<u>Summary</u>

1. Big Idea: Markets Move in Rhythms

- Markets move in rhythms - money flowing in and out.
- Cycles don't predict exact tops/bottoms → they highlight time windows where pivots are more likely (cycles = probability windows).
- Hurst showed markets have repeating nominal cycles (20d, 40d, 80d, etc.).

2. The Nominal Model (Simplified)

- Core cycle lengths double each step:

  20d → 40d → 80d → 20w → 40w → 18m → 54m → 9y.
  Like nesting Russian dolls — small cycles sit inside larger ones.
  These "Common Cycles" work best in Large Indexes and large breakdown/breakout events (20D-20W).

3. How to Use It (Beginner's Edge)

- Don't try to predict exact tops/bottoms.

- Instead, use cycles to build context:
  "This is a likely window for a turn."
  "This rally is due to weaken."
  "This correction is likely near completion."

- Combine with price structure EW, Wycoff, support/resistance for confirmation.
- Use Key Ratios & Momentum Indicators to assess strength & validity of time pivots.

4. The New Paradigm - Seeing With Market Maker Eyes

- **Old view:** view price in isolation, driven by emotion and headlines.

- **New view:** view price as a reflection of capital flows, revealed through ratios.

Ratio analysis trains you to think like a Market Maker. Instead of chasing headlines or single candles, you align with the deeper currents of rotation. You begin to recognize hidden distribution patterns, spot key price levels with institutional context, and understand the *why* behind every move.

5. What Time Cycles Are Not

- Not astrology.
- Not crystal-ball exact dates.
- Not a replacement for risk management.

6. Beginner's Takeaway

- Cycles give when, price gives where.
- High probability zones = key price levels meeting key time "nesting pivots", backed by ratio & momentum - within the valid time window.
- Edge = structure + high probability zones, not prediction.
  (adapt to structure, do not stay stubborn to your exact predicted price level hitting on the exact time pivot date).
- You only need to be able to read the rhythm to ride the wave.
  (Rhythm thinking beats overfitting your time cycles.)
- Use statistics from back testing to aid take profit decision making.

Final Word

The more you use time cycles, the sharper your eye becomes at spotting money flow.
Price is the sea. Time is the tide.
When you learn to read both together — you no longer chase waves.
You position before the tide turns.