

Importance of PISTA

When we are stressed with negative emotions and overburdened with something, our body and brain do not function well. By helping our mind function with more rational thinking and exploring our inner selves under our PISTA coaching system, we can find solutions together with clients by setting priorities in dealing with more critical issues.

Our bodies and minds need daily help, just like we need food for nourishment.

Note: Using earplugs for a few hours is not practical. Vibrations placed on the assigned areas such as shoulders and neck, specifically targeting areas that can keep the client's mind in good functioning mode for a longer duration, are more effective.

- Terminating classical therapy and switching to fully committing to PISTA approach or terminate working with client if they insist on continuing with classical therapy

Don't Mix PISTA:

- PISTA cannot be mixed with classical therapy. If the client wishes to go to a classical therapist, then the Coach will terminate the program.
- Don't mix PISTA with Meditation
- Don't mix PISTA with Acupuncture. If a person wants to go for acupuncture, they must not wear use PISTA.
 - Reason: tiredness or changes in the person is difficult to monitor if the person mixes acupuncture and PISTA. The tiredness may be a direct result of PISTA work, or the aftereffect of the acupuncture. Wrong treatment can happen.

The PISTA is a well-developed program and requires following the procedure.

PISTA is culture specific.

Importance of inner dialogue

- that inner dialogue is the constant voice inside one's head that provides a running commentary on their thoughts, actions, and experiences. She believes that this internal chatter can be either positive or negative, and that it can have a profound impact on a person's mental and emotional well-being. Dr. Chan suggests that by becoming aware of their inner dialogue
- Dr. Chan says that our inner dialogue can be our best friend or our worst enemy. She also states that the way we talk to ourselves can greatly impact our self-esteem and overall well-being. According to Dr. Chan, it's important to be aware of our inner dialogue and make sure that we're using positive self-talk to build ourselves up rather than tearing ourselves down.
- we can gain insight into the power of our inner dialogue and how it can impact our lives. Dr. Chan discusses how self-talk can lead to self-doubt and limit our potential, or self-talk can boost our confidence and help us achieve our goals.

The client:

- Dealing with issues requires: Timing and readiness.

PISTA Sessions

- PISTA sessions are not aimed at improving me
- The approach is non-judgmental

- Sessions provide me with tools to integrate these parts back into myself
- PISTA sessions gently show hidden or splintered off areas without judgment

PISTA EPs

The process of doing the session with EP review of the client's inner world helps the therapist work with the client in focusing on the essentials.

"EP" or "entry point" is a critical concept in psychology that can be used to understand how people's behaviour can change.

An entry point is a specific moment or experience that causes a person to question their beliefs or behaviour and begin to consider making changes. An entry point can be different for each person and can be triggered by a variety of factors, such as a traumatic experience, a significant life event, or exposure to new ideas or perspectives. Understanding a person's entry point can be useful in helping them make positive changes in their life.

- EPs are not needed on a daily basis.
- Set 7 (presumably referring to a specific exercise or technique) is always interesting insights and good pointers
- if EP should always be in the positive, using an example of "what are the obstacles to my success" versus "what attitudes are causing me to fail"
- Dr. Chan explains that saying things in the positive has no meaning and that understanding how past events distort our vision to see our strength is essential
- "aha" moment, realizing that positive beliefs cannot be created that affect every cell if past beliefs are not dealt with
- Dr. Chan agrees, stating that past emotions are stored and need coaching from good teachers or facilitating to deal with
- Under supervision the client will be instructed what prompts to use. Fear can be a common EP prompt, however, fear is not always the focus. To combat fear that is immobilizing a person, the supervisory team will give EPs that focus on concrete things.

Instruction from Dr Chan

There is no need to work on EP every day. Try to use more energy to develop the business side. This is more important."

"There is no need to keep doing it. Give EP a break, but use many hours of vibration. That's how we work on our system of functioning. We are not going to dig into something at a certain time; we allow time to do the healing. This is also part of PISTA therapy.

Vibrations:

The PISTA vibration cubes are for general usage of maintaining our rationality in things we are managing daily

Example of how they can be used:

- She is using the cubes while working.
- Setting aside specific time such as an hour and a half of illustrations a day.
- She is using the cubes for designing, problem-solving, and drawing.
- She is integrating the focus on the feelings of an artist while working.

What speed should I use when using a sound?

The speed at which you use the sound depends on what you use it for.

- If you use it at night to sleep, it is recommended to put it at a very low volume and slow speed.
- If you use it during the day for creative work, use a medium speed.
- If you are disturbed by something, use a faster speed.

PISTA Vibrations:

PISTA vibrations help to regulate the mind-body flow of energies and help us to stay rational when dealing with situations.

When we apply the vibration of PISTA for an extended period, it enables the body to react and facilitate the stimulation of brain cells at a regulated interval. This approach is similar to the innovative medicine of stem cell therapy, which is a holistic method of regenerating cells to repair damaged cells.

When tired, emotional, feeling burnt out then use well of PISTA vibration well. The vibration usage will give the body energy.

Important to use the vibration cubes for longer hours – allow the vibration to stay on/in your body for few hours – it is another type of body mind communication

When a person becomes more comfortable with the vibrations, they learn more about how to use them effectively and how to incorporate them into their day.

Using PISTA to manage emotions

When managing emotions such as fear:

- Use the vibration daily to help. You need to learn to manage your fear and stay with the vibration system. You will see how much easier it becomes for you to face your fears.
- EPs are not needed on a daily basis.
- Use vibration to handle fear and irritation
- When dealing with fear and irritation use vibrations a minimum of 6 hours, preferably 10 hours
- Use the vibrations at night
- Vibrations are a very important part of emotional regulation.

Coaching

Is it possible to fabricate a story when using PISTA? Will PISTA reveal a real attitude or an adopted attitude, or a pretended attitude?

No, everything is real. That's what makes it so powerful. That's why supervision is crucial. A client can be so fearful of failing (in their marriage, career, finances, self, etc) and this fear can be so overwhelming that the coach needs to guide the client to work a lot on yourself to develop a proper attitude to face the problem.

It's important that the client report back to their therapist about the results from the usage. This will generate better results, defining and refining new targets and goals.

Explanations:

The purpose of brain stimulation with a clear objective is to help individuals prioritize what is important in their current state of mind and life events. It also means that every experience, thought, and feeling is stored within one's inner self, and the stimulation can help access and better understand those internal experiences.

When working with children, young people, bosses, staff and in couple relationships as well, lecturing is a very important topic that often comes up. People don't learn from lectures. It's crucial to remember not to give or receive lectures, as this can be a major obstacle to maintaining healthy emotional well-being. For example, when Elsa said "Don't give me a lecture," she was expressing a common experience of feeling judged, criticized, and oppressed by others' opinions and attitudes exemplifies how we must live with others' judgment, speeches, opinions, and imposition of their views every day. PISTA helps individuals free themselves from this daily struggle in their interactions with others.

The human brain has the power to generate past and present experiences and knowledge, but it needs to be self-guided to understand without prejudice or others' opinions. We may know ourselves but can't accept who we are due to past failures and difficulties in meeting others' expectations. PISTA helps individuals set clear objectives in defining what is essential for themselves.

What effect is that stimulation on us and our emotions if we don't have an objective? Is that how emotions and thought patterns can build up until we think that our state of mind is 'normal' even though we are living with irrational bias that may be based on distorted thinking patterns.?

If our brains are stimulated without a clear objective, it can result in the development of unhelpful thought patterns and emotions. These patterns and emotions may become habitual, even if they are not beneficial to our well-being. Brain stimulation with a clear objective enables individuals to prioritize their current state of mind and life events and gain a deeper understanding of their internal experiences. By setting clear objectives for themselves, individuals can prevent themselves from becoming stuck in unhelpful thought patterns and emotions and move towards a healthier emotional state.

Don't focus on what you consider negative or positive. Everyone is facing their own dilemmas with events that trigger their emotions. Move away from these two big words and don't give interpretations.

This means that it is important not to label experiences, thoughts, or emotions as either positive or negative, as everyone faces their own challenges and struggles that can trigger different emotions. It is better to try to understand these experiences without judgment and without imposing interpretations or opinions on them. By avoiding labelling and interpretation, individuals can better understand their own experiences and emotions, and those of others.

The difference between self-acceptance and self-improvement

By using the vibrations and continuing to work on emotional well-being, self-acceptance will happen.

- Realization of the difference between self-improvement and self-acceptance
- Belief that changing unlikable aspects of oneself would lead to acceptance and approval
- Assumption that lack of approval indicated a failure to change and improve
- Possible negative impact on self-esteem and self-worth
- By not accepting, by being ashamed and hiding parts of me, that I would remain insecure and unhappy.
- Acknowledgment that hiding parts of oneself can lead to insecurity and unhappiness
- Awareness of the negative impact of shame on self-acceptance
- Understanding that accepting oneself is necessary for happiness and security
- Hiding certain aspects of oneself can lead to shame and closing off from vulnerability and honesty

Information on the PISTA program

Before starting the program:

- The PISTA program is a part-time certification program.
 - The potential student needs to be recommended by a 'Propser' to the board
 - Dr. Chan was my 'Propser' as I did the initial training with her.
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- The curriculum involves selecting a topic of personal interest to study in-depth. This could be a psychological, emotional, or teaching-related theme. Coursework includes learning fundamentals of psychology and PISTA theory as well as biology and neuroscience. Students research their topics and compare cases to produce reports.
 - Kerry-ann's lack of psychology background is not an issue, as the program will teach necessary fundamentals. She will be guided to cover required subject areas for certification.
 - Dr. Chan and the PISTA foundation may subsidize Kerry-ann's training. She could then pay them back through growing her teaching practice or related business.