

Forex Trading – The Recession Proof Business of the 21st Century

What is Forex?

The term Forex is derived from the words 'Foreign' and 'Exchange' and quite simply means to take part in trades involving the exchange of one countries currency with another. Other terms often used to refer to Forex include 'Spot FX' or simply 'FX'.

The Forex (acronym for foreign exchange) currency market trades an estimated \$3-to-\$3.5 Trillion Dollars a day. Yes, that is correct, \$3.5 Trillion a Day. ***It is the biggest and fastest growing liquid market on earth!***

The Foreign Exchange Market was established in 1971 with the abolishment of fixed currency exchanges. The FOREX grew steadily throughout the 1980's, but with the technological advances of the 90's FOREX grew from trading levels of \$50 billion a day to the current level of \$3.5 trillion daily.

Most transactions in FX markets are made between US dollars and a second currency. Transactions are usually made using online trading systems made available by banks and forex brokers.

The Forex market being the most prolific liquid market in the world is what attracts those trillions of dollars per day. This fast-paced market operates 24/7, 5 1/2 days a week, beginning with trade in Wellington, New Zealand, and continuing on to Sydney, Australia; Tokyo, Japan; Berlin, Germany; London, England; and New York, New York before the whole cycle begins again.

Currency rates are forever fluctuating depending on supply and demand and economic and political influences in countries all over the world. *The aim of any Forex trader is to spot which currency will next rise or fall in value against another currency.*

The Forex market is massive when compared to the around \$25-to-\$35 Billion a day traded on U.S. Stock Exchanges on an average day and Forex trading exceeds the combined volume of ALL the world major exchanges trading equities, futures, and other instruments.

But the Forex market does not have a physical address. It's actually a large network of individual investors and central banks all involved in the process of changing currency.

The participants in this daily world market juggernaut are Central and Commercial Banks, Major Corporations, Institutional Investors, Hedge Funds, and Private Individuals.

The main currencies found in the Forex market are:

USD: U.S. Dollar
CAD: Canadian Dollar
GBP: British Pound
EUR: Euro
CHF: Swiss Franc
AUD: Australian Dollar
JPY: Japanese Yen

World Markets Open

- * New York Market trade times: 8am - 4pm EST
- * Europe Market trade times: 2am - 12Noon EST
- * Great Britain Market trade times: 3am - 11am EST
- * Tokyo Market trade times: 8pm - 4am EST
- * Australia Market trade times: 7pm - 3am EST

(One of the best times to trade these markets is when they overlap with two markets open at same time.)

Forex and Stocks Introduction

The FOREX being the largest liquid financial market in the world insures there are always a buyer and seller for any type of currency because the world economy relies on the movement of goods from country to country.

The Foreign Exchange Market (FOREX) is quite different from the stock exchange. The stock market is less liquid because participants may choose to hold their investments or move on to other markets.

Stocks were traditionally seen as long term investments, where people bought stocks or a group of stocks in mutual funds waited for them to appreciate and build in their retirement accounts.

But the Crash of 2008 brought the process to their knees. In many cases, people have lost 50-to-75% of their portfolios and retirement accounts, even with so called 'blue chip' stocks - those having proven value over many years and many bought as the backbone of an investment portfolio.

Now, the masses are being thrown life lines as the Titanic sinks...

Stock exchanges also have more limited trading hours. While it is possible to trade on exchanges world-wide, each exchange is independent and operates for just 7 hours a day.

And there is no way to buy or sell a certain stock that is only traded on one stock exchange when that exchange is closed.

In contrast to the stock exchange, the FOREX is primarily a short term market. Most traders enter and exit deals within a 24 hour period – sometimes within a few minutes.

Forex trades take place when dealers or brokers find buyers and sellers on the international market, but in practice smaller trades are carried in house by brokers.

Many FOREX trades can be made in one day without building up a large brokerage fee because **FOREX trades are commission free**. Brokers earn money by setting a spread – the difference between asking and selling prices

Technological advancements have given many new Forex traders an opportunity to make money, everyone from small individual speculators to large multi-national companies twenty four hours a day all week long.

With the advent and then increasing popularity of the Internet, Forex trading online opened up the doors to millions of people who had never previously had the resources to take part, **because Forex traders can be based anywhere** there is access to the internet from a laptop computer with a wireless connection – and even from mobile phones.

Many people including retirees all around the world have found forex trading an interesting, mentally stimulating diversion and, with some experience, a significant extra income source.

Forex trading is perhaps the 21st century world's cleanest, simplest way to actually create wealth, virtually from scratch with the right trading strategies!

"Opportunity is missed by most folks because it is dressed in overalls and looks like work." --Thomas Edison

Adversity creates opportunity. As one door closes, another door opens.

The Crash of 2008 shut one door, yet the Internet now offers access to a worldwide Forex market... *the only 21st century recession proof business I'm aware of...*

Online Forex trading has become one of the most profitable trading opportunities in the world. Those that get their strategy right are well known to be making upper echelon incomes (upper 5% or more) every year from trading Forex.

The Traditional way of Building Wealth - Stock Markets

Read the following information carefully. It could change your life, and allow you to regain full control of your financial future. Unfortunately, we will not reach everyone, as many will be too busy or distracted to give time needed to fully grasp and understand what is happening.

We live in troubled times, and conventional wealth-building concepts are now virtually extinct. 95 million Americans – about half of the adult population – own stocks directly or indirectly through mutual funds or retirement plans...

Most have plummeted in value this year and a global recession is likely to continue for the next 12 to 24 months.

The financial markets have been exceptionally turbulent, and the economic data has been disappointing at best. The massive stock market losses have also had a major rippling effect on our economy, with job losses are cutting into income growth, and taking a massive toll on consumer confidence.

The market 2008 Crash has proven how fragile the current system really was...

And we don't have to look far to see signs of just how bad things are for the U.S. stock markets...

The Dow reached a high of over 14,000 in 2007 and then rebounded below 8,000. It now hovers in ranges between 7,500 and 9,000 *which is a 40% loss in a little over twelve months!*

Estimates of the losses for those who were invested in the stock markets last year are currently at \$8.5 Trillion and growing! There will surely be an oversold rally at some point, *but we may not see a true recovery for many years.*

Stock Markets, Retirement, and the U.S. Economy

In fact, the U.S. dollar is becoming debased on an unprecedented scale. And the printing presses are running overtime, which will ultimately result in inflation.

Led astray like Lemmings to the sea, the masses typically 'buy' stocks or mutual funds and 'hold' them, hoping to see them appreciate in value because we have always been told to do so. But we have now seen that the 'buy and hold' mentality can be disastrous for your portfolio.

Hedge Funds were viewed as another popular source for retirement funds that could appreciate. However, **Hedge Funds have taken a HUGE bath in recent months.** Many accounts were or are down anywhere from 30-70%, *which has caused a run on cash from frightened investors...*

In November 2008 alone, over \$100 Billion in cash was needed by Hedge Funds to pay back investors who pulled out their money. Hedge Funds were selling billions of dollars of securities to meet demands for cash from their investors and their lenders, contributing to the stock market's volatility. *Some Hedge Funds have even been hoarding cash in preparation for another wave of withdrawal requests.*

Unfortunately, the **masses are uneducated, scared, and downright clueless** as to how they can both build and preserve their wealth in this market environment.

So, as the mess unfolds, over-spending and under-saving continues on all levels – including personal, corporate, national, and internationally among governments.

Instability can be seen all around us. This pyramid has become so increasingly inverted and inherently unstable that recent news is full of ***Wall Street raiders lining their pockets with bonuses as the rats abandoned ship...***

The first \$125 Billion of the \$700 Billion TARP Bailout money went to banks in the Fed system, of which 90% was used to award executive and employee bonuses.

Yet, as white collar was saved, blue collar were scrutinized for making too much money. The Big 3 auto-makers dominated the news in December 2008, as the powers that be moved to the next level in breaking up the unions.

Another symptom that a financial crisis was inevitable is the fact that, like crack cocaine to an addict, credit cards has been pushed upon practically anyone possessing a pulse, with the full knowledge that most would spend themselves into financial ruin.

Due to the masses scaling back during the holiday season, **legal loan sharking techniques** are now being used to *seduce* people into buying more items with a new array of easy credit and “worry about payments later” promises. The problem is that many offer no grace period on repaying the debt. The minute you purchase an item, the 18-30% interest rate charge begins ticking. ***So, the madness continues...***

And the same is true for the “sub-prime mortgage” mess. The lending institutions knew that people were overextending themselves, but these people were still given loans that the vast majority couldn’t handle, once the inevitable increase in interest rates kicked in.

A new wave of foreclosures will begin as property values continue to plummet.

People owe more than the current value of the homes they live in. Thus, the American Dream of owning a home has become a dream of the past for many...

And now, the commercial real estate market is also starting to crumble, ***so we may see yet another wave of bank failures and bad loans coming!***

Money and Debt

Money is a practical necessity and there is certainly nothing wrong with having lots of it, if we obtain it honestly. But money becomes an evil to us if we allow it to rule our lives rather than vice versa because of the human tendency to place an inordinate emphasis upon possessions and wealth.

Money is only a tool used to barter for goods and services; nothing more, nothing less.

Unfortunately, people are being constantly bombarded with advertising propaganda that is designed to appeal to the desire to better oneself and "climb the social ladder". It has become so much a part of everyday reality, that it is known as "keeping up with the Joneses".

The problem with the next door neighbors driving the brand new beamer or shiny SUV is they have lost or about to lose their job and are so far in debt, they live from paycheck to paycheck. ***The destruction of American families has begun in earnest.***

Those with material traits are paying a steep price. Massive withdraw of reality coming to light. Good people becoming slaves to debt masters and wondering why and how they were seduced.

My advice to you is that if you are in debt; **get out of debt as quickly as humanly possible**, even if it means selling some of the "things" that got you there in the first place, or at the very least look for ways to earn more income and pay down debt.

Those heeding this advice will be prepared for the more turbulent times coming..

So, what exactly are you supposed to do?

Forex Trading – The Recession-Proof Business of the 21st Century?

Every country has its own currency for business and trade. When you travel to other parts of the world or cross the border into Canada or Mexico, you become part of the foreign exchange market world.

When you trade in your hard-earned U.S. Dollars for Canadian Dollars or Mexican Pesos for traveling purposes at a bank or currency exchange, you will notice a difference in the buying power of your currency (U.S. Dollar) compared to the other currency.

The next time you take a trip outside the borders of your home country and exchange or convert into another country's currency, you have participated in the largest liquid market in the world – the Foreign Exchange market. ***You are experiencing the Forex markets at work first hand.***

If you travel for a couple of weeks or more, you can see changes in the buying power of various currencies from the beginning of the trip to the end of the trip.

Here's how it works exactly: In Forex, traders are buying or selling the currencies of various countries. For example, you may buy Euro Dollars *with* U.S. Dollars or sell Japanese Dollars *for* U.S. Dollars.

Currencies are traded in pairs, meaning that you are really trading one currency for another.

Another example or simple way to understand this is to consider what you do when you go on foreign vacations. In the Forex market, you could have simply traded the “Currency Pair” called USD/CHF, first selling USD for CHF and later buying back USD with the CHF you have. Basically, you are trading one currency for the other. Under our example, for every Dollar 1.0000 traded, you would receive 1.2000 Swiss Franc in return.

When trading, you are attempting to capture “PIPs” (Price Interest Points), which is one/one-hundredth of a cent (for Dollars.)

You will notice that the above exchange numbers have two extra decimals at the end. Using the example above, there is a one-pip difference between 1.2000 and 1.2001. There is also a one pip difference between 1.2000 and 1.1999.

One Pip = \$10 for one standard lot
One Pip = \$1 for one mini lot or 10 mini lots = \$10

These are the two basic ways of trading using mini lots or standard lots. I will not get into the leverage, margin, or money management information in this article, but I wanted you to have a basic understanding of standard and mini lots, as well as a pip.

The currency pairs are usually traded and quoted with a “bid” and “ask” price. The “bid” is the price at which you are willing to buy, and the “ask” is the price at which you are willing to sell.

You can generate positive pips when the market is moving up or when it is moving down. It will be very difficult to make a profit when the market doesn't move at all. Timing of the various sessions becomes another tool to learn.

The key to successful trading lies in selecting one or two pairs of currencies that you wish to trade in as a beginner. You stalk these pairs until you learn everything possible about how they react in current market conditions.

As you gain confidence and experience, you may wish to add more pairs to your trading portfolio. But for a new trader or investor, it is always advisable to have limited pairs to ensure simplicity during the learning process.

Choosing the right time to trade enhances your trading success. If you are operating outside of America, you may have to wake up extremely early to catch the European markets and end your day extremely late to catch the Asian markets.

Those living in America may want to prepare for the opening of the U.S. session, London close, and Asian openings depending on your specific schedule.

You can think of Forex as the currency equivalent of stocks and shares although it should also be noted that Forex has many big advantages over stock trading.

Advantages of Forex over Stock markets.

It is more predictable than thousands of stocks. It follows well established trends; it **allows more leverage** – typically 100:1 instead of 2:1 in the stock market; and it doesn't require a large investment – mini accounts as small as \$1,000 get you started in Forex.

It is no secret that multinational banks have been trading the Forex market for years; many rely on it for a substantial income stream that allows them to be much more competitive in the key areas of their business.

Forex trading is all about trading currencies and benefiting from fluctuations in exchange rates.

Foreign Currency Traders don't suffer from a Global Recession.

In fact, there has been a multitude of opportunities in Foreign Currency during the Crash of 2008. Trading Forex has become a Recession Proof Business for those willing to learn the process of how markets react in today's volatile world events.

In my opinion; the most liquid market on earth today: **The Spot Forex will create more new millionaires in the next decade than any other business!**

Forex trading does not require physical purchase of the currencies, but rather contracts for amount and exchange rate of currency pairs.

Forex Trading 101 – An Overview

When buying and selling in Forex markets, you will always have one currency showing strength as the another currency is showing weakness. **That is the magic where one is able to generate profits in an account!**

Your mission, should you decide to accept, as an investor is to profit from those foreign currency movements.

Please read this over and over again until you fully grasp and understand. In Forex trading, you always have one currency pair showing strength and one pair showing weakness in combinations depending on world events.

It is estimated that around 95% of the Forex market is speculative. In other words, the person or institution that bought or sold the currency has no plan to actually take delivery of the currency in the end; rather, they are solely speculating on the movement of that particular currency.

Because currencies are traded in pairs and exchanged one against the other when traded, the rate at which they are exchanged is called the exchange rate.

The majority of currencies are traded against the US Dollar (USD), which is traded more than any other currency. The Four Major Currencies traded most frequently against the US Dollar is the (EUR) Euro, the (JPY) Japanese Yen, the (GBP) British Pound and (CHF) Swiss Franc.

These five currencies take up over 80-to-85% of the market and are called the major currencies or as alluded earlier “The Majors”. Some sources also include the (AUD) Australian Dollar, (CAD) Canadian Dollar, and some cases, the (NZD) New Zealand Dollar or Kiwi for short.

The first currency in the exchange pair on the left is referred to as the base currency. The second currency on right is the counter currency or quote currency. The counter or quote currency is thus the numerator in the ratio, and the base currency is the denominator.

Sounds difficult at first, it is quite simple; The exchange rate tells a buyer how much of the counter or quote currency must be paid to obtain one unit of the base currency. The exchange rate also tells a seller how much is received in the counter or quote currency when selling one unit of the base currency.

For example, an exchange rate for EUR/USD of 1.2500 specifies to the buyer of Euros that 1.2500 USD must be purchase or paid to obtain \$1 Euro. Or for every \$1 Euro traded in, you will get back 1.2500 of USD.

The value of trader’s portfolio increase and decrease on currency movements while participating in markets. Foreign exchange market conditions can change at any time in response to real-time world events.

There is an old saying on Wall Street. **You eat your losses or your losses eat you.** Or my sports comparison for today comes from old poker pro Amarillo Slim who stated “*you can shear sheep many times, but you can only skin them once.*”

Are YOU tired of being sheared in the stock markets?

Many have recently been skinned alive in stock markets due to lack of education. The carnage left behind isn’t a pretty. *You know of what I speak.*

There have been plenty of unanswered prayers. Oh Lord if I just wait long enough maybe the environment will improve and my position will rally to profit.

Of course that strategy almost always fails for anyone who follows it...

Few players are big enough and well capitalized enough to ride out the market storm and cash out on the cyclical rebound. *(Including me – I only want a piece of the pie).*

The Crash of 2008 continues, and as many of you know...

As we embark into 2009 and the end of the first decade of 21st century, technology and education along with internet access, provides real solutions for those willing participate.

This is your opportunity to take back TOTAL responsibility for your Life. But nothing of VALUE in life can be created without absolute commitment. *It's your choice.*

The doom and gloom reports continue on the global economy for 2009. The stock markets will be around, but do you want to stand on sidelines waiting for the good old days of yesteryear to return? The current market conditions suggest, or maybe demands that those prospering in next decade take massive action.

Never before in history has so much debt, speculation, government manipulation, fraud, corruption and consumer abuse been heaped onto markets in this short period of time.

Yes, we live in historic times where future generations will study what caused current events and market meltdowns.

And if there's one thing that history teaches us, it's that unprecedented causes lead to unprecedented consequences and **the choices you decide today will determine your fate sooner than later...**

Don't underestimate the potential depth, speed and duration of the current and future decline of stock markets or economy. **Prepare for the worst in advance.** Prepare for anything to happen. The last 17 months historic events will be well chronicled in future generations. *Do you fully grasp what has been going on hidden in plain sight?*

History of the Spot Forex

The Foreign Exchange Market was established in 1971 with the abolishment of fixed currency exchanges. Currencies became valued at floating rates determined by supply and demand.

The Forex grew steadily throughout the 1980's, but with the technological advances of the 90's Foreign Exchange Market grew from trading levels of **\$100 billion a day** to the **current level of \$3.2 trillion.**

Retail Spot Forex Trading has only been seriously active since around 1997 and 1998. During the 1970's larger retail traders could trade Forex contracts at the Chicago Mercantile Exchange. Often called the "The Chicago Merc" or "The Merc" the CME was founded in 1898 as the Chicago Butter and Egg Board.

Originally, the exchange was a non-profit organization. The CME has seen changes abound in recent years. The exchange went public in December 2002, and merged with

the Chicago Board of Trade in July 2007 to become CME Group, Inc.

On August 18, 2008 shareholders approved a merger with the New York Mercantile Exchange.

CME trades several types of financial instruments: interest rates, equities, currencies, and commodities. **It also offers trading in alternative investments** such as weather and real estate derivatives.

Since Forex trading is a 24/7 market starting on Sunday afternoon and ending on Friday afternoon, in 1996-to-1998 online retail Forex trading became practical. Internet-based market makers would take the opposite side of retail trader's trades (*called dumb money*).

These companies created Forex platforms that provided a quick way for individuals to buy and sell on Forex spot market. 1998-to-2001 began the massive stampede process that has evolved into today. Back in the old days, the wild, wild, west was born as gunslinger traders with aspirations of quick and easy profits lined up to grab their piece of the pie.

The rapid development of the Euro Dollar market, which defined meant US Dollars deposited in banks outside the US, was a major component for speeding up Forex trading.

The potential for profit exists because there is always movement between currencies.

Even small changes can result in substantial profits because of the large amount of money involved in each transaction. At the same time, it can be a **relatively safe** market for the individual investor. *There are safeguards built in to protect both the broker and the investor and a number of software tools exist to minimize loss.*

In online currency exchange, few or no transactions actually lead to physical delivery to the client; all positions will eventually be closed. The Forex Brokers seduced the greed and inexperience of newbie's by offering 200:1 or even 400:1 leverage seeking clients swinging for the fences. In the typical standard 100:1 scenario, the client absorbs all risks associated with controlling a position worth 100 times his capital.

Being sucked in by greedy brokers offering 200-to-400 to 1 leverage helped paint a bad name for the Forex at beginning of the 21st century. *Not enough people knew the hazards of such leverage or risks involved.*

In fact, as accounts grow, we share why trading at 50:1 or even 30:1 will provide enough leverage for safe decent yearly returns. *Once you understand risk management, the process becomes easier to absorb.*

But trading Forex is like any other skill. It takes time to master the art/science of the forex market. Yes, you might open a forex account and experience the thrill of a few

profitable trades but that does not make you a competent trader. Indeed spectacular performance in any past period is no guarantee of future returns, as we all know.

Education is the major keys to success. While traveling the past eight years, when discussing what you I do for a living, once I mention I'm a Forex Trader; the looks on faces of people I'm talking suggest about 80% are clueless on understanding what a Forex Trader does to earn a living.

We play in a different landscape in current market conditions. But being properly trained to recognize ever changing market conditions and responding decisively without fear or self-doubt propels one to maintain success.

People now realize that they are responsible for their own empowerment. They see that assuming responsibility can bring them prosperity and allow them to become more and to do more in life.

So congratulate yourself for the courage to change, to reflect, and for taking action on what has been holding you back. Why, because it is profound and a liberating thing to do.

One of my life goals is to train, support, and educate traders on attaining success with significance during their journey; learning how to increase wealth, to protect assets, and leave a legacy of substance while leading a fulfilling life.

Those serious about building wealth will participate. Those not changing their financial sense of direction will experience the same fate of masses. ***You have a choice.***

In my opinion, Forex trading is perhaps the world's cleanest, simplest way to actually create wealth – virtually from scratch – with the right trading strategies.

The markets have retraced from extraordinary moves to give each of you another chance to arrange your financial affairs. ***Those taking advantage in next 12-to-24 months will change the landscape of their wealth and lifestyle.***

The Recession Proof Business of the 21st Century is the Spot Forex Markets!

Benefits of Trading Forex

Forex trading is perhaps the ultimate home business and has more profit potential than any other including:

- * You can trade from Home on anywhere in the world
- * You only need a computer and a high speed internet connection
- * You don't need staff or employees
- * You don't need a garage full of inventory
- * You don't need to market your business
- * Currency Pairs are always going up or down

- * Those with jobs still can participate due to markets open 24/7
- * Expedite or go at your own pace learning
- * There are opportunities all the time to generate positive pips
- * You work when you want and take holidays when you want
- * You can build wealth quickly
- * More weekend time with family

Those trading full time like myself need to review various strengths and where work is needed in certain areas to improve overall performance. This becomes a monthly challenge to new people beginning the process of learning how to excel as a trader.

Forex trading has become an exciting recession proof business, even in today's world economic meltdown.

Can YOU afford to sit on the sidelines?

Are YOU willing to accept responsibility that the world economics are changing?

The landscapes for success along with rules of engagement for future are changing in 21st century.

Mind Games – The Psychology of Trading the Forex Market

When it comes to trading on the Forex market, winning is a matter of the mind rather than mind over matter. Any trader who's been in the game for any length of time will tell you that psychology has a lot to do with both your own performance trading and with the way that the market is moving.

You've heard that playing the market is a mathematical game. Plug in the right numbers, make the right calculations and you'll come out ahead. *So why is it that so many traders end up on the losing end of the market?*

After all, everyone has access to the same numbers, the same data, the same info – if it's math, there's only one right answer, right?

The answer lies in interpretation. **The numbers don't lie, but your mind does.** Your hopes and fears can make you see things that just aren't there. When you invest in a currency, you're investing more than just money – you make an emotional investment.

Here's the deal. The way to make real money in the Forex market is to cut your losses short and let your winners ride.

In order to do this simple task, you have GOT to accept that **some of your trades are going to lose**, cut them loose and move on to another trade. *You've got to accept that picking a loser is NOT an indication of your self-worth; it's not a reflection you.*

It's simply a loss, and the best way to deal with losing money is by moving on to next level. Moving on means you don't keep a running total of how many losses you've had – that's the way to paralyze yourself. This brings us to the next point:

Losing traders see loss as failure. Winning traders see loss as learning.

ALL who have succeeded have taken my advice on the MENTAL aspect of trading success. These people set goals, are focused, visualize and learned how to use their creative imagination effectively. They didn't just listen to what I said.

They executed trades in LIVE market conditions gaining vast experience in the process.

Each of YOU can learn more in 2009 on how to build wealth through Forex than you ever thought possible. You will be moving into the Millionaire Mindset ZONE.

Is it really too much to ask in a \$3 Trillion Dollar a Day Market for you to have a Millionaire Mindset?

To accomplish the task will take changes. In today's busy world it's self-evident that **we ALL need help...**

There's simply too much to do and keep up with all on your own. And there's absolutely no shame in asking for and getting help or coaching along the way. Getting a coach puts you in good company, as well. *Did you know that 67% of CEOs have coaches?*

It's true. All Presidents -past and present - have had coaches. As well as every famous actor and actress you've ever heard of. And every famous athlete - past or present - has utilized coaches. From Arnold Palmer... to Tiger Woods... To Peyton Manning... to Troy Aikman... to Kobe Bryant... to Lance Armstrong... to Muhammad Ali... to Michael Jordan... etc.

The list is endless for those seeking to be the absolute best of the best.

Coaching is essential if you want rapid, maximum and lasting success.

While we all admire self-made individuals, the reality is that superior athletes, soldiers, business giants and traders are not created out of thin air. They are the product of years of intense training and massive mentoring.

Wherever we see superior performance, it is the result of day in and day out teaching, drilling, and practicing on a consistent basis. Traders often hope to learn their craft in one day seminars or through books.

They are no more likely to succeed in this hope than concert pianists, chess players, armies, astronauts, navy seals, army rangers, or Olympic athletes.

It is the intensity of instruction that facilitates its internalization to the point at which learning is automatic and implicit. The task becomes purely mechanical in nature. *Mental limits are pushed beyond normalcy.*

You need to have breakdown, before having breakthrough, especially with outside the box mindset techniques. Those withstanding the onslaught have responded with a mental toughness that will last a lifetime.

Indeed, it would not be inaccurate to say that the entire purpose of training, is to allow individuals to acquire the mental maps of their mentors, so that they can eventually build upon concepts or tools being taught.

Your mind is a powerful force. It is your most able servant, and it will produce for you whatever you focus it on. If you are constantly focused on scarcity -- worrying about not having enough money, enough time to learn, or mindset you deserve wealth -- then your mind will create even more scarcity. This has been proven.

On the other hand, when you constantly think about abundance, and focus your thoughts on the gifts you already have and how you can make the best use of them, then your mind will help to create abundance for you. *When you look at life as prosperous, it will be prosperous.*

You will find outlets to insure you have massive success. **FOREX trading demands a certain responsibility**, a certain leadership quality.

But you must Up Your Game, to maintain necessary focus for enhancing your growth.

Diligence, not intelligence is probably the best trait to succeed at what we are doing, **if you are diligent and not a quitter you will likely succeed.**

2009 will bring massive changes and a massive in-flow of new traders, seeking a sense of direction in Forex markets...

Life at it's longest is fairly brief. Why not accept the challenge and blessing bestowed upon you when you made a choice to trade in Forex markets. There are only 240 trading sessions a year, every year. You have 365 days a year that you can focus on learning how to become the best trader possible.

The Recession Proof Business of the 21st Century awaits YOU.

Will 2009 will be the year that defines the next ten years of your life?

Folks, we have witnessed first hand how GREED in markets destroy the lives of others who work sometimes for a lifetime seeking the American Dream, and the massive stock market losses have had a rippling effect on our economy.

There will NEVER be a better time to step outside your comfort zone and become dedicated to be educated than NOW.

We are at crossroads of very important time in our history. **The current world conditions are deteriorating into epic proportions.** You can dwell on recession and possible depression or you could choose to prosper in tough conditions.

Yes, humans fight fear and self doubt on a consistent basis. You have to deal with fear if you want to succeed.

When you change the way YOU look at things... The Things YOU look at change.

--Dr. Wayne Dyer

It is okay to face fear. It leads you to understanding success. Doing it alone is tough and not advised.

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.

Practice and Mindset

Repetition is the key to success in any endeavor in life, including trading the Forex. The more you practice trades, the more you trade real money, the better you get. You just have to keep at it - over and over and over again. **Persistence is the key.**

If you are trying to start a trading career you are probably trying to find out what is it that separates the minority of traders that are making consistent profits from the vast majority that is consistently losing or struggling just to break even.

Trading in a peak performance mindset requires you to be rested, energized and ready to tackle the endless challenges the markets put in front of you. It is essential to do whatever you can to enter a peak performance mindset that will help you trade like a winner.

“Success isn't something you chase. It's something you have to put forth the effort for constantly. Then maybe it'll come when you least expect it. Most people don't understand that.”

-Michael Jordan

The more I practice, the luckier I get.

-Wayne Gretzky

You must know in advance to have a shot at championship gold in Forex trading; you must develop a practice regimen allowing you to execute trades in current market conditions to gain experience. The more trades executed, the more repetition translates to gaining vast experience over a period of time.

Each human is different. We all have different learning curves. The key is understanding human limitations and transforming your strengths into your practice regimen to insure success.

Those who practice Forex trading on daily basis develop superb positive habits. The beauty of worldwide Forex markets is accessibility 24/7 throughout the week. Those with full time job, a husband, a wife, parents with kids, or students have a certain amount of time every day to learn how to change your sense of direction in your life.

Yes, you may have to reduce some television time or think of Forex trading education as a new hobby that will demand your attention. *Of course, the effort is worth the price of admission to win big in the Forex markets.*

Anybody can learn to trade the Forex. But, what will get you every time is that little inner voice doubting your every move.

It's the psychology of your mind that you must master.

Those accomplishing the task will enhance success. Those who choose to ignore the importance of positive mindset are doomed to fail. It only becomes a matter of time. You must become disciplined and patient to a fault, and react only to bona fide signals, that you are taught. The Forex is **not** about gambling. It is about running a business, where there will be gains and losses. *Your every effort and constant struggle should be to get a grip on those times when price goes against you.*

You will learn how to accept losses before you excel at winning and truly understanding how to let the winning trades run. Many experts talk about the concept, but are unable to maintain a practice regimen to maintain success.

There is a little know old school system called the Gravy Train Method that limits risk in markets with a sound, simple, and math money management technique that works.

This methodology creates vast experience over a period of time executing trades in LIVE current market conditions. The new trader learns how the markets operate and learns the ebb and flow of the markets.

Market timing is critical to your trading health. Rather than relying 'gut feel' or instinct, you should always resort to proven trading techniques to optimize market entry and exit.

You need to get to the point where, when you look at Forex Markets you have currency pair indications as to where price is going on currency pair you are stalking. Your procedure must become purely mechanical. Confident and in control! Not full of fear and self-doubt...

Forex trading has to become "second nature." At that point, you can trade with ease. And, your stress level will go down, because you will be in control of the market, not the other way around. This only comes with practice, day after day. This takes patience, and staying power.

Be a professional. Be prepared. Proper Preparation Prevents Poor Performance.

Forex trading can be challenging and fun.

But if your goal is to be a part of the recession proof business of 21st century, you must become serious and willing to learn, pay attention and take massive action, and then you will accomplish your dreams.

But you need an edge. You need a mentor. Even Michael Jordan had a coach and he practiced on a consistent basis as an NBA superstar.

Throughout History, Great Leaders in Business, Politics and Sports never rely on Luck. To the contrary, they based their actions on rock solid research to provide that unconditional Winning edge.

Direction, Development, Decision, Discipline and Determination trading FOREX

(Print out the 5 D's for success below. Review on a consistent basis during your journey to freedom.)

Direction

What directions are the currencies headed in that you're watching?

Do you have the Patience needed to wait for specific entry per your trading plan?

In this day and age of instant gratification, people want thrills without risks, more money without effort, and shortcuts to HUGE success. We have become a microwave world always on the go and never able to slow down.

Perfect example: Have you gone to a place of business where others wait on you and noticed how majority are always talking on cell phones while servicing you? Quite annoying as consumer, no wonder hundreds of stores are going out of business. Not much leadership or direction.

Every successful trader has a special talent for watching and waiting, until the direction has dictated when to enter the market utilizing their specific trading plan.

Development

Successful Forex traders have learned that they cannot buck the major price trend of the

individual currency-pair they are trading. Forex pairs are trending or oscillating between certain channels.

Successful traders understand that trends develop. The successful Forex trader will enter his/her trades in the direction of the prevailing trend or wait until a new trend is established. Several hours, or perhaps days/weeks, may elapse before this trend becomes apparent depending on type of personality the trader develops.

Advanced traders adapt to trading oscillations by understanding channels in current market conditions. You sell the rallies in the downtrend and buy the dips in the up trends.

These two insights on oscillations are as old as trading itself as the simple concept works.

Decision

Do you have Persistence to be sitting on the Sidelines While Waiting for a Trend to Develop?

Do you make decisions based on a specific trade plan using predetermined entry and exit strategy in place?

Do you have predetermined stop/limit ratio return before pushing the Button to execute trades?

While patience is important not only in waiting for the right trades, it's also important in staying with the trades that are working. *The decisions made in entry and exit points of trades are crucial for success.*

There are hundreds of ideas how to decide what to do in the markets. The choices are overwhelming and education is vital to continued success. Once you choose to move forward, decisions become important consistently to enhance success.

Discipline

The trader with the **most discipline** who has the patience to wait for his/her specific entry and have pre-determined exit points in advance are **most successful**. These are type of traders you want to emulate as their passion for success demands Focus on the task at hand.

It takes tremendous discipline to stay the course. *Designing a specific trading plan that fits your specific personality is an absolute to enhance success.*

Each person is different, some will excel trading two or three times a day, two or three times a week, or two or three times a month.

You must be disciplined and remain emotionally detached from the market, because

money is just a tool to generate more money which in turn is used to barter for goods and services.

Disciplined traders have no attachment to money as it does not control their life. This is easily stated and much harder to accomplish on a consistent basis. Disciplined traders trade theories massively in practice accounts to hone skills.

Determination

While patience is important not only in waiting for the right trades, it's also important in staying with the trades that are working. Selling a winning trade too early is not going to allow your account balance to increase exponentially at an ideal rate.

So, this is where 'persistence determination' mental factors in as well.

You must determine in advance that you are not going to let fear, emotion or self-doubt control your trading style. If you don't persistently control your impulses and don't persistently follow your exit rules, then your profits won't balance out losses over time.

Money Management is HUGE. I usually suggest having a percentage of trading account theory tied into number of lots traded to ensure growth exponentially.

Direction, Development, Decision, Discipline and Persistence Determination only works if you have a proven game plan to attain trading success. Once accomplished, you have to maintain incredible focus to overcome odds against you.

To those using wise money management techniques, your self-esteem will grow the more trades you execute. You need to get to the point where, when you look at market charts without any visual aids, you see indications as to where price is going.

Your trading practice regimen will confirm your intuition. This has to become "second nature."

At that point, you can trade with ease. And, your stress level will go down, because you will be in control of the market, not the other way around.

Of course, there is much information to review as you continue your journey. Look for a one-to-three year learning curve mastering your craft in FOREX markets, *if you're going it alone.*

I have spent thousands of hours learning how to trade. Yet, I remain humble and in total respect of marketplace. The markets always are evolving and changing about the time I think I'm smarter than the markets.

Forex trading in the 21st century suggests you keep the mindset of improvising, adapting to overcome what the markets throw at you.

Once an understanding of the above elements of trading is completed, the hard work begins: the trader must understand his own mind. The external elements are easy, they are usually rational, factual, consistent, and ordered. The trader's mind, however, is far from all of that.

Emotion, or lack of discipline, is the greatest enemy of every trader. This is so true that one could argue that discipline is a more precious trading commodity than capital itself, since capital can only be sustained with discipline.

In moments of clear, objective contemplation, many traders, even novices, can be builders of excellent trading systems. They become superb chart readers and learn at an accelerated rate.

These systems can take advantage of their understanding of the forces of Forex and test out incredibly. *Once live, however, the system falls apart. Why?*

The simple reason is that emotion has no place in trading.

Emotion causes the trader to act differently following large wins or losses. Emotion causes the trader to act irrationally when large moves occur. Emotion causes the trader to apply his trading system inconsistently.

If you took a survey of successful traders you would find many similarities. The traders would understand and apply all of the forces of Forex.

Many successful professionals usually trade incredibly simple trading systems. They trade using conservative, and well thought out money management philosophies. They trade with absolute consistency without emotion, fear, or self-doubt.

They have paid the price to retrain their subconscious minds to overcome human limitations of the unknown.

People fear what they don't understand.

The individual investor who uses consistent practice regimen as the foundation of his trading activity maximizes his level of sophistication. Their trading has become purely mechanical.

Preservation of capital is one of the most important concepts all traders need to master.

You can do this by determining how much you are willing to lose, and have the discipline to close your position when that limit is reached. ***Knowing in advance what your play is determines your fate in the FOREX market.***

I have specific rules for trading. In the future, I see a need for helping people develop their personal trading plan. This isn't filling out paperwork for currency analysis.

Everybody needs to address the homework series on trading plans if you do not have your personal plan in front of you.

“If you are determined enough and willing to pay the price, you can get it done.”
--Mike Ditka

Are YOU interested in taking back full responsibility for your financial well-being?

“Our greatest happiness in life does not depend on the condition of life in which chance has placed us, but is always the result of good conscience, good health, occupation, and freedom in all just pursuits.”
-- Thomas Jefferson

The elegance of trading is once you fully grasp and understand that we ALL will be students in the markets forever as traders, *an inner peace brings about calm*. You focus on tweaking the style to fit your specific trading personality.

Utilizing Proper Mindset

Looking up various definitions.... Mindset is a habitual or characteristic mental attitude that determines how you will interpret and respond to situations

1. A fixed mental attitude or disposition that predetermines a person's responses to and interpretations of situations.
2. An inclination or a habit.

I finally realized that success is more internal than external. Habits of mind are formed by previous experience.

I finally learned that it's not the tools; *it's the person*, who determines their own level of success in Forex trading.

I have already shared how I believe **the Forex markets will produce more new millionaires in the next decade than any other business.** This success is within you.

Those tired of current world events should seriously consider taking the plunge to learn a new vocation

Believe it or not, wealth mindset first comes from within. Once I noticed, lack of information on proper trading Mindset, my vision was to share info utilizing the correct mindset that successful traders possess.

My findings during the study were amazing. There is a fine line between success and failure. Success and failure over the long haul has a wingspan of about six inches.

That is the six inch length between your ears. Your mind will determine your success or failure in Forex trading. Having a positive mindset with a specific trading plan that is so simple it becomes mechanical in execution brings inner peace.

While emotional and out of control traders, with no sense of direction or Forex training will ultimately fail... Unfortunately, this translates to losing account after account due to lack of proper training.

Successful trading has absolutely nothing to do with making money and everything to do with trading successfully and learning how to generate consistently “pips” month after month.

Accomplishment is largely a matter of creating a vision and then filling in the details.

With time, effort and commitment, you can accomplish whatever you make a priority to accomplish.

It takes tremendous discipline to Stay the Course.

If you are humble enough to let ego aside and accept the fact you will always be a student of the markets, then you're on the way to understanding the outline for success with Forex.

If you work on having the mindset of a successful trader and always respect the FOREX market. Those willing to prevail against the odds will be rewarded. Make learning to trade in FOREX market your destiny. Do not put a time limit on learning principles for changing your life or sense of direction; just know those here today reading this have a shot at championship gold if they are willing to stay the course.

Destiny is indeed a matter of choice.

The fact that our destiny is in our hands can be a little scary at times. Those entering Forex markets with grandiose plans of EASY riches will be or have been sadly disappointed. And FAST.

Many who toss the markets aside never had the intestinal fortitude to withstand the onslaught from the beginning. Yes, unfortunately not everyone will taste success, so critics will exist. *Of course, critics or doubters exist everywhere in life.*

Forex Trading – The Recession Proof Business of the 21st Century

According to the October 2008 issue of e-Forex Magazine, the retail FX market is seeing continued explosive growth despite and perhaps of losses in other markets like global equities in 2008.

Personally, I was able to move funds around in 2007 and actually show a profit in my retirement account by taking MASSIVE action in the Forex markets, and being in CHARGE of my bankroll during the Crash of 2008.

So why do I say that Forex trading is truly a recession proof business of the 21st century?

Because there will always be a constant flow of opportunity there. As one economy slows, another surges. Sometimes we see these mini surges daily, others they are longer term trends that we can ride for bigger profits.

But most importantly, it's because no matter how bad the U.S. economy and financial markets become, you'll always be able to find financial imbalances in the Forex markets, where you can profit.

But never, ever, underestimate the amount of work and dedication needed to excel - not just exist in markets. ***The challenge to succeed is sizeable, especially on your own.***

Many doing battle on a daily basis in the FOREX market face myriad of issues during their quest for trading success. However, those who have perfected a specific trading plan and stay the course, continue to dominate their opponents in this market.

So is Forex trading for YOU?

The greatest adventures always begin with a single step, and sometimes that is no easy task...

So let me ask you...

What kind of dreams do you have for your future?

How much time are you willing to give learning the FOREX market?

Do you have a passion to give back to others?

Have you empowered others through any type of charitable work?

Have you thought how learning to successfully trade FOREX allows more time for philanthropy work?

Are you or have you developed a winning mindset based on the mental/emotional rules of in your current job?

I use sports analogies about building championship teams with practice and continued repetition as basis for success in FOREX trading. Championship teams are prepared before they step onto the field for battle to play the game. *Forex traders must be prepared before pushing the button.*

THERE ARE NO SHORTCUTS to SUCCESS.

But those sitting on sidelines not participating are about to become a statistic...

Those prepared with FOREX trading plans on a daily basis with predetermined entry/exit strategy, stop loss and risk/return ratio will prevail in current market conditions.

Those without experience or proven trading plan will be controlled by fear and self-doubt. *The old adage if you do not know your sense of direction, then going down any road will do insures your demise.*

College Basketball's March Madness has always been special to my heart. If you have seen the movie Hoosiers and understand the passion for basketball in Indiana, you will relate to my excitement. Superb time of year as everyone prepares their madness office pool to pick selections.

The last College basketball team to go undefeated for the season: The 32-0 1976 Indiana Hoosiers. Hard to believe that was 33 years ago as the streak remains alive in 2009 as each team once again this year has suffered losses.

Having watched that team play for two years, the 1974-75 team was actually better during a 32-1 season, losing their last game of the season to Kentucky 92-90 when Scott May went down with a broken bone. The pain and agony of that loss remained during the offseason preparing for their magical season.

The Hoosiers of 1975-76 had severe pressure to win a national championship as they were expected to excel with HUGE expectations.

The pressure was relentless on young 18-to-20 year old kids with constant fear or self doubt creeping in at various times during a long tedious stress filled season.

Once the magical season ended with their national championship win over Big-10 rival Michigan they became a part of history forever.

Now, you are wondering what College basketball has to do with FOREX trading.

These young college kids faced fear, game after game. Fear of not only winning a championship, but of losing just one game.

There goal from day one was to be perfect. In 1976, only 32 teams made it to the Big Dance unlike today where 65 teams are invited. You had to win a conference title or finish second with a great record to be invited. In most, instances, second place meant nothing. The longer the season ran, the more emotionally drained they became as pressure to perform heighten.

Think about the situation this team faced for a moment.

If they tripped up by losing games, they would not had been able to reach their goal of playing for national championship.

The moment you fear something, there's always a tendency not to do it. Then by not doing it, your fear increases... Fear becomes self-doubt and procrastination can *and will steal your dreams if you allow them to do so*, especially so with Forex.

Indiana won every Big-10 conference game they played for two years, going 36-0 during that two-year span. I have been around the game long enough to know that record may stand for next hundred years.

The massive faith this team had in each other was special. Their mindset literally had them playing one game at a time for 32 games with intense focus.

It has been said that fear is only "false evidence appearing real." I really like that definition and here's why. Nine times out of ten the reason we fear something is because we're unsure of the unknown.

This unknown component causes us to worry and fret. **Proper preparation prevents poor performance.** People fear what they do not understand. Yes, I'm repeating these statements, but they are important to embed into your mind.

Now 33 years later, Indiana's accomplishment is magnified ten-fold being the last team to complete the year as undefeated champions.

Folks, their mindset were one that refused to lose. They were mentally tough for every game to accomplish their goal.

There focus was intense for 40 minutes game after game.

They would not be denied their destiny and their accomplishments are part of college basketball history as the last championship college basketball team to finish the season undefeated.

No matter what the circumstance, what the situation, what adversity faced, this team refused to lose.

Are YOU ready to Excel and win with Forex?

Forex Trading challenges anyone to Participate and Win in this \$3 Trillion Dollar a Day market.

How about you? Are you willing to do whatever it takes, whenever is needed to have success in FOREX markets?

Each of us was born to win. It's up to you to make sure that you do your part to make winning a way of life for your Forex business.

So do you think you have a passion trading in FOREX markets?

Are you ready to accept the challenge of participating in Forex markets?

Are you willing to stay the course learning how to trade?

Are you in control of your finances or burdened with debt?

Are you happy in your current lifestyle?

Or do you want to take back control of your life?

Folks, this involves being free of anxiety, fear, despair or regret. It also involves being able to remain calm, confident, focused and disciplined in the face of adverse outcomes.

It could also mean financial independence for the rest of your life.

However, the economic times we live in can shake anyone's confidence. Sometimes we have big rallies, other times the market has been bearish. The times are uncertain.

Is the economy going to change?

How will people adjust to interest rate changes?

Is the sub-prime lending and bank debacle going to continue to have adverse effects on the markets?

Who knows, but wouldn't it be nice not to be affected regardless of what happens in the U.S. economy... to be fully insured by having the skills to continue to prosper no matter what?

If you have the desire, I can teach you how.

Muhammad Ali, boxing world champion, once said, "Champions aren't made in the gyms. Champions are made from something they have deep inside them: A desire, a dream, a vision. They have to have late minute stamina, they have to be a little faster, and they have to have the skill and the will. But the will must be stronger than the skill."

- If you have the WILL, I can share with you the SKILL Winners have conditioned themselves to have absolute faith and trust in their talents and abilities.
- Winners know they have what it takes to overcome any adversity and it is this supreme faith along with massive action that counteracts any feelings of fear.

- This powerful confidence separates the winners from the pretenders.

Those traders searching for these attributes need to focus on finding a trading plan of substance that fits their specific trading personality.

Any and all fear can be systematically eliminated when you choose to focus on making the situation better by having the proper mindset, and with a trading plan style that works in any current market conditions.

Success is not always easy, yet it is for the most part simple. The way to accomplishment is not hidden. It is in plain view. You can see what must be done. Stop fretting. Quit worrying. Don't complain, because you know that you have a choice. *So go for it...*

We Move in the Direction of Our most Dominant Thought--

We Become in Essence What We Believe.

"Do or Do Not. There is No TRY."

---Yoda

You can't control the markets...

The market is what it is and could care less what you think.

But you can beat the Forex, and reap the rewards as I have. You just need to put in the time to learn it, or find a good guide, mentor, and coach.

It will be worth the time and effort.

I'm blessed. I am a FULL TIME TRADER. No one will be able to take away the knowledge gained from my vast experience in current market conditions.

People need to make a basic philosophical choice about the type of sacrifice that they are willing to make if they desire an above average income. Passion for future projects is my driving force along with leaving a legacy of substance for my family, and maybe yours.

But I can tell you that Forex Trading can change your lifestyle, as it has mine. Those willing to learn how to trade will reap many benefits:

- FOREX trading is attractive because it offers unparalleled freedoms.
- FOREX trading avoids many common headaches associated with running a business.
- FOREX trading could lead you to be in charge of your life and never have to worry about working for someone else again.

- FOREX traders potentially earn a very high income.

Those who have Courage, the Commitment, the Discipline, along with a strict Money Management program, that will allow you to reach your goals; make dreams a reality, will be the most successful FOREX traders over the long haul.

So What Are Your Choices?

1. Stick your head in sand and **continue to be fleeced and sheared like sheep** by continuing to accept losses in retirement accounts from the stock markets.

Or...

2. Take a stand and **become CEO of your own Bankroll** and decide 2009 is the year of Focus and Freedom.

Your vision is determined by your beliefs, which provide you with a sense of certainty. Training or feeding your sub-conscious daily requires long-term action, commitment, and the willingness to make short-term sacrifices.

Forex trading is forever increasing in popularity due to the many benefits it offers and more and more trading resources becoming available online. Successful traders take a specific educational approach utilizing proven strategies and you must learn the rules to play the game.

“Winning is not a sometime thing; it's an all time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is habit. Unfortunately, so is losing.” --Vince Lombardi

Diligence, not intelligence is probably the best trait to succeed at what we are doing, ***if you are diligent and not a quitter you will likely succeed.***

“When defeat comes, accept it as a signal that your plans are not sound. Rebuild those plans and set sail once more toward your coveted goal.”

-- Napoleon Hill

For those wanting to take massive action learning about the Forex markets, and making changes that will dramatically change your existence... ***stand by for the ride of your life.***

We have more important information to share with you in the coming days.

No matter what you choose now, thank you for coming this far. I'm honored and humbled to share my concepts and beliefs with you. Given a chance, I will prepare you for success.

Godspeed,

Forex Joe

This report is written for educational purposes only. All info shared is for informational purposes only. Read and dissect info using your current knowledge level of evolving markets and world happenings. Info shared challenges you to think outside the box during your journey enhancing growth.

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