

Brainwave Entrainment

PISTA is based on the science of brainwave entrainment, which activates and deactivates thought systems as part of the self-regulation process to produce desirable brain states. To better understand the use of sound within PISTA modalities, it is crucial to understand the concept of brainwave entrainment

What Is Brainwave Entrainment?

Brainwave entrainment is an approach to stimulating the brain to enter a specific state by utilizing a pulsing sound, light, or electromagnetic field. The brain's frequency following response is produced by pulses, encouraging the brainwaves to align to the frequency of a particular beat. A binaural beat is created by using the **PISTA machine**, enabling the mind to reach a specific altered state.



It is like listening to music, except in brainwave entrainment, the sound with low-frequency vibrations (LFV) is hacking the brain's rhythm to induce a state of altered consciousness that may aid in the reduction of symptoms related to various health concerns.

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PISTA facilitates two different tone frequencies presented separately to each ear, resulting in a third tone, called **binaural beats**. Simply, binaural beats are the sound perception created in the brain that allows the mind to enter and experience an altered state that is usually difficult to reach.

And when the binaural beat is sustained, the frequencies resonate across the brain system (Padmanabhan & Laws, 2005). This causes an alteration in the brain's state from an overactive to a learning state. Within this learning state, individuals can assess their thoughts and behaviors to discover their **inner strength, encourage self-empowerment, and develop new and adaptive ways to cope with life.**

What makes the PISTA program unique is that the PISTA stimuli tool is combined with specific modalities that encourage individuals to engage in a self-problem-solving manner guided by PISTA coaches.

