

In today's [Price Action Masterclass](#) lectures, we'll be digging into trends and fractals:

[Consolidation and Trend](#) — Price is always doing one of two things: trending or consolidating. Every price move you see fits into one of these categories. This lecture will help you frame complex market fluctuations.

[The Life & Death Of Trends](#) — Why do trends form? And how do they eventually die? This lecture dissects the theory and structure behind trends in financial markets.

[Market Fractals](#) — The discovery of fractal geometry by Benoit Mandelbrot began when he looked at price action in the markets. Understanding fractals will help you reconcile price movements on multiple timeframes.

Feel free to watch these lectures at your own pace.

Your Macro Operator,

Alex

P.S: If you have questions on any of this, or if you want to skip ahead, [check out our FAQ here](#).