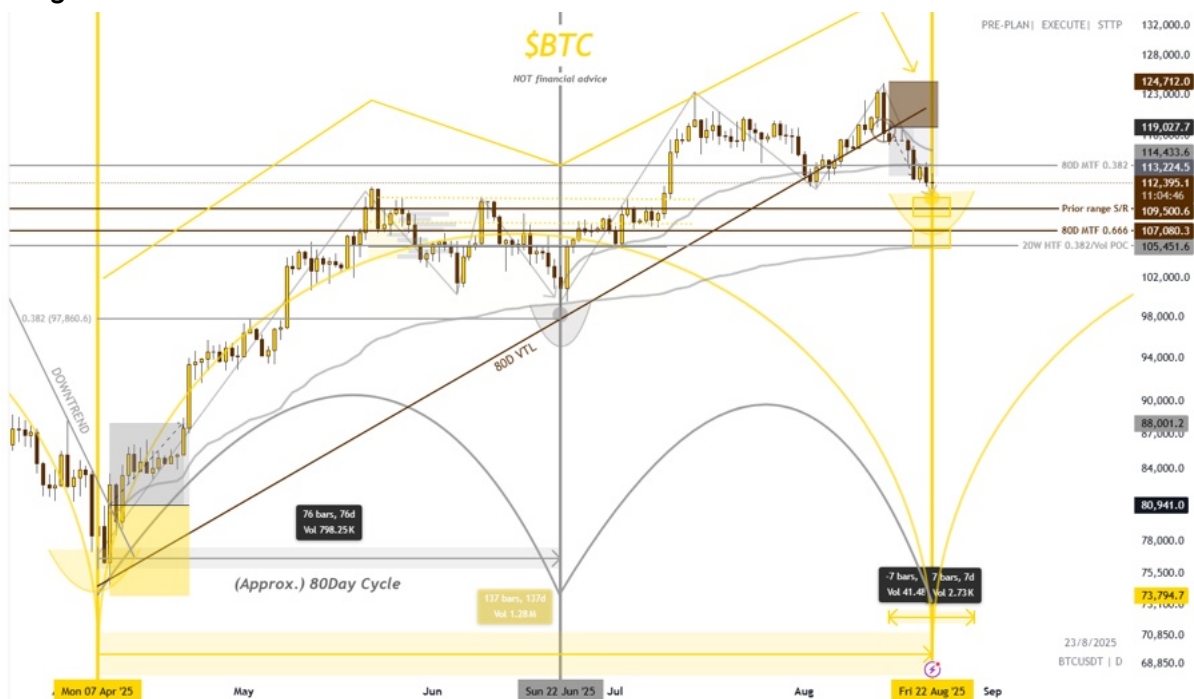


Image 2:



Example explained:

Here is an example of price action on Bitcoin (\$BTC) - using a log version of the graph and Hurst's common nominal cycles.

For simplicity both the long entry at the beginning of the c.20-Week cycle and the short entry coming the the end of the 20W cycle have only a 1:1 ratio position shown (to illustrate minimum expectation).

Here for the short entry, using nominal hurst cycles of approximately 80D and 20W a trendline break of the 80D VTL tells us the top for that 80D cycle is in and since this is the second 80D cycle in motion, with context of the 20-Week cycle trough being due soon, this suggests the top for the 20W cycle is also in.

Therefore once the 80D VTL was crossed this was a trigger that could be used for a short entry where 1:1 ratio move is minimum expectation.

80D VTL is the trendline connecting two consecutive 80-day cycle troughs - the first being 7 April 2025 and the second 22 June 2025.

Price targets:

1:1 is the minimum expectation, less than 1:1 is a sign of weakness.

In practice, you can use fibonacci extensions; EW or range high as tools for price target projections. Common Fibonacci price targets being:

- Expansion = 1:1, 1.618, 2.272;
- Correction = 1:1, 1.382

See the BTC Long example in the image below: Time pivot confluence, Wycoff model 1 accumulation, move concluded at 2.272 fib (final TP).



Trendline Long Triggers

The next two images show 1:1RR longs can be taken from Low Timeframe (LTF) trend flip, and Medium Timeframe (MTF) trend flip - using backtest of trendline as entry trigger.

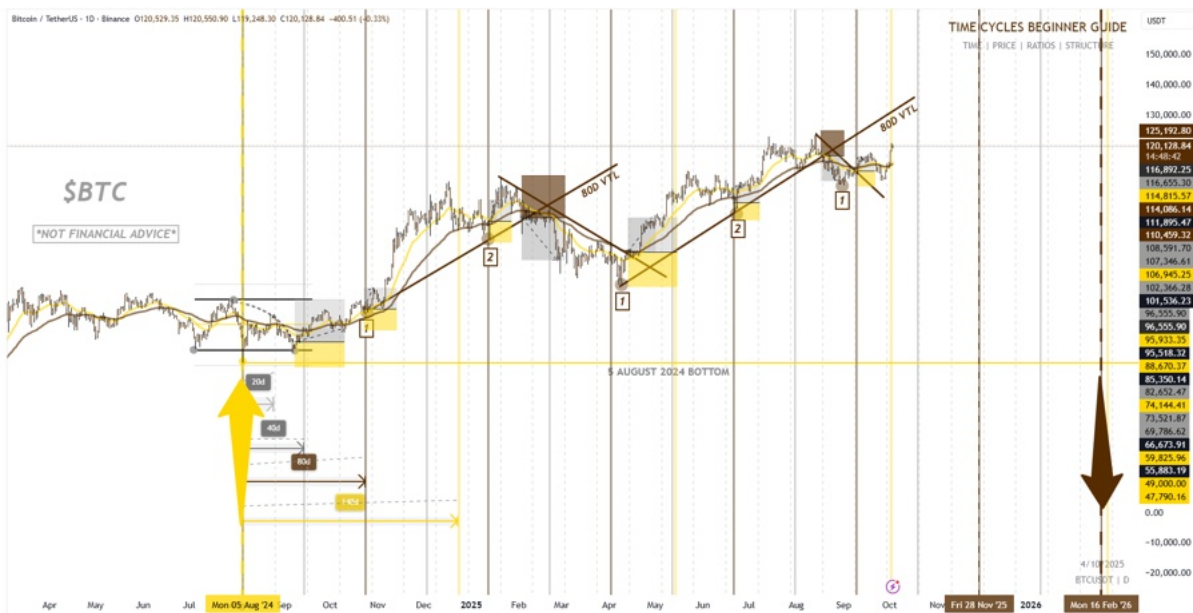


Note: context here is targeting a long from the 20W (c.140D) Cycle pivot from the big drop low of c.\$74k on 7 April 2025.



\$BTC overall simple Long & Short 1:1 RR Positions based on 80D Cycle

On Bitcoin the 80D cycle is most dominant, providing frequent trade opportunities. Using simple 80D cycle pivots (+/-8 Days = 10% window), and using simple 80D VTL up trendlines and down trendlines, there are consistent 1:1 risk reward Ratio opportunities that present themselves. In the picture below you will see the 80D cycle (brown lines) give the most accurate and significant pivots with consistency (hence are a more dominant time cycle).



Later in this guide, we will discuss “dominant time cycles” in more detail.

Example - \$ADA

- 1) Map out the 2 most major pivots (keeping symmetry opportunity in mind).
- 2) Split the larger time cycle into 2 smaller cycles.
- 3) Map out (Price POI) Demand Zones for potential longs as price moves down into the expected pivot.



Which is Better - Hurst's 40D, 80D, 20W Cycles etc. or Simple Symmetry Approach?

When you are mapping the time cycles, this is a logical question, but will not give you the answer you actually need.

When is one method more effective than the other? This is a stronger question.

As a simple rule of thumb, when there is a major bottom reached, or, a bottom that pivots for a massive impulse up. Then, 'Hurst's Common Cycles' are more likely to play out upto 20W cycle (with +/-10% variation window).

However, thereafter I would recommend resuming to use simple symmetry, and plotting time cycles by eye - such that your time cycles are highlighting the major dominant rhythm.

This is an important nuance distinction and comes from understanding the principle behind "commonality".

What makes something common?

Common is when things share likeness. In this case, commonality is where different asset classes share common time pivots.

Let's take this simple principle further.

When are different assets more likely to have commonality?

Let's look at nature.

1) Crowds.

Simple example, the 'crowd effect'.

Where there is a crowd mirroring and resonance shows up (if everyone in the street started to look up you would too). One person leaving a party, becomes a group of friends leaving a party, becomes a few other groups of friends leaving, becomes crowd leaving, becomes empty party.

2) Crisis

Another simple example in nature is a fire. There is a crisis, everyone runs and shouts.

In Crowds & Crisis there is commonality naturally expressed.

In markets Indexes are like 'crowds' of assets pooled together.

In markets Crashes are like "crises".

Therefore we can simply expect commonality & hence Hursts 'common' cycles to be more prevalent.

Bird Leaving the Nest/ Teen Leaving Home Analogy:

As strange as it may sound. The analogy works.

Imagine Hurst's Common Cycles are mother nature cycles for financial markets. And every asset is a child/ teenager that is unique, goes off, leaves to do their own thing. But, when things get scary, times are tough (major crash lows) or times are amazing (price pivots a bottom into a major impulse) then price runs to call home, calling mother for comfort or praise (starts showing common cycles).

Then, after roughly 80 days but up to 20Weeks, it calms down and goes back to being on its own rhythm again.

Identifying a Breakout or Breakdown

When trading you respect the range until you leave the range, be that to the upside or the downside.

This is another reason why it is important to backtest the MTF or HTF time cycles you are using so you can get an average of percentage moves up from the bottom pivot in different trending environments (uptrend and down trend) and in what time frame the local top is usually put in.

When the pivot average is exceeded or not achieved, then this is an early indication of the strength of the move.

Beyond that you will need to consider the 5 key indicators below to assess probability for range breakout or breakdown:

1. Size if cycle HTF > LTF
2. S/R flips- cutting through supply
3. Ratios - is capital rotation (are Market Makers) supporting the move
4. Wave structure - impulsive vs corrective
5. Momentum indicators (EMAs, ATR, RSI, Ichimoku)

Trading with Time Cycles Framework

Your mindset when using time cycles should be this:

Cycles build the **context of money flow patterns**. They give you confluence for when long or short biases align with time — and therefore with capital rotation.

To say:

✗ “BTC will bottom on *this exact date*”

...is as illogical as saying:

✗ “BTC will bottom at *this exact price*.”

Consistency comes from probability, not prediction.

- **Virality mindset** = “This stock will bottom on X date.”
- **Professional mindset** = “This stock will likely bottom between dates X–Y.”

Just like with price you look for a **demand ZONE**, with time you must look for a **demand WINDOW**.

3 Core Mindset Mantras:

- Trying to be right = how traders go wrong.
- Trying to be probable = how traders stay profitable.
- Managing risk = how you maintain rewards.

Principles in Practice

- The higher the timeframe of the pivot (and the more cycles that synchronize), the higher the respect and probability of reversal.
- Early in a cycle phase → expect upward momentum.
- Later in a cycle phase → momentum fades, shorts gain edge, and money flow turns outward.
- Respect Market structure
The cycle may be: **Left translated** (early top, longer downtrend), **Neutral / symmetrical** (balanced), **Right translated** (longer uptrend, later top)
Confirm structure & bias with: Trendlines/VTLs • MAs/VWAP • Elliott Waves • Wyckoff • Fibonacci