

# THE SCIENCE BEHIND 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 **45 years** of in-depth research by the PISTA research team of experts.

## PISTA SOUND

PISTA incorporates binaural beats and allows individuals to reprogram their minds to help alleviate **emotional, psychological, and physiological pain and stress**. Discovered by Heinrich Wilhelm Dove in 1839, a binaural beat is the third beat or signal that is detected by the brain when two tones of different frequencies are presented to the left and right ears.

This discovery was followed by Gerald Oster's extensive research on binaural beats, which led to the idea that when the brain starts to follow or resonate with this third beat, the effect called the Frequency Following Response is created. Oster's research paved the way for more developments in using auditory simulation to enhance brain functioning.

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.

As it alters frequencies from the binaural beats created by the PISTA device, the brain becomes more susceptible to change and positive reinforcement. When this happens, patients can dramatically change the way they think, eliminate unwanted harmful thought patterns, and welcome positive affirmations at the peak of brain arousal.

Compounded with strong willpower, the PISTA device effectively removes unwanted characteristics and develops or enhances positive ones. It achieves a heightened cognitive awareness and greater memory and recall. Relief is immediately experienced.



Day Machine



Life Power Device



Night Machine



Headphone

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## VIBRATION FOR PISTA

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.

Scientists believe that people can make use of vibration signals to stay aligned with their bodies, nature, other people, and even goals. Vibrations can likewise be a vessel for harmony, healing, and self improvement because all people are connected through this universal field that links all thoughts effortlessly.

When a person aligns the focus of his or her attention to something, a cycle of an increased perception of the thing is started. Even the mere act of looking at something a person likes is a vibrational connection. This means that people have existing vibrational relationships with everything, everyone, and everything around them. It is just a matter of accepting or rejecting the vibrations that are constantly around them. Rejection worsens a miserable feeling and acceptance makes one feel better.

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.

On the other hand, if one's subconscious thoughts, emotions, and actions vibrate the correct signal, he or she is meant to realize target goals. This means that anyone can somehow control attraction to whatever he or she vibrates to and whatever his or her thoughts resonate. If the subconscious mind is programmed to vibrate with the universe, especially with the help the PISTA stimuli, any dream can be achieved simply by focusing all thoughts on it.



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