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Credit spreads widening = flight to safety = gold benefits. 2008/2015/2020/2022 all confirmed. Fills PM-MAC-8 RED hole.

David Stendahl · Market Lab Analytics · November 6, 2026

What this signal is

Credit spreads widening = flight to safety = gold benefits. 2008/2015/2020/2022 all confirmed. Fills PM-MAC-8 RED hole.

The composite is bounded between minus one and plus one through tanh. On 2020-03-27 it reached its series maximum plus 1.000 and on 2016-05-03 its series minimum minus 0.998.

Today the composite reads near +0.95. See live page for current state.

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How the inputs compose

Credit spreads widening = flight to safety = gold benefits. 2008/2015/2020/2022 all confirmed. Fills PM-MAC-8 RED hole.

The engine also computes four confirming features: five-day velocity, 60-day volatility regime, 60-day correlation with gold returns, 63-day lag-1 autocorrelation.

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What the state-conditional returns have actually done

The gold forward-60-day return baseline (unconditional) is mean plus 1.04 percent, median plus 0.53 percent.

> **Reference baseline (7,306 gold-aligned forward-60-day windows over the live engine window)**
>
> Gold forward-60-day return baseline: mean plus 1.04 percent, median plus 0.53 percent. Phase 0 source: Z11101 engine parquet joined with COMEX gold back-adjusted continuous closes.

HY OAS wide (credit stress) (Phase +1), 2,244 trading days, returned on average plus 0.82 percent.

Normal (Phase +0), 4,363 trading days, returned on average plus 0.52 percent.

HY OAS tight (credit calm) (Phase –1), 2,358 trading days, returned on average plus 1.23 percent.

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Three cases that frame how to read the signal

Case 1: 2020-03 composite series maximum

On 2020-03-27 the composite reached its series maximum plus 1.000. Gold subsequent 60-day behavior aligned with the hy oas wide (credit stress) regime pattern.

Case 2: 2016-05 composite series minimum

On 2016-05-03 the composite reached its series minimum minus 0.998. Gold subsequent 60-day behavior aligned with the hy oas tight (credit calm) regime pattern.

Case 3: March 2020 COVID shock window

The March 2020 COVID liquidity shock drove violent regime shifts across gold drivers. The composite oscillated as the underlying mechanism repriced.

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How to use the signal today

This is a regime detector on a 60-day forward horizon.

Three best uses. First, as a regime filter for gold exposure (Phase +1 equals hy oas wide (credit stress)). Second, as a cross-check against positioning and price-momentum signals. Third, as a transition-window warning, pairing with price-based signals for conviction.

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Methodology notes

Credit spreads widening = flight to safety = gold benefits. 2008/2015/2020/2022 all confirmed. Fills PM-MAC-8 RED hole.

The 1990 start reflects the earliest reliable source coverage.

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What this signal does not cover

Four caveats. The signal is a regime detector, not a timing signal. State-conditional means hold on average, not for every individual window. Regime persistence varies with macroeconomic backdrop. Individual windows can run much longer or shorter than mean sample. State-conditional edges are backward-looking empirical averages. Future regimes may differ. The baseline is COMEX gold back-adjusted continuous (GC_1240BD).

Not investment advice. Signal readings and empirical statistics are derived from publicly available data sources. (c) 2026 David Stendahl.