

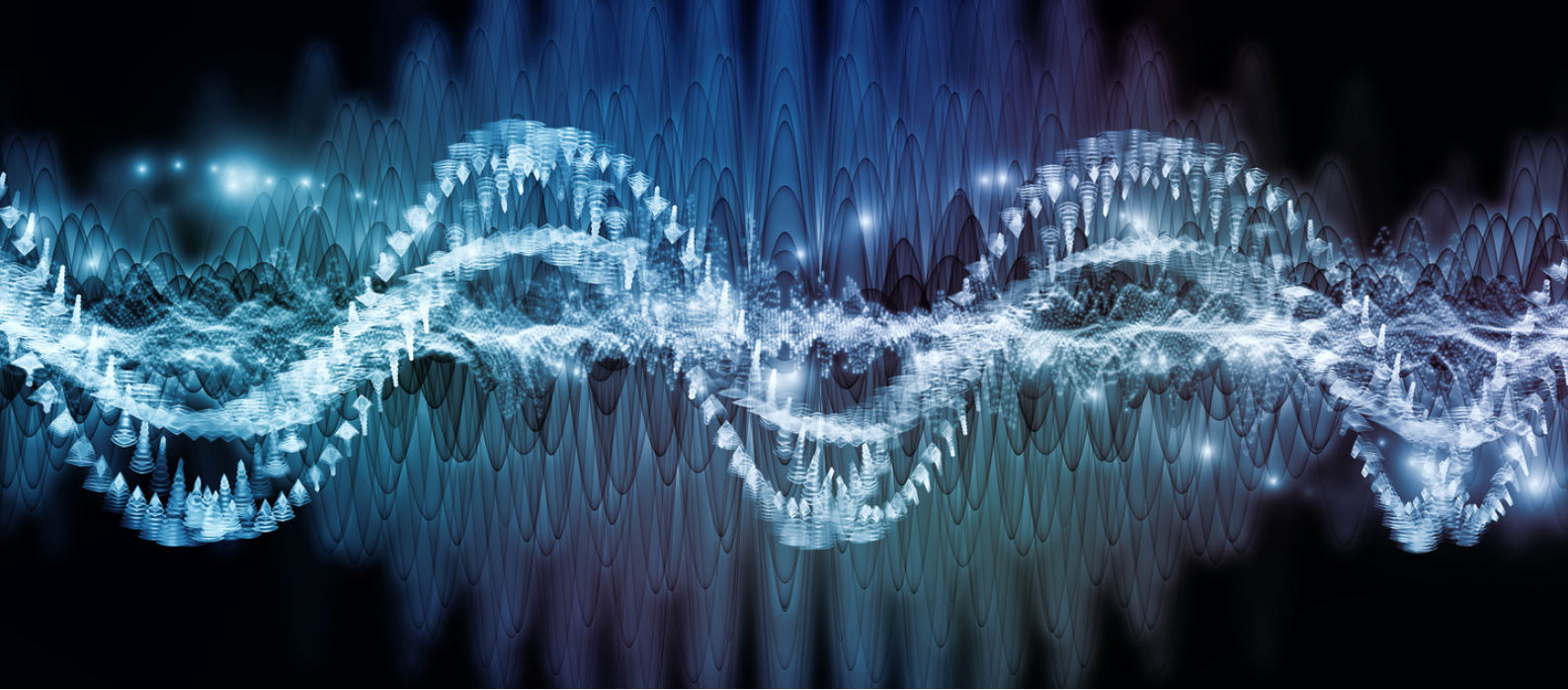


PISTA STIMULI AND TOOLS

One of the key factors to the success of PISTA Therapy is the stimuli it uses to enhance mental processes and sharpen the mind. These stimuli optimize brain functioning and create favorable mental states that help in the daily management of emotions and the treatment of several disorders in a safe and non-invasive way.

www.pistatherapy.com





THE PISTA DEVICE

According to various studies, the **PISTA device** is the stimulus that brings the most positive results. This tool is intrinsic to PISTA Therapy and is the product of 4 decades of in-depth research by the PISTA research team of experts. It incorporates binaural beats and allows individuals to reprogram their minds to help alleviate emotional, psychological, and physiological pain and stress.

PISTA employed Oster's research into the PISTA device to generate two tones, which the brain combines and alters into a single tone in the auditory process for **brain entrainment**. The frequency of this single tone may vary according to the state an individual wants his or her brain to achieve





PISTA VIBRATION

The PISTA Device also uses left and right vibration. According to the Law of Vibration, everything in the universe, including people, can be reduced to simple energy. Everything in our surroundings is made up of molecules that are constantly vibrating at various levels and speed. And if the vibration is within one's frequency range, the source of energy can be heard or seen.

This concept of vibration and attraction means that a person can make anything he or she desires gravitate toward him or her with the use of correct signals. Realizing one's desires, therefore, is achieved by setting up an attraction for it.



PISTA ENTRY POINT

The Standard Metaphor, one of the PISTA modalities, uses an entry point which is a thought or an image to which the client focuses on throughout the session. The entry point can also be a scenario or an experience in the past, which an individual continues to feel strongly about. The coach helps the client in identifying this image and later in applying the stimulus that will stimulate the brain. The entry point may change as the sessions continue, depending on the progress of the user.

There are 13 sets for every PISTA session using the Standard Metaphor modality. All emotions, memories, physical sensations, and thoughts experienced are recorded after each set. These notes are analyzed at the end of the session with the guidance of the coach who studies the physical, mental, or emotional states experienced from the beginning up to the end of the session. The coach analyzes with an open mind and without biases and premature judgments.