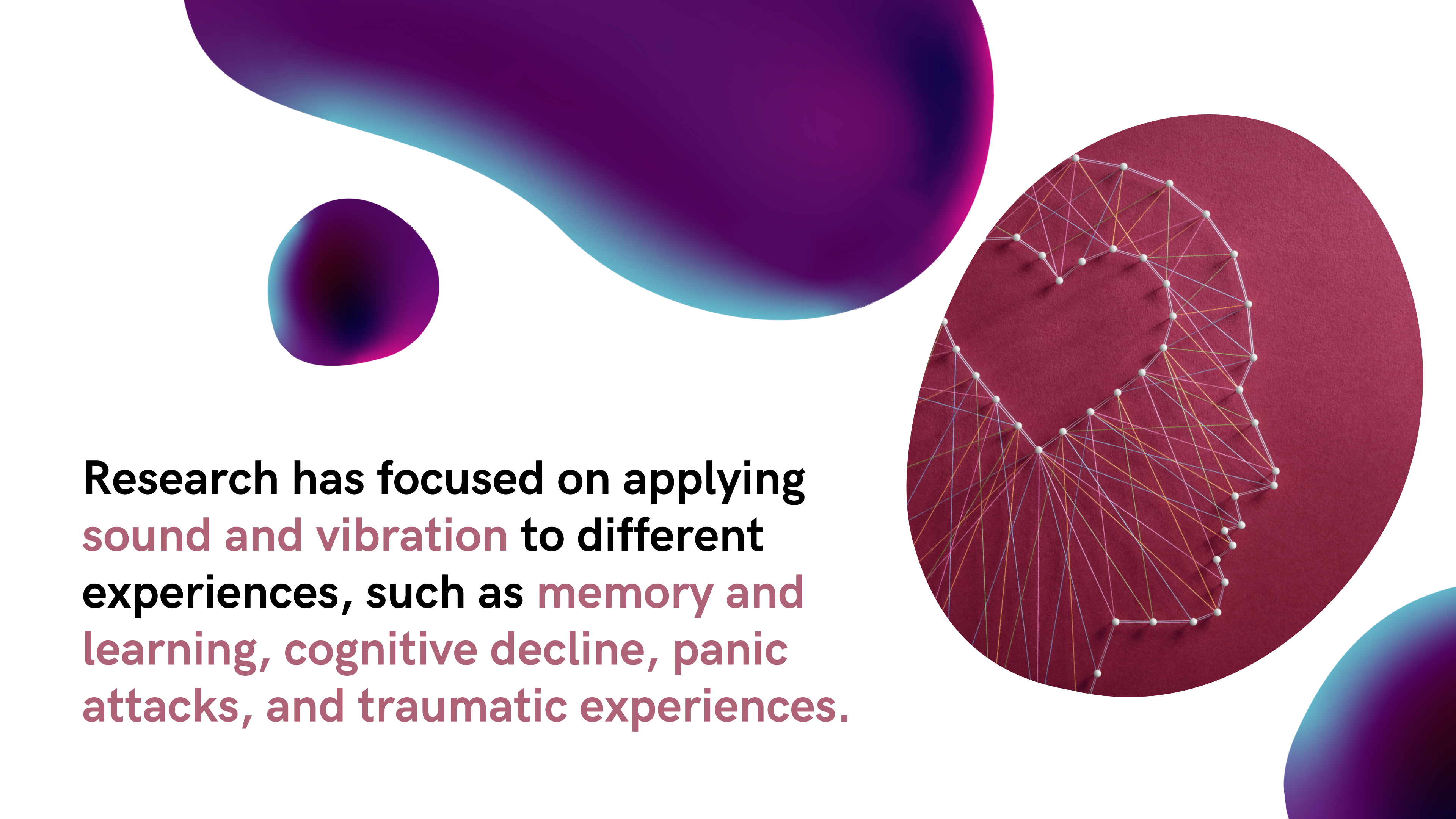




The Science Behind PISTA

Research findings have documented the efficacy of PISTA. The data gathered from numerous studies, including longitudinal research over three generations, demonstrates the effectiveness of the PISTA modalities.



The background features several abstract elements: a large, flowing shape in shades of purple and blue at the top; a smaller purple circle to the left; a large, dark red circle on the right containing a network diagram of white nodes connected by thin, multi-colored lines; and a partial purple and blue shape at the bottom right.

Research has focused on applying sound and vibration to different experiences, such as memory and learning, cognitive decline, panic attacks, and traumatic experiences.

Using sound and vibration within a psychological framework encourages the brain to process memories and emotions correctly. The results found that research participants gained deep insight into their situation.



Together with a trained PISTA coach, they could use this insight to make the necessary changes to overcome anxiety, reverse cognitive decline, and reframe trauma.



PISTA Modality

PISTA uses a complete system of healing that incorporates mechanical, psychological, bio-force, and biochemical aspects into its modalities. The PISTA modalities are different approaches based on a person's specific needs.

Each modality uses stimuli and the guidance of a licensed PISTA coach to help a person reach deep within themselves and identify the real issues and the corresponding resolutions.

All the modalities encourage a person to question and self-examine their reoccurring thoughts to **reduce stress and change thinking patterns**. The modalities are applied to help a person manage their symptoms, ensuring the individual can function correctly at work, at home, or in society.





Using these modalities, a person can identify incorrect patterns of behavior causing pain and **practice corrective habits** that lead to a more fulfilled life.

Instead of feeling demotivated and uncertain, **we can wake up energized and motivated, feel good about ourselves, and use this momentum to move towards our goals.**

The core of PISTA modalities is based on neuroplasticity - the ability to change how our brain works by modifying thought patterns which result in significant changes to the brain's structure.



To achieve the desired outcome, PISTA utilizes **brainwave feedback, brain training, brain entrainment, stimulation, self-regulation procedures, and coaching** to change the mechanism of the brain and improve inefficient mental activities.

