

OPEN PATH

A Mindful Framework

for *Small-Cap Momentum Trading*

How the Sherpa quiets the noise, leads the trader, and builds the life behind the trade.

momozen.io



The market is noisy. Your mind is noisier.

Every morning, millions of traders stare at the same charts, read the same news, and feel the same thing: urgency. The fear of missing the move. The pull to jump in before the setup is ready. The impulse to chase a green candle that is already extended past any reasonable entry.

This is FOMO. And it is the single most expensive habit a trader can have.

The problem is not information. Modern traders have more data than they could ever read. Real-time quotes, news feeds, social sentiment, technical signals, chat rooms buzzing with tips — all of it hitting at once, all of it demanding a reaction. The problem is signal versus noise. The problem is knowing what to act on, and what to let pass.

"Chase no more. Let the dumplings come to you."

MoMoZen was built as an answer to that problem. Not a faster feed. Not more alerts. A sherpa. Something that walks beside you through the morning, reads the story of each ticker, and tells you — plainly, patiently — what you are looking at and what to do about it.

The trader before the trade

The best traders share a quiet truth: the trade is won or lost before the market opens. How you slept. Whether you moved your body. Whether you sat in silence long enough to hear your own thinking. These are not soft ideas. They are competitive edges.

The morning practice

MoMoZen is built around a pre-session ritual. Before the scan runs, before the watchlist loads, the tool asks you to check in with yourself. A simple wellness prompt — not intrusive, not therapeutic, just honest. How are you showing up today?

- Movement — a walk, a run, yoga. The body processes stress that the mind holds.
- Meditation — even ten minutes of stillness changes the quality of attention.
- Nutrition — trading on an empty stomach or a sugar spike is trading impaired.
- Sleep — fatigue makes every bias louder and every guardrail weaker.
- Intention — knowing why you are trading today, and what you are willing to risk.

These are not prerequisites. They are practices. The goal of MoMoZen is not perfection — it is awareness. A trader who knows they are tired and trades small is already ahead of the one who does not notice.

The life behind the trade

Something remarkable happens when you trade with discipline. The focus spills over. The patience you build waiting for the right setup — you find it in conversations, in decisions, in how you handle difficulty. The emotional regulation that keeps you from chasing a candle — it keeps you from reactive choices everywhere else.

Many traders say it quietly, almost surprised by it: trading made me a better person. MoMoZen is built on that belief. Better trader. Clearer mind. Better life.

From first scan to open bell

MoMoZen structures the morning into three distinct phases. Each has a different focus, a different set of questions, and a different role for the Sherpa. The tool transitions automatically as the clock moves — so your attention follows the market, not the menu.

PHASE 01 - Pre-Market - 4:00am to 9:00am

Find the morning movers

The pre-market scan surfaces gap-and-go candidates from thousands of stocks moving in the dark. MoMoZen filters for price \$2–\$20, relative volume 3x or higher, gapping at least 5% on a real catalyst. Float tier, squeeze signals, Fibonacci levels, earnings overlay — all in one place, all updating live.

- Relative volume 3x+ filters noise from genuine momentum
- Float classification — nano to large — sets position sizing context
- SQZMOM squeeze detection flags coiling setups before they break
- Catalyst overlay: news, earnings, halt history per ticker

PHASE 02 - Pre-Open Intel - 9:00am to 9:30am

Hone in on the candidates

As the open approaches, the field narrows. MoMoZen ranks your watchlist by momentum trajectory — who is forming a clean setup, who is grinding higher, who is fading off their high-of-day. A 10-candle weighted trend window gives each ticker a direction score.

- FORMING — clean higher lows, above VWAP, volume building
- CAUTION — grinding up but extended or losing momentum
- FADING — lower highs, below VWAP, distribution showing
- Chat buzz velocity — real-time mentions with fire indicators

PHASE 03 - Open Bell - 9:30am onward

Execute with discipline

The bell rings and MoMoZen transitions automatically. The open bell dashboard shows open positions, live break alerts, and the ranked watchlist — all in one view. Break alerts fire in real time with a single key to watch, trade, or dismiss.

Know the arc before you decide anything

Every ticker has a morning story. It started somewhere before dawn — a news headline, an earnings beat, a halt and resume. It spiked and pulled back. It found VWAP and lost it. It made a higher low, or it did not. By the time the open bell rings, the story is already several chapters long.

Most traders walk into that story mid-chapter, with no context. They see a green candle and react. MoMoZen reads the whole story first.

For every ticker on your watchlist, Today's Story shows the full pre-market arc: the initial spike and percentage gain, total momentum legs, knife drops and their severity, the high-of-day and when it was set, whether higher lows are forming, and the VWAP relationship.

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TODAY'S STORY - STI
PRE-MARKET (4am-9am)
Spike: $5.29 -> $6.39 (+20.8%) at 6:02am
23 total legs up this chapter
Knife: $13.18 -> $12.38 (-6.1%) at 6:49am
HOD: $14.67 at 6:47am
Higher low: $10.76 -> $11.13 confirmed
VWAP: $10.40 -- above, reclaimed 3x, lost 2x
Resistance $11.63 (6x touches)
Support $11.51 (4x touches)
Sherpa: spiked, pulled back. Above VWAP. Half size. Tight stop.
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Example: Today's Story view for ticker STI

Key support and resistance levels are surfaced with touch counts — so you know not just where the levels are, but how many times the ticker has respected them. The more touches, the more meaningful the level.

Disciplined entry. Every time.

Knowing what to trade is only half the equation. The other half is knowing how to trade it — and having the discipline to follow through on what you know, rather than what you feel in the moment.

Smart parameters before you touch the broker

When a setup is ready, MoMoZen pre-calculates everything you need before you enter a single share into your broker:

- Position sizing — risk-calculated share count based on your buying power and stop distance
- Buy zone — the range where entry makes sense, not wherever the price happens to be
- Take profit levels — scaled exits so you capture the move without greed holding you in
- Trade type — scalp, momentum hold, or extended play based on the setup quality
- Stop level — pre-defined before entry, not improvised when the position moves against you

The pre-trade checklist

Before any trade fires, the pre-trade checklist runs. A set of questions designed to catch the trades that should not happen — the revenge trade after a loss, the FOMO entry on an extended candle, the position that is too large for the setup quality.

The checklist is not a wall. It is a mirror. It asks you to look at what you are about to do and confirm that it aligns with your plan. Most of the time, it confirms you are ready. Sometimes, it saves you from yourself.

Better trader. Clearer mind. Better life.

Trading is a practice. Like yoga, like meditation, like any discipline that asks you to show up fully and perform under pressure — the work is never just about the outcome. It is about who you become in the process.

Traders talk about this quietly, as if surprised by it. The focus they built waiting for the right setup started showing up in how they listened to people. The patience they learned letting bad trades pass made them less reactive in difficult conversations. The emotional regulation that kept them from chasing a candle helped them navigate stress with more grace.

"Trading helped me in every area of my life. It made me more focused, more disciplined, more clear."

MoMoZen is built on that idea. The tool is not just trying to improve your P&L.; It is trying to improve your practice — and through the practice, your life.

The sanctuary

MoMoZen's platform includes a sanctuary space — resources for meditation, breathwork, and the pre-session ritual. The table, with guidance on nutrition. The cleanse, a post-session debrief that processes the day without carrying it forward.

These are not extras. They are the foundation. The quality of your trading is downstream of the quality of your mind. MoMoZen tends to both.

Chase no more. Let the dumplings come to you.

MoMoZen does not promise you winning trades. It promises you a clearer mind, a disciplined practice, and the patience to let the right trades come to you.

Learn more and get started at momozen.io